



SAN DIEGO IMPERIAL SWIMMING VS ARIZONA SWIMMING ALL-STAR DUAL MEET

January 7-8, 2023

Open to only swimmers who are on the All-Star Team

Sanction: SI-23-01 2023 SI vs AZ Dual Meet Meet Referee: Dave Nelson Dnelson.mvys@gmail.com	Sanction #: SI-23-01 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:	San Diego Imperial Swimming
Meet Director:	Kevin Eslinger kevine@heartlandswim.org
Meet Administrator:	Mary Redmond – 760-716-7678 seanmary@aol.com
Eligibility	This is a closed meet, open only to the All-Star teams of each participating LSC. All swimmers must have current USA swimming registration as of the meet entry deadline. Each All-Star team will be composed of a maximum of 8 athletes per age group and gender (10&UN, 11-12, 13-14) for a maximum total of 48 athletes per team. Teams may not go over capacity in one age group/gender by going under in another. Team may elect to have 1 swimmer per age group per gender to be used as an alternate.
Meet Entries and Deadlines:	Email entries to: Mary Redmond seanmary@aol.com The meet's entry deadline is by <u>midnight Tuesday, January 3, 2023.</u> Late entries may be accepted and charged double if accepted.
Mail Meet Fees To:	Make checks payable to: SI Swimming Mail checks to: Mary Redmond P.O. Box 1347, Fallbrook CA 92088
Entry Fees: This paid by each LSC	\$10 surcharge per athlete \$7 individual event \$20 Per Relay
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
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:	Granite Hills High School, 1719 E Madison Ave El Cajon CA 92019 The minimum water depth, measured in accordance with Article 103.2.3, is 5 feet, 6 inches at the start end and 3 feet, 0 inches at the turn end. Snack bar may be available.



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Facility:	There may be designated area(s) for athletes, coaches, and meet personal.
Water Depth:	The pool has 17 working lanes with a warmup area available. The minimum water depth measured in 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 and in good standing. All Coaches are required to complete the USADA Coaching Advantage, and all officials and coaches are to have completed CANRA and 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.
Clerk of Course (Check-in Procedures).	This meet will be pre seeded. Any changes to the meet lineup will be made with the meet admin and meet referee prior to the swimming of the event.
Meet Start Time:	Saturday: warm up 2:30, meet starts 4:00 PM Sunday: warm up 7:30, meet starts 9:00 AM
Age Up Date:	The age of the swimmer will be the swimmers age on January 7, 2023.
Restrictions:	<ul style="list-style-type: none">• Each All-Star team will be composed of a maximum of 8 swimmers per age group and gender; teams are allowed to have 1 alternate swimmer per age group/gender; (10/under, 11/12, 13/14) for a maximum of 54 swimmers per team. Teams may not go over capacity in one age group/gender by going under in another.• Each LSC may enter up to 4 swimmers in each event.• No swimmer may compete in more that 3 individual events and 2 relay events per day.• Each LSC may enter up to 2 relay teams in each relay event.• This meet will be pre-seeded.• Time Trials will not be offered.• Alternates may be used when a swimmer in the same age group/gender are not able to swim• Alternates will be allowed to swim as exhibition swimmers for up to 3 individual events per day. This is a closed meet and is only open to SI and AZ swimmers on their all-star team.
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.



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	<ul style="list-style-type: none"> 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.
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:	<p>102.8.1.F SWIMWEAR (USA Swimming Rulebook)</p> <p>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).</p> <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: or b. 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.)</p> <p>(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 2023 and have a current Background Check, Athlete Protection Course, CANRA, 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.
Medical Assistance/Supervision	There will be a certified lifeguard at the meet.



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Saturday, January 7, 2023

Warm up 2:30 PM		Meet start 4:00 PM	
Girls		Boys	
Event	Age	Dist./Stroke	Event
1	10/under	200Y Medley Relay	2
3	11/12	200Y Medley Relay	4
5	13/14	200Y Medley Relay	6
7	10/under	500 Free	8
9	11/12	200 Backstroke	10
11	13/14	200 Backstroke	12
13	10/under	50 Backstroke	14
15	11/12	100 Breaststroke	16
17	13/14	100 Breaststroke	18
19	10/under	100 Breaststroke	20
21	11/12	100 Butterfly	22
23	13/14	100 Butterfly	24
25	10/under	100 Butterfly	26
27	11/12	200 Freestyle	28
29	13/14	200 Freestyle	30
31	10/under	100 Freestyle	32
33	11/12	400 IM	34
35	13/14	400 IM	36
37	10/under	100 IM	38
39	11/12	50 Freestyle	40
41	13/14	50 Freestyle	42
43	10/under	400 Free Relay	44
45	11/12	400 Free Relay	46
47	13/14	400 Free Relay	48

Swimmers may swim a max of 3 individual events and 2 relays per day



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Sunday, January 8, 2023

Warm up 7:30 AM		Meet start 9:00 AM	
Girls		Boys	
Event	Age	Dist./Stroke	Event
49	10/under	200Y Free Relay	50
51	11/12	200Y Free Relay	52
53	13/14	200Y Free Relay	54
55	10/under	200 Freestyle	56
57	11/12	200 Breaststroke	58
59	13/14	200 Breaststroke	60
61	10/under	50 Breaststroke	62
63	11/12	200 Butterfly	64
65	13/14	200 Butterfly	66
67	10/under	50 Butterfly	68
69	11/12	500 Freestyle	70
71	11/12	100 Backstroke	72
73	13/14	100 Backstroke	74
75	10/under	100 Backstroke	76
77	11/12	100 Freestyle	78
79	13/14	100 Freestyle	80
81	13/14	500 Freestyle	82
83	10/under	200 IM	84
85	11/12	200 IM	86
87	13/14	200 IM	88
89	10/under	50 Freestyle	90
91	10/under	400 Medley Relay	92
93	11/12	400 Medley Relay	94
95	13/14	400 Medley Relay	96

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