

CSTE 2023 President's Day Senior Classic

February 17-20, 2023

<p>Sanction: SI-23-11 2023 SI CSTE Senior Classic Meet February 17-20, 2023 Meet Referee: Bob Horne bob.horne@si-swimming.com</p>	<p>Sanction #: SI-23-11 Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc. All participating athletes and clubs are registered with USA Swimming. 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 February 8, 2023. 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.</p>
<p>Meet Type</p>	<p>3.5-day Senior meet with Prelims & Finals (championship, consolation, and bonus) for most individual events. Full National event program with expanded relay events (200Y medley and 200Y free relays). Open to 2023 USA Swimming registered swimmers from all LSCs.</p>
<p>Meet Director:</p>	<p>Ohj Nobles 619-519-3391 ohj@swimcoronado.org</p>
<p>Meet Administrator:</p>	<p>Patty Garcia xpgarcia@cox.net 323-337-6644</p>
<p>Meet Entries and Deadlines:</p>	<p>Email entries to: xpgarcia@cox.net The meet's entry deadline is by midnight February 8, 2023. Late entries may be accepted and charged double if accepted.</p>
<p>Mail Meet Fees To:</p>	<p>Make checks payable to: CSTE Mail checks to: Joey Gracia, Coronado Swim Team Elite, 552 Carlsbad Street, Spring Valley, CA 91977</p>
<p>Entry Fees:</p>	<p>\$10 surcharge per athlete \$9 individual event \$20 Relay event</p>
<p>Entries</p>	<p>ENTRIES: Short or long course times may be submitted: long course times will be seeded after short course times. All entries must be received (mailed-DO NOT SEND BY CERTIFIED MAIL or electronic) by the entry deadline: Thursday, February 8, 2023. Meet management reserves the right to stop accepting entries after 750 swimmers have been entered. Swimmers may enter a maximum of 3 individual events per day and swim a maximum of 3 individual entries per day. Call or email for special entry opportunities for Athletes with Recognized Disabilities. All team entries (5 or more swimmers) must be submitted electronically. The meet event file will be available at www.si-swimming.com. Submit electronic entries and a PDF entry fee report via email to xpgarcia@cox.net with a team check for entry fees mailed to: Joey Gracia, Coronado Swim Team Elite, 552 Carlsbad Street, Spring Valley, CA 91977 within 48 hours. We will confirm entries via email if requested. Do not require a signature for entries</p>
<p>Deck Entries:</p>	<p>No Deck Entries allowed for individual events.</p>
<p>MAAPP:</p>	<p>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</p>

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	<p>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.</p>
<p>APT for Athletes 17 years and older:</p>	<p><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 18th birthday as well as a reminder on their 18th birthday.</p>
<p>Safe Sport:</p>	<p>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.</p>
<p>Venue:</p>	<p>Brian Bent Memorial Aquatics Complex, Coronado High School, 818 6th Street, Coronado CA 92118. Phone (619) 437-0227. 25 yard x 52 meter pool with a moveable 2 meter bulkhead. Additional 4 lane 25 yard warm-up area available during meet. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. Colorado timing and large digital scoreboard will be in use. Snack bar may be available.</p>
<p>Facility:</p>	<p>There may be designated area(s) for athletes, coaches, and meet personal.</p>
<p>Water Depth:</p>	<p>The pool has 10 working lanes with additional lanes for warmup available. The minimum water depth measured accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet.</p>
<p>Course Certification</p>	<p>The competition course has not been certified in accordance with 104.2.2C(4).</p>
<p>Guidelines:</p>	<p>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></p>
<p>USA Swimming Registration:</p>	<p>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.</p>
<p>Meet Format:</p>	<p>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</p>
<p>Clerk of Course (Check-in Procedures).</p>	<p>Check-in. Positive check-in deadline for the Women's and Men's 1000 Free is Friday, February 17 @4:30 pm. Scratch Deadlines & No Show Penalty: Scratch deadline for Saturday, Sunday and Monday's events will be @5:30 pm for the next day's events. A swimmer who fails to scratch and 'no shows' a prelim or timed final event will be barred from their next individual event and will not be allowed to swim that race (this carries over the swimmers first event the following day, if that was the swimmers last individual event for that day). A swimmer who fails to scratch and 'no shows' a final event will be removed from the meet.</p>

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	<p>Seeding: All preliminary events will swim fast to slow, with the fastest 3 heats circle seeded. SCY times will be seeded before LCM times. See Special Rules for distance seeding.</p>
Distance Events	<ul style="list-style-type: none"> The 1000 and 1650 Free Events are timed final events and will be swum fastest to slowest, alternating women's and men's heats. The fastest heat of the women's 1650 will be the first individual event of Monday's Finals. The fastest heat of the men's 1650 will be the last individual event before relays during Monday's finals. The 1650 events may be considered part of the break at the discretion of the meet referee. Swimmers in the 1000 and 1650 freestyle must be prepared to supply a timer for three heats and are responsible for providing their own lap counters.
Finals	<ul style="list-style-type: none"> Finals will be comprised of a Bonus Final, Consolation Final and Championship Final swum in that order, with 10 swimmers qualifying for each final heat. The top 30 qualifiers for finals must scratch if they do not wish to swim in finals. Alternates will be inserted into empty lanes in the Bonus heat during finals. The BREAK between prelims and finals each day is planned to be a minimum of two hours, starting after the conclusion of the last preliminary heat. All relays are timed final events and will be swum during finals; with the exception of the 400 Free Relay.
Finals Scratch Procedures	<p>The national finals' scratch rule will be used. A swimmer must scratch or place an intent to scratch on an event within 30 minutes of the announcement of the preliminary results. Finals are scratch only (positive check in will not be used). A swimmer who is a "no-show" for finals will be removed from the remainder of the meet. Alternates will only be used in the "Bonus" heat.</p>
Relays	<p>All relays are timed final events and will be swum during finals. Clubs may enter any number of relays, but only the top 3 teams from a club may score points. All relays may be deck-entered; but relay-only swimmers must be pre-entered into the meet and pay the \$10.00 surcharge. Relay cards are due each day by 11:00 am.</p>
Scoring	<p>Team and individual points awarded only for the championship final and consolation final. Scoring will be to 20 places (24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1), double for relays.</p>
Meet Start Time:	<p>Friday 5:00 PM Saturday – Monday 9:00 AM Finals TBA</p>
Timeline	<p>An estimated timeline, timing assignments the psych sheet will be posted on www.si-swimming.com the Wednesday before the meet.</p>
Age Up Date:	<p>The age of the swimmer will be the swimmers age on February 17, 2023</p>
Restrictions:	<p>Swimmers may swim up to 3 events per day.</p>
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	<p><i>CSTE welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations Article 105 to participate in our</i></p>

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	<p><i>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 CSTE's ability to accommodate all requests.</i></p>
<p>Cell phone restrictions:</p>	<p>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.</p>
<p>Drone Restrictions:</p>	<p>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.</p>
<p>Deck Changing:</p>	<p>Deck changes are prohibited. Teams are encouraged to bring and use the Safe Sport changing tent.</p>
<p>12 & under Tech Suit Restriction:</p>	<p>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). 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: a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or b. Any suit with woven fabric extending past the hips. (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>
<p>Racing start Certification:</p>	<p>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.</p>
<p>Officials:</p>	<p>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 2023 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.</p>
<p>Timers:</p>	<p>Two Parent Volunteers per lane will be assigned to work back up buttons and stop watches.</p>
<p>Coaches Meeting</p>	<p>There will be a meeting of all coaches on Saturday morning at 8:00 am. At least one representative from each team must attend.</p>
<p>Media</p>	<p>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.</p>
<p>Awards:</p>	<p>Medals for Top 3 Athletes per individual event Medals for Top 3 Teams per relay Trophies for Top 3 Team of Meet</p>

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Medical Assistance/Supervision	Lifeguards will be on duty throughout the meet. There is a fire station across from the school.
Visiting Officials	Certified officials are welcome to attend and work the President's Day Senior Swimming Classic. Please contact Bob Horne bob.horne@si-swimming.com
<u>Concussion Training Required in California</u>	<ul style="list-style-type: none"> • California has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming. • These requirements will also apply to out of state coaches whose swimmers are attending meets in California. All links can be found on www.si-swimming.com under the SI Swim Links.
<u>CANRA Mandatory Reporting</u>	Non-athlete members who are residents of California must take the Child Abuse and Neglect Reporting Act course in the course catalog. This course is provided by the U.S. Center for SafeSport and must be completed once. Non-athlete members who do not reside in California are welcome to take the course, however it is not required.
Housing/Food	Venue is 15 minutes from the San Diego International Airport. There are multiple hotels on Coronado, as well as hotels in Mission Valley, which are within a reasonable driving distance from the pool. Numerous restaurants are within a short walking distance of the pool in downtown Coronado. A snack bar and hospitality service will be provided.

HOTEL INFORMATION

Hampton Inn & Suites – 771 Palm Ave., Imperial Beach, CA 91932 619-295-1004

\$189.00 per night Studio 2 Queen Beds with free hot breakfast.

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ORDER OF EVENTS AND TIME STANDARDS

WOMEN'S									MEN'S		
SCY MIN	LCM MIN							LCM MIN	SCY MIN		
WARM UP 4:00 PM			Friday, February 17, 2023						MEET STARTS 5:00 PM		
1	11:40.49	10:18.69	SENIOR	1000 Y	FREE	9:32.89	10:40.89	2			
3			SENIOR	200 Y	MEDLEY RELAY (4 X 50)					4	
5			SENIOR	800 Y	FREE RELAY (4 X 200)					6	
WARM UP 7:30 AM			Saturday, February 18, 2023						MEET STARTS 9:00 AM		
7	2:23.09	2:41.99	SENIOR	200 Y	IM	2:28.59	2:10.99	8			
9	27.09	30.89	SENIOR	50Y	FREE	27.29	24.29	10			
11	1:17.29	1:27.29	SENIOR	100 Y	BREAST	1:22.29	1:12.49	12			
13	2:27.09	2:47.59	SENIOR	200 Y	BACK	2:41.29	2:22.99	14			
15	5:35.19	4:59.19	SENIOR	500 Y	FREE	4:35.89	5:08.59	16			
17			SENIOR	400 Y	MEDLEY RELAY (4 X 100)					18	
WARM UP 7:30 AM			Sunday, February 19, 2023						MEET STARTS 9:00 AM		
19	1:07.69	1:16.89	SENIOR	100 Y	BACK	1:13.39	1:04.79	20			
21	2:05.99	2:22.79	SENIOR	200 Y	FREE	2:10.99	1:55.39	22			
23	1:06.39	1:15.19	SENIOR	100 Y	FLY	1:09.49	1:01.29	24			
25	5:08.69	5:49.09	SENIOR	400 Y	IM	5:23.69	4:45.79	26			
27			SENIOR	200 Y	FREE RELAY (4 X 50)					28	
WARM UP 7:30 AM			Monday, February 20, 2023						MEET STARTS 9:00 AM		
29	58.59	1:06.59	SENIOR	100 Y	FREE	59.99	52.79	30			
31	2:32.59	2:51.59	SENIOR	200 Y	FLY	2:38.79	2:20.69	32			
33	2:46.79	3:07.89	SENIOR	200 Y	BREAST	2:57.39	2:37.59	34			
35	19:04.29	19:22.09	SENIOR	1650 Y	FREE	18:18.39	17:50.19	36			
37			SENIOR	400 Y	FREE RELAY (4 X 100)					38	
WILL SWIM AT THE END OF PRELIMS											