

FSON September A/BB/B Short Course Meet
Now Combined with HVDA September SC Meet - A, BB, B
September 24-25, 2022

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: FSON & Eastern Committee
Warm-up: 7:00 am Saturday & Sunday

Sanction No. #S22-198
Received by deadline: 5:00 pm, Wednesday, September 14, 2022
Meet Start Time: 8:30 Saturday & Sunday

POOL: Tahquitz High School 4425 Titan Trail, Hemet, CA 92545

DIRECTIONS: From Temecula: 215 north, exit Newport, go east (right). Newport turns into Dominagoni Pkwy. Go north (left) on Sanderson Ave. Turn west (left) on Easton. At first stop sign, Cawston, go north (right). School is on left. From San Bernardino: 10 east toward Beaumont, exit Beaumont Ave. go south on Hwy 79 (right). Hwy 79 turns into Sanderson Ave. Turn west (right) on Esplanade. Next street go south (left) on Cawston. School is on the right. From Corona: 91 east, then 60 east to 215 south. Go east on Ramona Expwy. Turn south (right) on Sanderson (Hwy 79). Go west (right) on Esplanade. Next street go south (left) on Cawston. Take first driveway all the way to back. Pool is adjacent to football

COURSE: Outdoor 50 meter x 25 yard with 8 competition lanes and additional warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 14', turn end 4.5' The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. **All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.**

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee: Mike Sheppard cattywampus@roadrunner.com

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on **September 24, 2022**, to enter this meet. Events will be swum fastest to slowest. All coaches on deck must complete the CDC or NFHS concussion course. In order to compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING (APT).

CHECK IN: SWIMMERS MUST CHECK IN with the clerk of course 40 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Contingency Check In: If conditions warrant, the meet may be deck-seeded 45 minutes before the start of each session after coaches' scratches or pre-seeded. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. Meet check-in may or may not be available depending on the site's guidelines.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

SWIMWEAR: Please see USA Swimming Rule 102.8 in the 2022 USA Swimming Rule Book (page 32-34). Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: Open to Southern California Swimming athletes who hold 2022 or 2023 USA Swimming Registration. SCS athletes must be members of Eastern Committee Teams. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have

achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

WARDS: AWARDS:

"A" Division: Ribbons 1st – 6th place
"BB" Division: Ribbons 1st – 6th place
"B" Division: Ribbons 1st – 6th place
Relays: Ribbons 1st – 3rd place
No awards for OPEN events

Entry Limit: A swimmer may swim no more than **FOUR (4)** individual events per day. The meet will conform to the 4-hr rule. **Entries will be processed in the order of first received, first entered. In the event that the meet fills up before all the entries have been processed, the meet host reserves the right to limit the entries to THREE (3) individual events per day.**

ENTRY FEES: **\$4.00** for each **INDIVIDUAL EVENT** along with a **\$10.50 SURCHARGE per swimmer** must accompany each individual entry card. There is a charge of **\$10.00 for each relay**. Returned checks will incur a service fee per SCS policy. **NO REFUNDS. Deletions will not be refunded. Please make Checks payable to: Hemet Valley Dolphin Aquatics**

Entry Procedure: **Team Electronic Entry is highly preferred.** Electronic entry will be accepted **ONLY** when received with an attached Word or pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) **ONLY. DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded. Returned checks will incur a service fee per SCS policy. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail). Individual email entry will not be accepted.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, September 14, 2022. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. *(Receipt of entries will not be verified by phone or e-mail.)*

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. Receipt of entries will not be verified by phone or e-mail
Please make Checks payable to: Hemet Valley Dolphin Aquatics

Mail entries to: Jan Szuszkiewicz – 1437 E Palm Ave, Redlands, CA 92374

Electronic entries to: Jan Szuszkiewicz – janszszswim@gmail.com

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING AND SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Concussion Informed Consent Acknowledgment: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

MAAP 2.0 Statement: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), govern this meet.

COVID 19 Acknowledgement. We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals

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 September 24-25, 2022

ENTRIES MUST BE RECEIVED BY 5:00 PM: September 14, 2022 (Wednesday)

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

Events will be swum mixed gender, awarded separately, no awards for OPENS.

Swimmers should provide their own timers and/or lap counters for ***400 IM and 500/1000/1650 free .

Events will be swum fastest to slowest.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

This meet is subject to the 4 hour rule per session.

Relays swum time permitting.

Must be at least 11 to swim open events unless noted as 13/up.

Open events require 11-12 BB minimum time.

**** 5-10 Use 200 Free Time to enter 500 Free**

					SATURDAY	GIRLS	BOYS
	age		distance	stroke		min	min
1	11-12	A/BB	200 yd	Backstroke		2:43.99	2:39.69
2	5-10	A/BB/B	200 yd	Freestyle		3:18.99	3:06.69
3	11-12	A/BB/B	200 yd	Freestyle		2:40.39	2:34.59
4	5-10	A/BB/B	50 yd	Butterfly		47.39	45.69
5	11-12	A/BB/B	50 yd	Butterfly		36.49	37.09
6	5-10	A/BB/B	100 yd	Breaststroke		1:58.09	1:53.39
7	11-12	A/BB/B	100 yd	Breaststroke		1:34.09	1:31.39
8	5-10	A/BB/B	50 yd	Backstroke		46.99	47.49
9	11-12	A/BB/B	50 yd	Backstroke		38.09	37.89
10	5-10	A/BB/B	100 yd	IM		1:42.59	1:38.79
11	11-12	A/BB/B	100 yd	IM		1:24.09	1:20.89
12*	5-10	GIRLS	200 yd	Freestyle Relay	Deck Entered		Deck Entered
12*	5-10	BOYS	200 yd	Freestyle Relay			
13*	11-12	GIRLS	200 yd	Freestyle Relay			
13*	11-12	BOYS	200 yd	Freestyle Relay			
14	11-12	A/BB	200 yd	Butterfly		2:47.19	2:40.79

*****Minimum 45 Minute break*****

15	13/up	OPEN	200 yd	Backstroke		2:43.99	2:39.69
16	13-14	A/BB/B	200 yd	Freestyle		2:32.09	2:22.99
17	15-up	A/BB/B	200 yd	Freestyle		2:29.39	2:16.49
18	13-14	A/BB/B	100 yd	Butterfly		1:16.39	1:11.19
19	15-up	A/BB/B	100 yd	Butterfly		1:14.69	1:07.49
20	13-14	A/BB/B	100 yd	Breaststroke		1:27.99	1:21.29
21	15-up	A/BB/B	100 yd	Breaststroke		1:25.89	1:16.49
22	13-14	A/BB/B	50 yd	Freestyle		32.59	29.69
23	15-up	A/BB/B	50 yd	Freestyle		31.79	28.39
24	13/up	Open	400 yd	IM		5:56.79	5:46.39
25*	13-14	GIRLS	200 yd	Freestyle Relay	Deck Entered		Deck Entered
25*	13-14	BOYS	200 yd	Freestyle Relay			
26*	15-up	GIRLS	200 yd	Freestyle Relay			
26*	15-up	BOYS	200 yd	Freestyle Relay			
27	13/up	OPEN	500 yd	Freestyle		6:38.19	6:27.49

					SUNDAY	GIRLS	BOYS
	age		distance	stroke		min	min
28	11-12	A/BB/B	200 yd	IM		3:00.19	2:57.29
29	5-10	A/BB	200 yd	IM		3:15.59	3:13.19
30	11-12	A/BB/B	100 yd	Freestyle		1:13.59	1:10.99
31	5-10	A/BB/B	100 yd	Freestyle		1:29.59	1:27.79
32	11-12	A/BB/B	50 yd	Breaststroke		42.99	42.89
33	5-10	A/BB/B	50 yd	Breaststroke		53.19	52.09
34	11-12	A/BB/B	100 yd	Butterfly		1:24.39	1:22.89
35	5-10	A/BB/B	100 yd	Butterfly		1:53.99	1:51.39
36	11-12	A/BB/B	50 yd	Freestyle		33.59	32.59
37	5-10	A/BB/B	50 yd	Freestyle		38.89	38.09
38	11-12	A/BB/B	100 yd	Backstroke		1:24.79	1:22.19
39	5-10	A/BB/B	100 yd	Backstroke		1:41.99	1:39.79
40*	11-12	GIRLS	200 yd	Medley Relay	Deck Entered		Deck Entered
40*	11-12	BOYS	200 yd	Medley Relay			
41*	5-10	GIRLS	200 yd	Medley Relay			
41*	5-10	BOYS	200 yd	Medley Relay			
42	11-12	A/BB	200 yd	Breaststroke		3:06.59	3:00.19
43*	5-10	A/BB	500 yd	Freestyle		**2:57.19	**2:47.99
43*	11-12	A/BB	500 yd	Freestyle		6:38.19	6:27.49

*****Minimum 45 Minute break*****

44	13-14	A/BB/B	200 yd	IM		2:49.79	2:39.99
45	15-up	A/BB/B	200 yd	IM		2:46.79	2:31.69
46	13-14	A/BB/B	100 yd	Backstroke		1:16.69	1:11.49
47	15-up	A/BB/B	100 yd	Backstroke		1:14.69	1:08.09
48	13/up	OPEN	200 yd	Butterfly		2:47.19	2:40.79
49	13-14	A/BB/B	100 yd	Freestyle		1:10.59	1:05.59
50	15-up	A/BB/B	100 yd	Freestyle		1:08.89	1:02.39
51	13/up	OPEN	200 yd	Breaststroke		3:06.59	3:00.19
52*	13-14	GIRLS	200 yd	Medley Relay	Deck Entered		Deck Entered
52*	13-14	BOYS	200 yd	Medley Relay			
53*	15-up	GIRLS	200 yd	Medley Relay			
53*	15-up	BOYS	200 yd	Medley Relay			
54	13/up	OPEN	1000 yd	Freestyle		13:44.69	13:30.19