



14/U SHORT COURSE AGE GROUP CHAMPIONSHIPS

**March 7-9, 2025
Granite Hills High School
El Cajon, California**

**HOST: SAN DIEGO-IMPERIAL SWIMMING
CHAMPIONSHIP COMMITTEE**



SAN DIEGO-IMPERIAL 14/U SHORT COURSE AGE GROUP CHAMPIONSHIPS MARCH 7-9, 2025



Warm Up 4:30 PM GIRLS			Session 1 – Friday March 7		Session Start 5:30 PM BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
1			13 – 14 800 Y Free Relay	TF			2
3	5:56.49	6:38.19	11-12 500 Y Free	TF	6:49.69	5:48.69	4
5	20:39.79 10:47.99	20:34.29 12:23.19	13 - 14 1000 Y Free 800/1650 Free Cut	TF	20:53.99 11:34.79	21:07.69 10:36.99	6
Warm Up 7:30 AM GIRLS			Session 2 - Saturday March 8		Session Start 9:00 AM BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
7	--	1:31.69	10 & Under 100 Y IM	Prelim	1:34.89	--	8
9	--	1:15.29	11 – 12 100 Y IM	Prelim	1:17.99	--	10
11	6:02.19	5:36.69	13 – 14 400 Y IM	Prelim	5:17.99	5:54.99	12
13	3:20.99	3:01.19	10 & Under 200 Y Free	Prelim	2:55.99	3:12.09	14
15	2:49.19	2:24.99	11 – 12 200 Y Free	Prelim	2:31.49	2:44.89	16
17	2:29.39	2:15.59	13 – 14 200 Y Free	Prelim	2:06.59	2:20.59	18
19	1:59.79	1:44.99	10 & Under 100 Y Breast	Prelim	1:49.09	1:56.99	20
21	1:40.89	1:27.19	11 - 12 100 Y Breast	Prelim	1:29.49	1:38.39	22
23	1:30.79	1:20.09	13 – 14 100 Y Breast	Prelim	1:16.99	1:25.79	24
25	39.89	35.19	10 & Under 50 Y Free	Prelim	34.49	39.49	26
27	33.69	29.99	11 - 12 50 Y Free	Prelim	30.79	34.69	28
29	31.49	27.89	13 – 14 50 Y Free	Prelim	26.19	29.49	30
31	47.09	42.29	10 & Under 50 Y Fly	Prelim	43.49	46.59	32
33	38.29	34.39	11 - 12 50 Y Fly	Prelim	35.69	38.59	34
35	3:01.49	2:46.89	13 – 14 200 Y Fly	Prelim	2:36.99	2:54.19	36
37	1:46.99	1:33.69	10 & Under 100 Y Back	Prelim	1:32.29	1:44.09	38
39	1:30.99	1:18.09	11 - 12 100 Y Back	Prelim	1:19.99	1:27.99	40
41	1:17.29	1:09.39	13 – 14 100 Y Back	Prelim	1:05.49	1:16.09	42
43		2:20.79	10 & Under 200 Y Free Relay	TF	2:17.99		44
45		1:58.49	11-12 200 Y Free Relay	TF	2:01.19		46

GIRLS		Session 3 - Saturday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
7	Top 16	10 & Under 100 Y IM	Finals	Top 16	8
9	Top 16	11 – 12 100 Y IM	Finals	Top 16	10
11	Top 8	13 – 14 400 Y IM	Finals	Top 8	12
13	Top 16	10 & Under 200 Y Free	Finals	Top 16	14
15	Top 16	11 – 12 200 Y Free	Finals	Top 16	16
17	Top 16	13 – 14 200 Y Free	Finals	Top 16	18
19	Top 16	10 & Under 100 Y Breast	Finals	Top 16	20
21	Top 16	11 - 12 100 Y Breast	Finals	Top 16	22
23	Top 16	13 – 14 100 Y Breast	Finals	Top 16	24
25	Top 16	10 & Under 50 Y Free	Finals	Top 16	26
27	Top 16	11 - 12 50 Y Free	Finals	Top 16	28
29	Top 16	13 – 14 50 Y Free	Finals	Top 16	30
31	Top 16	10 & Under 50 Y Fly	Finals	Top 16	32
33	Top 16	11 - 12 50 Y Fly	Finals	Top 16	34
35	Top 16	13 – 14 200 Y Fly	Finals	Top 16	36
37	Top 16	10 & Under 100 Y Back	Finals	Top 16	38
40	Top 16	11 - 12 100 Y Back	Finals	Top 16	40
41	Top 16	13 – 14 100 Y Back	Finals	Top 16	42
47	4:07.19	13 – 14 400 Y Free Relay	TF	4:03.49	48



SAN DIEGO-IMPERIAL 14/U SHORT COURSE AGE GROUP CHAMPIONSHIPS MARCH 7 - 9, 2025



Warm Up 7:30 AM			Session 4 - Sunday March 9		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
49	5:14.39	6:01.59	13 – 14 500 Y Free	Prelim	5:43.39	5:05.19	50
51	54.49	47.49	10 & Under 50 Y Breast	Prelim	48.09	53.59	52
53	45.49	39.99	11 – 12 50 Y Breast	Prelim	40.99	45.19	54
55	3:11.39	2:56.79	13 – 14 200 Y Breast	Prelim	2:44.59	3:07.19	56
57	1:54.99	1:40.59	10 & Under 100 Y Fly	Prelim	1:46.69	1:54.99	58
59	1:29.49	1:19.09	11 - 12 100 Y Fly	Prelim	1:20.29	1:26.29	60
61	1:16.39	1:08.49	13 – 14 100 Y Fly	Prelim	1:07.19	1:12.49	62
63	48.89	42.39	10 & Under 50 Y Back	Prelim	42.79	49.19	64
65	40.79	35.39	11 - 12 50 Y Back	Prelim	37.49	40.39	66
67	2:53.99	2:35.39	13 – 14 200 Y Back	Prelim	2:34.99	2:43.99	68
69	3:43.19	3:19.59	10 & Under 200 Y IM	Prelim	3:27.19	3:40.79	70
71	3:11.39	2:42.99	11 - 12 200 Y IM	Prelim	2:47.99	3:08.49	72
73	2:47.79	2:33.49	13 – 14 200 Y IM	Prelim	2:26.39	2:37.69	74
75	1:31.19	1:19.99	10 & Under 100 Y Free	Prelim	1:18.79	1:30.19	76
77	1:15.09	1:04.09	11 - 12 100 Y Free	Prelim	1:07.99	1:15.49	78
79	1:07.99	1:00.49	13 – 14 100 Y Free	Prelim	57.79	1:04.49	80
81	20:39.79 10:47.99	20:34.29 12:23.19	13 – 14 1650 Y Free 1000/800 Free cut	TF	20:53.99 11:34.79	21:07.69 10:36.99	82
83		2:51.99	10 & U 200 Medley Relay	TF	2:43.99		84
85		2:17.89	11-12 200 Y Medley Relay	TF	2:19.39		86

GIRLS		Session 5 - Sunday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
49	Top 8	13 – 14 500 Y Free	Finals	Top 8	50
51	Top 16	10 & Under 50 Y Breast	Finals	Top 16	52
53	Top 16	11 – 12 50 Y Breast	Finals	Top 16	54
55	Top 16	13 – 14 200 Y Breast	Finals	Top 16	56
57	Top 16	10 & Under 100 Y Fly	Finals	Top 16	58
59	Top 16	11 - 12 100 Y Fly	Finals	Top 16	60
61	Top 16	13 – 14 100 Y Fly	Finals	Top 16	62
63	Top 16	10 & Under 50 Y Back	Finals	Top 16	64
65	Top 16	11 - 12 50 Y Back	Finals	Top 16	66
67	Top 16	13 – 14 200 Y Back	Finals	Top 16	68
69	Top 16	10 & Under 200 Y IM	Finals	Top 16	70
71	Top 16	11 - 12 200 Y IM	Finals	Top 16	72
73	Top 16	13 – 14 200 Y IM	Finals	Top 16	74
75	Top 16	10 & Under 100 Y Free	Finals	Top 16	76
77	Top 16	11 - 12 100 Y Free	Finals	Top 16	78
79	Top 16	13 – 14 100 Y Free	Finals	Top 16	80
81	Top 8	13 – 14 1650 Y Free	TF	Top 8	82
87	4:40.19	13 – 14 400 Y Medley Relay	TF	4:29.79	88

SAN DIEGO-IMPERIAL SWIMMING 14/U

SHORT COURSE AGE GROUP CHAMPIONSHIPS

MARCH 7-9, 2025

- **Meet Referees:** Sean Redmond seanmary@aol.com
- **Meet Director:** Mary Redmond: seanmary@aol.com
- **Meet Admin** Mary Redmond: seanmary@aol.com

SANCTION: #SI-25-02 The meet is held under the sanction of USA Swimming and issued by San Diego-Imperial Swimming. In granting this sanction 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 and any relevant sections of the San Diego Imperial Policies and Procedures Manual will apply.

VENUE: Granite Hills High School. 1719 E Madison Ave, El Cajon, CA 92019. 10 lane, 25 yd pool. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 6 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

ELIGIBILITY: This is a closed SI meet. All swimmers must be SI swimmers with a 2025 USA swimming card issued not later Thursday, March 6, 2025. SI Swimming does not permit on-deck registration. All USA Swimming registration numbers will be verified with the SWIMS registration database; swimmers without a current registration will be scratched from all events. Any swimmer who has competed for a foreign FINA federation within the previous 120 days cannot compete in this meet. **To enter, all swimmers, including relay-only swimmers, must have swum in one SI meet each season or 2 meets in the preceding qualifying year (starting from March 9, 2024).**

- **RULES:** Current SI Swimming and USA Swimming rules will govern the conduct of the meet, and will take precedence over errors/omissions on this meet announcement.
- Age-Up date: The age of the swimmer will be the swimmer's age on March 7, 2025.
- All coaches and deck officials must be able to show proof of current USA Swimming registered if requested.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. 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.
 - a. Racing Starts: 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.
 - b. Swimmers may enter any number of events for which they are qualified. No swimmer may compete in more than 3 individual events per day and in no more than 7 individual events for the meet.
 - c. **Friday: A team may enter one 800 free relay and must have 2 individual event qualifiers on the relay. Sat & Sun: Teams may enter up to 2 relays per age group and each relay must have 2 individual event qualifiers on each relay. Teams without 2 individual qualifiers in an age group may enter 1 relay with relay only swimmers. Enter aggregate times or minimum times**

QUALIFICATION TIMES: The meet qualification times are listed in this announcement. The meet is using the 2025 Age Group Championship Time Standards. To enter, a swimmer must have met or bettered the qualifying times for each event in both stroke and distance. This is a proof of time meet and times will be verified.

- a. Swimmers who have met the long course meter time standard and not the short course yard time standard must enter with their long course meter time. Swimmers who have met the short course time standard must enter with their short course time. Swimmers will be seeded by short course yard time first, then long course meter time

QUALIFICATION TIMES: (continued)

- b. All qualification times must have been achieved since the first day of the preceding Short Course Championship Meet – March 8, 2024.
- c. Relay entry times: Enter at the best achieved relay time or best aggregate time at or faster than the time standard.

ENTRIES: All entries, including relay only swimmers, must be submitted electronically using Hy-Tek Team Manager or compatible software, such as Team Unify.

- a. **Entry files MUST be emailed to Mary Redmond (seanmary@aol.com) and received by 12:00 pm (midnight) Tuesday, February 25, 2025.** Include in the email a PDF copy of the **Entry Fee Report**, a PDF copy of the **Entries by Name Report**, and the contact person's phone number and email address.
- b. A hardcopy list of **Entries by Name** and a hardcopy **Entry Fee Report** must be included along with the team check for the entry fees.
 - **Mail: Entry Reports MUST be postmarked NO LATER THAN Tuesday, February 25, 2025.**
Mail entries to: SAN DIEGO-IMPERIAL SWIMMING, 1335 Via Del Oro, Fallbrook CA 92028
Please do not require a signature when sending the entries.
Full payment (via a single team check) for entries must be postmarked within 48 hours of the e-mail entry or hand deliver payment no later than the final date of the meet.
Make checks payable to: SAN DIEGO-IMPERIALSWIMMING
- c. **NO LATE OR TELEPHONE ENTRIES WILL BE ACCEPTED!** Entry changes will not be accepted after the closing date.

ENTRY FEES

- a. Surcharge for each swimmer, including relay only swimmers: \$20.00
- b. Individual Event Entry Fee: \$ 9.00
- c. Relay Entry Fee: \$ 20.00

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. 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. Violations of MAAPP can result in person(s) being asked to leave the facility immediately by the meet director or the meet referee. If this happens, person(s) will not be allowed to return through the rest of the meet. 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 the meet.

SAFE SPORT: 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 Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

FACILITY SAFE SPORT: Swimmers, coaches, workers, and officials ONLY may be allowed in the pool area for the meet. Teams will be set up outside the deck and parents only in the bleachers. Parent and spectators will be allowed on certain parts of the deck. Showers may not be available. Separate restrooms may be available for athletes and non-athletes.

LIABILITY: In Granting this sanction and by any person's participation in the meet, it is understood Grossmont Union High School District shall be free from any and all liabilities or any claims for any damages, even if such liabilities or claims are due to the negligence of such organizations, arising by reason of injuries to anyone during the conduct of the meet. Damage to a facility, when proved, will cause the offending person(s), to be held accountable for repairs.

REGISTRATION: All swimmers, coaches, and officials participating in this competition must be currently (2025) 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 and the CANRA (Mandatory Reporting Course). No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All swimmers must be registered with USA Swimming by the entry deadline.

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.

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.

MEDIA: 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.

DECK CHANGING: Deck changes are prohibited. Teams are encouraged to bring and use the Safe Sport changing tent.

12/U 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.

SWIMMERS WITH DISABILITIES: SI 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 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 SI's ability to accommodate all requests.

USA SWIMMING MEET 360:

- Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming Membership.
- During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.
- Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.
- Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
- 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.

MEDICAL ASSISTANCE/SUPERVISION: Law enforcement contact: 619-597-3311

Child Protective Services contact: 877-792-5437 or 619-551-2000 or 858-484-3154

Medical services (if other than 911) El Cajon Fire 619-441-1601

Address and phone number of facility: Granite Hills High School, 1719 E Madison Ave
El Cajon CA 92019

OTHER RESTRICTIONS: 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.

MEET CONDUCT

MEET START TIMES: Friday the meet will begin at **5:30 pm.** Saturday and Sunday the meet will start at 9:00 am each morning. Check-in for the first eight events of prelims will be closed at 8:30 am each morning. Check-in for all other events for each day will close at 9:00 am.

CHECK-IN: This meet is a deck-seeded meet, requiring deck check-in. CHECK-IN IS REQUIRED FOR ALL PRELIMINARY AND TIMED FINAL EVENTS - EACH DAY. The penalty for failure to check-in by the closing time for an event is that the swimmer will be scratched from that event and not allowed to swim.

SCRATCH PROCEDURES:

- a. **PRELIMS:** At the first Check-in for each day, a swimmer may scratch any event, but the swimmer may not re-enter an event once scratched.
- b. **FINALS:** A swimmer wishing to declare their intent to scratch from finals must sign the official scratch sheet within 30 minutes from the announcement of the preliminary results in the administrative office.
- c. **LATE WITHDRAWAL FROM FINALS:** A swimmer who qualifies for a Finals heat (championship or consolation), and has not scratched, and wishes to withdraw from the event, may do so without a NO SHOW penalty only if:
 1. The swimmer involved, in person, notifies the Referee before the Finals start of his/her desire to withdraw and allow a reseeding of the Finals Heat(s) AND
 2. The swimmer is present at the Finals at the time of the event involved.
- d. **NO SHOW PENALTY:** Once checked in for an event, any swimmer who is a no show for the preliminary heats of an event will be barred from their next individual event and will not be allowed to swim that race. A swimmer who is a no show for a finals heat (championship or consolation) for which he/she has qualified and has not scratched will be barred from competition for the remainder of the meet.

DISTANCE EVENTS

The distance events will be swum alternating genders [11-12 500 Free, 13-14 1000 free & 1650 free] and be will Timed Finals events.

a. 13-14 500 free will be swum alternating genders FASTEST TO SLOWEST in prelims

b. 1650 & 1000 Free Events: Swimmers may qualify for the 1650 or the 1000 free with the 1650 Y, 1000Y or 800M free time. These events will be swum alternating genders FASTEST TO SLOWEST. The 1650 fastest heat, by entered times: (SC 1650, LC 1500, SC 1000, LC 800) will be swum in the Finals before relays. All except the fastest heat of the 1650 Free event will be swum in the Preliminary Heats. Swimmers must provide their own lap counters and timers. Those who intend to swim these events must check in by 9:00 am Sunday.

PRELIMS: The number of entries will determine the number of lanes used for the prelims course(s).

The 10/U and 11-12 relays will be swum at the end of Prelims each day as a Timed Final.

MEET ADMINISTRATION RESERVES THE RIGHT TO ADD OR SUBTRACT SESSIONS BASED ON MEET ENTRIES.

FINALS: A championship (fastest 8 qualifiers) and consolation (qualifiers 9-16) final will be offered for all individual events of 200 yards or shorter. A single championship (fastest 8 qualifiers) final will be offered for the 13-14 400Y IM and 13-14 500Y Freestyle events. All other distance freestyle events and the relays will be Timed Finals events.

BREAK BETWEEN HEATS AND FINALS: The length of the break will be determined by the referee; but in any event will not be less than 90 minutes.

RELAYS: Friday: A team may enter 1 800 free relay and must have 2 individual event qualifiers on the relay. Sat & Sun: Teams may enter up to 2 relays per age group and each relay must have 2 individual event qualifiers on each relay. Teams without 2 individual qualifiers in an age group may enter 1 relay with relay only swimmers in that age group. The 10/U & 11-12 relays will be swum in prelims and the 13/14 relays will be swum in the finals.. Friday Relay cards will be due at 5 pm. Sat/Sun the 10/U and 11-12 relay cards are due at 10:00 am and the 13/14 relay cards are due at 12:00 noon. Relays for which cards are not received WILL BE SCRATCHED from the event.

TIMERS/JOB: Each team will be assigned appropriate timing and other job duties at the meet for Saturday and Sunday. Teams must provide their own timers and lap counters for Friday night events.

Assigned warm-ups, an estimated timeline and team timing assignments will be posted on the SI Website:

www.si-swimming.com on or before March 5.

WARM-UP: Swimmers must enter the pool feet first while maintaining at least one hand on the pool wall until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool.

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 start each race from within the water without the use of a backstroke ledge.

SCORING

a. For individual events of 200 yards or less, scoring shall be determined from the results of championship and consolation finals. For events where there is no consolation heat swum in finals, scoring will be determined from the championship heat in finals (places 1-8) and the next top 8 swimmers from the preliminaries (places 9-16).

b. Scoring shall be as follows:

INDIVIDUAL: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1.

RELAYS: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2

AWARDS: Individual events: Custom SI medals 1st – 8th Relays: 1st – 3rd Team Awards: 1st-8th