

CAST All Ages B/C Meet

January 21-22, 2023

Team Invited: BAY, CALI, CAST, FAST, ICAC, SDAC, NCA, OSC, RAQ, WIND, PS, SLST

Sanction: SI-23-04 2022 SI CAST All Ages BC meet Jan 21-22, 2023 Meet Referee: Brian Davis brianrdavis123@gmail.com	Sanction #: SI-23-04 Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc. All participating athletes and clubs are registered with San Diego Swimming. No athletes will be allowed from another LSC. This meet has been sanctioned by San Diego Imperial Swimming and current USA Swimming rules and any relevant sections of the San Diego Imperial Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2023 with USA Swimming by the meet entry deadline. San Diego Imperial Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
Meet Host:	College Area Swim Team
Meet Director:	Dave Kilmer castcoachdave@gmail.com 619-997-7946
Meet Administrator:	Jeannette Temple jcct264@gmail.com 619-861-6734
Meet Entries and Deadlines:	Email entries to: Jeannette Temple jcct264@gmail.com 619-861-6734 The meet's entry deadline is by <u>midnight Wednesday, January 11, 2023.</u> Late entries may be accepted and charged double if accepted.
Mail Meet Fees To:	Make checks payable to: CAST Mail checks to: Jeannette Temple, 6617 Hillgrove Dr., San Diego CA 92120
Entry Fees:	\$10 surcharge per athlete \$6 individual event
Deck Entries:	No Deck Entries allowed.
MAAPP:	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will impact the athlete's ability to compete at meets or have their times loaded into SWIMS <i>Violations of MAAPP can result in person(s) being asked to leave the facility immediately by the meet director or meet referee. If this happens, person(s) will not be allowed to return through the rest of the meet.</i>
APT for Athletes 17 years and older:	<u>Effective September 1, 2022, there will no longer be a 30-day administrative grace period.</u> Going forward, any 17-year-old athlete who has not completed the APT requirement by their 18th birthday will not be a USA Swimming member in good standing unless or until the APT requirement is completed. This includes eligibility to compete in USA Swimming sanctioned meets, club practices and all other related activities. Athletes will continue to receive an email notification reminder of the APT requirement 30 days prior to their 18 th birthday as well as a reminder on their 18 th birthday.
Safe Sport:	At this time swimmers, coaches, workers, officials, and parents will be allowed in the pool area. There may be designated area(s) for athletes, coaches, and meet personal.
Venue: maybe Helix HS	Helix High School, 7323 University AVE, La Mesa, CA. 91942 Snack bar may be available.
Facility:	There may be designated area(s) for athletes, coaches, and meet personal.

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Water Depth:	The pool has 8 working lanes with a warmup area available. The minimum water depth measured accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 3 feet, 6 inches at the turn end.
Course Certification	The competition course has not been certified in accordance with 104.2.2C(4).
Guidelines:	The competition: <i>This meet will be held using the most current State, County, Local, and Facility COVID guidelines that are in place on the day(s) of the event.</i>
USA Swimming Registration:	All swimmers, coaches, and officials participating in this competition must be <u>currently</u> (2023) registered with USA Swimming. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed Concussion Protocol Training. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All swimmers must be registered as athletes for 2023 with USA Swimming by the meet entry deadline. 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.
Meet Format:	Flyover starts may be used. Teams will be assigned a session (if needed) after all the entries are received. Meet administration reserve the right to add or subtract session(s); or lanes used; based on entries
Clerk of Course (Check-in Procedures).	This meet will require each swimmer to check-in prior to the start of the meet. Check-in will close 30 minutes prior to the start of the meet. Swimmers and coaches are the only ones who can check-in; NO PARENTS WILL BE ALLOWED IN THE CHECK-IN AREA. <u>No Show Penalty/ Once checked in for a prelim or timed final event, any swimmer who is a no show for that event will be barred from their next individual event and will not be allowed to swim that race (this carries over to the swimmers first Sunday event if the last Saturday event is missed)</u>
Meet Start Time:	To Be Announced, based on meet entries.
Age Up Date:	The age of the swimmer will be the swimmers age on January 21, 2023.
Restrictions:	Swimmers may enter up to 4 events per day.
Other Restrictions:	<ul style="list-style-type: none">• There may be separate restroom facilities for athletes and coaches/ officials / spectators.• Shaving is not allowed anywhere in the facility• Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue.• Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be always in a harness.
Swimmers with Disabilities	<i>CAST welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations Article 105 to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and / or registered service animals. Failure to provide advance notice may limit CAST's ability to accommodate all requests.</i>

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Qualifying Times:	This meet is using the National BB time standards. Swimmers must be slower than the BB time standards.
Cell phone restrictions:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms and behind the start area behind the blocks.
Drone Restrictions:	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) at any time athletes, coaches, officials and/or spectators are present.
Deck Changing:	Deck changes are prohibited. Teams are encouraged to bring and use the Safe Sport changing tent.
12 & under Tech Suit Restriction:	102.8.1.F SWIMWEAR (USA Swimming Rulebook) No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. (as of 9/1/2020). <ol style="list-style-type: none">1) Exceptions for the foregoing restriction are only for Junior nationals, U.S. Open, National Championships, and Olympic Trials.2) A Technical Suit is one that has the following components:<ol style="list-style-type: none">a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: orb. Any suit with woven fabric extending past the hips. <p>(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)</p>
Racing start Certification:	Any Athlete entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must each race from within the water without the use of a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the athlete or athletes' legal guardian to ensure compliance with this requirement.
Officials:	Officials will be scheduled in advance with the minimum number of officials required set by the Officials Chair. All deck officials must be registered with USA Swimming for 2022 or 2023 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.
Timers:	Two Parent Volunteers per lane will be assigned to work back up buttons and stop watches.
Awards:	Ribbons 1-8

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Saturday, January 21, 2023

Girls				Boys		
Warm up:				Meet Starts:		
Event	Time	Age		Dist./Stroke	Time	Event
1	10/u 41.89 11/12 35.39	12/u	B/C	50 back	10/u 42.29 11/12 34.99	2
3		13/o		50 back		4
5		8/u		25 back		6
7	10/u 1:44.99 11/12 1:27.19	12/u	B/C	100 breast	10/u 1:41.69 11/12 1:24.49	8
9	1:21.69	13/o	B/C	100 breast	1:15.49	10
11		8/u		25 breast		12
13	10/u 41.79 11/12 33.89	12/u	B/C	50 fly	10/u 40.49 11/12 34.99	14
15		13/o		50 fly		16
17		8/u		25 fly		18
19	10/u 35.19 11/12 31.29	12/u	B/C	50 free	10/u 34.49 11/12 30.29	20
21	30.19	13/o	B/C	50 free	27.79	22
23		8/u		25 free		24
25	10/u 1:31.69 11/12 1:18.09	12/u	B/C	100 IM	10/u 1:28.89 11/12 1:14.99	26
27		13/o		100 IM		28
29	10/u 2:57.19 11/12 2:28.99	12/u	B/C	200 free	10/u 2:47.99 11/12 2:23.49	30
31	2:21.29	13/o	B/C	200 free	2:12.79	32

Swimmers may swim a max of 4 events per day

Notes:

- Swimmers must be slower than the national BB times
- All events of the same stroke & distance will be swum combined and reported separately.

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Sunday, January 22, 2023

Girls				Boys		
Warm up:				Meet Starts:		
Event	Time	Age		Dist./Stroke	Time	Event
33	10/u 1:30.69 11/12 1:18.09	12/u	B/C	100 back	10/u 1:29.29 11/12 1:15.69	34
35	1:11.19	13/o	B/C	100 back	1:06.39	36
37	10/u 47.49 11/12 39.99	12/u	B/C	50 breast	10/u 46.59 11/12 39.49	38
39		13/o		50 breast		40
41	10/u 1:39.09 11/12 1:17.59	12/u	B/C	100 fly	10/u 1:37.09 11/12 1:16.09	42
43	1:10.89	13/o	B/C	100 fly	1:06.09	44
45	10/u 1:19.99 11/12 1:08.29	12/u	B/C	100 free	10/u 1:18.79 11/12 1:05.89	46
47	1:05.49	13/o	B/C	100 free	1:00.89	48
49	10/u 3:15.59 11/12 2:47.29	12/u	B/C	200 IM	10/u 3:13.19 11/12 2:43.99	50
51	2:37.59	13/o	B/C	200 IM	2:28.49	52

Swimmers may swim a max of 4 events per day

Notes:

- Swimmers must be slower than the national BB times
- All events of the same stroke & distance will be swum combined and reported separately.