



February 16 – 19, 2024

CSTE 2024 President's Day Senior Classic

February 16 – 19, 2024

General Meet Information:

Sanction #: SI- 24-04
2024 SI CSTE Senior Classic Meet February 16-20, 2024

Meet Referee: Bob Horne bob.horne@si-swimming.com

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 2024 with USA Swimming by the meet entry deadline February 7, 2024.** 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 Type:

3.5-day Senior meet with Prelims & Finals (Top 32) (championship, consolation, bonus, and 16 & under protected SUPER bonus) for most individual events. This meet will be SHORT COURSE FOR BOTH PRELIMS AND FINAL. Full National event program with expanded relay events (200Y medley and 200Y free relays). Open to 2024 USA Swimming registered swimmers from all LSCs.

Venue:

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 6 lane 25 yard warm-up area available during meet.
- 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 (competition pool)
- Electronic Automatic Timing System will be used
- Concessions will be available.
- There will be designated area(s) for athletes, coaches, officials and meet personnel.

Water Depth:

- **The competition pool has 12 racing lanes (prelims) / 8 lanes (finals) with 13 total lanes for warmup/down available.**
- Minimum water depth measured according to Article 103.2.3, is 7 feet, 0 inches at the start and end of the competition pool.

Course Certification: competition course has not been certified in accordance with 104.2.2C(4).

Meet Director: Peter McVey - peter@swimcste.com

Meet Administrator: Patty Garcia - xpgarcia@cox.net

Meet Entries and Deadlines:

Email entries to: Patty Garcia - xpgarcia@cox.net
Please CC Entries to - Melissa Eisenhamer - Mel@swimcste.com & Jaycee Fraser - Jaycee@swimcste.com

Entry deadline: 11:00 PM on February 7, 2024.

Late entries may be accepted and charged double if accepted.

Payments:

Make checks payable to: Coronado Swim Team Elite
Mail checks to:

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Coronado Swim Team Elite
P.O. Box 181055, Coronado, CA 92178

Teams may also request digital invoice (credit card or ACH) - email invoice payment options email Melissa Eisenhamer - mel@swimcste.com

Entry Fees:

- \$25 surcharge per athlete
- \$9 individual event
- \$20 Relay event

Entries Info:

Short or long course times may be submitted: long course times will be seeded after short course times. All entries must be received via EMAIL ONLY (ELECTRONIC MEET FILE) by the entry deadline: Wednesday, February 7, 2024.

Meet management reserves the right to stop accepting entries after 900 swimmers have been entered. Swimmers may enter a maximum of 4 individual events per day BUT ONLY swim a maximum of 3 individual entries per day, swimmers enter in more than 3 events will need to scratch 1 event by 5:30 PM the day prior.

All team entries (5 or more swimmers) must be submitted electronically. The meet event file will be available at www.si-swimming.com or <https://www.swimcste.com/Events>. Submit electronic entries and a PDF entry fee report via email to Patty Garcia with a team check for entry fees within 48 hours. We will confirm entries via email if requested. No Deck Entries allowed for individual events.

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

APT for Athletes 17 years and older:

Effective September 1, 2022, there will no longer be a 30-day administrative grace period. 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.

Safe Sport:

Meet Planning and Communication:

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

- The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

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- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.
- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or after February 16, 2024, who has not completed Athlete Protection Training by the first day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns 18 on or after February 16, 2024, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.
- 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 personnel.

Guidelines:

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.

USA Swimming Registration:

- All swimmers, coaches, and officials participating in this competition must be currently (2024) 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 2024 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 warm up 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:
 - Positive check-in deadline for the Women's and Men's 1000 Free is Friday, February 16 @4:30 pm.
 - There will be no check-in for prelims for Friday (with the exception for the 1000 Free), Saturday, Sunday or Monday
- Scratch Deadlines & No Show Penalty:
 - Scratch deadline for Saturday, Sunday and Monday's events will be @7:00 pm for the next day's events. A PRELIMS Scratch submission form via FORMSTACK will be sent out to coaches and available via our website <https://www.swimcste.com/Events> both athletes and coaches may submit scratch requests for PRELIMS ONLY by 7:00pm for the following days events.
 - A swimmer who fails to scratch and 'no shows' a prelim or timed final event will be removed from all the remaining events that day and must positive check in for all subsequent individual events.
 - A swimmer who fails to scratch and 'no shows' for a Final event will be removed from the meet and will not be eligible for relays. USAS National governing rules will be used to determine the eligibility of

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swimmers to compete in relays should they "no show" for a finals event and are subsequently removed from the remainder of the meet. To include relay swims.

- **Finals Scratch Procedures:**
 - 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" and "Consolation Finals" - no alternates for SUPER Bonus or Finals
- **Seeding:** **All preliminary events will swim fast to slow, alternating men's and women's heats for every event with the fastest 3 heats circle seeded.** SCY times will be seeded before LCM times. See Special Rules for distance seeding.

Distance Events:

- 1000 and 1650 Free Events are timed final events and will be swum fastest to slowest, alternating women's and men's heats
- Fastest heat of the women's 1650 will be the first individual event of Monday's Finals
- Fastest heat of the men's 1650 will be the last individual event before relays during Monday's finals
- 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:

Finals will consist of TOP 32 swimmer and swam in this order:

1. SUPER Bonus Final (16&U ONLY)
 2. Bonus Final (19-24)
 3. Consolation Final (9-16)
 4. Championship Final (1-8)
- 8 swimmers qualified for each final heat.
 - Top 32 qualifiers for finals must scratch if they do not wish to swim in finals.
 - Alternates will be inserted into empty lanes in the Bonus and Consolation 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

Relays

- All relays are timed final events and will be swum during finals.
- Clubs may enter up to 3 relays and may be deck-entered
- relay-only swimmers must be pre-entered into the meet and pay the surcharge.
- **Relay cards are due each day by 11:00 am.**

Meet Start Time:

Friday: 5:00 PM (Timed Finals)
Saturday & Sunday: Prelims 9:00 AM / Finals 5:00 PM
Monday: Prelims 9:00 AM / Finals 4:00 PM

Timeline:

An estimated timeline, Warm-up assignments and the psych sheet will be posted on www.si-swimming.com and <https://www.swimcste.com/Events> on Wednesday before the meet.

Age Up Date:

Age of the swimmer will be the swimmers age on February 16, 2024

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Restrictions:

- Swimmers may swim up to 3 events per day.
- 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.
- **Deck changes are prohibited.** Teams are encouraged to bring and use the Safe Sport changing tent.

Swimmers with Disabilities:

CSTE 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 CSTE's ability to accommodate all requests.

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) any time athletes, coaches, officials and/or spectators are present.

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).

- 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.)

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 2024 and have a current Background Check, Athlete Protection Course, and Concussion Protocol Training acknowledged by USA Swimming.

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

Timers:

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Two Parent Volunteers per lane MAY be assigned to work back up buttons and stop watches. CSTE has volunteer organizations that will be supporting the meet, parents / teams will only be requested if needed.

Coaches Meeting:

There will be a meeting of all coaches on Saturday morning at 8:15 am. At least one representative from each team must attend.

Scoring:

Team and individual points awarded only for the championship final, consolation and bonus final.

Scoring will be to 24 places: (32-28-27-26-25-24-23-22-20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1), double for relays.

Media:

This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Awards:

Medals for Top 3 Athletes per individual event. No medals for relays. Awards for Top 3 Teams of Meet will be given.

Lifeguards /Emergency Services Contacts:

Lifeguards will be on duty throughout the meet.

Coronado Police Department – 619-522-7350

Child Protective Services - 800-344-6000

Medical Assistance - 911

Concussion Training Required in California:

California has modified existing school concussion laws 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.

CANRA Mandatory Reporting:

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.

Lodging/Food:

Venue is 15 minutes from the San Diego International Airport. There are multiple hotels on Coronado, as well as hotels in Downtown and Mission Valley, which are within a reasonable driving distance from the pool. Numerous restaurants are within a short walking distance of the pool in Coronado. A snack bar and hospitality service will be provided for athletes and coaches.

Supporting Hotel Information:

Hampton Inn & Suites -

771 Palm Ave., Imperial Beach, CA 91932

619-295-1004

- \$194.00 per night Studio 2 Queen Beds with free hot breakfast

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Order of Events and Time Standards							
WOMEN'S					MEN'S		
Event #	SCY MIN	LCM MIN			LCM MIN	SCY MIN	Event #
Warm Ups @ 3:30 PM			Friday February 16, 2023		Meet Starts @ 5:00 PM		
1	11:40.49	10:18.69	1000 Y	FREE	9:32.89	10:40.89	2
3			200 Y	MEDLEY RELAY (4X50)			4
5			800 Y	FREE RELAY (4X200)			6
Warm Ups @ 7:00 AM			Saturday February 17, 2023		Meet Starts @ 9:00 AM		
7	2:23.09	2:41.99	200 Y	IM	2:28.59	2:10.99	8
9	27.09	30.89	50 Y	FREE	27.79	24.29	10
11	1:17.29	1:27.29	100 Y	BREAST	1:22.29	1:12.49	12
13	2:27.09	2:47.59	200 Y	BACK	2:41.29	2:22.99	14
15	5:35.19	4:59.19	500 Y	FREE	4:35.89	5:08.59	16
17			400 Y	MEDLEY RELAY (4X100)			18
Warm Ups @ 7:00 AM			Sunday February 19, 2023		Meet Starts @ 9:00 AM		
19	1:07.69	1:16.89	100 Y	BACK	1:13.39	1:04.79	20
21	2:05.99	2:22.79	200 Y	FREE	2:10.99	1:55.39	22
23	1:06.39	1:15.19	100 Y	FLY	1:09.49	1:01.29	24
25	5:08.69	5:49.09	400 Y	IM	5:23.69	4:45.79	26
27			200 Y	FREE RELAY (4X50)			28
Warm Ups @ 7:00 AM			Monday February 20, 2023		Meet Starts @ 9:00 AM		
29	58.59	1:06.59	100 Y	FREE	59.99	52.79	30
31	2:32.59	2:51.59	200 Y	FLY	2:38.79	2:20.69	32
33	2:46.79	3:07.89	200 Y	BREAST	2:57.39	2:37.59	34
35	19:04.29	19:22.09	1650 Y	FREE	18:18.39	17:50.19	36
37			400 Y	*FREE RELAY (4X100)			38
			*At end of Prelims				