



2023 Fresno Dolphins Swim Team
Short Course Yards Senior Prelim / Final Meet
January 20-22, 2023– Bullard High School Aquatics Complex

Held under the sanction of USA Swimming and Central California Swimming
Sanction #S16922TL Time Trial Sanction #TT17022TL

Location: Bullard High School Aquatics Complex. 5445 N Palm Ave, Fresno, CA 93704. From north or south Highway 41 exit at Bullard Ave and travel west 2 miles to Palm Ave. Travel south on Palm to Browning and turn west. The Bullard High student parking lot will be on your left. Walk between the all-weather track and the gym and you will arrive at the Aquatics Complex. Additional parking available in the lot to the south of the Complex off Barstow Ave.

Facility: The competition pool is 25 yards by 50 meters with a minimum depth of 7 feet, and area for continuous warm-up and swim down. The competition pool has been certified according to article 104.2.2C (4) USAS Rules and Regulations. The copy of such certification is on file with USA Swimming. No Propane Heaters are allowed in the facility. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. Deck changes are prohibited. For Athlete Protection, Central California Swimming prohibits the use of photography and audio or visual recording devices, including a cell phone, behind the starting area throughout the swim meet. 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.

Time: Friday meet starts at 5:00 p.m. (warm-up starts at 3:30 p.m.). Saturday and Sunday meet start time is 9:00 a.m. (warm-up starts at 7:30 a.m.).

Rules: Current USA Swimming and CCS rules will apply. All swimmers must be 2023 registered members of USA Swimming. Adult athletes must verify they have passed Safe Sport Athlete Protection Training. A USA Swimming registered coach must supervise all warm-ups. If you do not have a USA Swimming registered coach at the meet, report to the deck referees for lane and coach assignment. All coaches may be required to present proof of 2023 USA Swimming Coach Membership at the beginning of the meet. If an insufficient number of officials are present to run the meet, a ten-minute break will be taken every two hours. No deck entries will be allowed. Swimmers in distance events are required to provide their own timer, a person to count laps and a lap counting device.

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. All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Swimmers who do not have a USAS registered coach at the swim meet should report to the Meet Director or Meet Referee for assistance obtaining a lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

TECHNICAL SUITS: No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or 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. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12 & Under athletes.

Warm-Ups: The competition pool will be open for warm-up on Friday from 3:30 – 4:50 p.m. and Saturday and Sunday at 7:30 a.m. under a coach's supervision. From 7:30 – 8:10 a.m. all lanes will be open for general warm-up. From 8:10 - 8:50 a.m. lanes 1 and 8 will be open for push-pace work. NO DIVING. Lanes 2 and 7 will be open for one-way sprints from the blocks under coach's supervision. Practice starts only from sprint lanes. Lanes 3, 4, 5 & 6 will be open for general warm-up. The Meet Referee, in the interest of the swimmers, may make changes at any time. All swimmers will enter the pool with a three-point entry during warm up and warm down. The small teaching pool will be closed.

Meet Format: This is a preliminary and finals meet with timed finals beginning at 5:00 p.m. on Friday and preliminaries beginning at 9:00 a.m. on Saturday and Sunday. The meet will be deck seeded using a master check-in system for preliminaries. Swimmers will be seeded according to their submitted times. Preliminary heats may be run in multiple courses if necessary due to time restrictions and size of meet. Finals start time may be adjusted by the Meet Referee according to the size of the meet or by weather conditions. There will be a "A", "B" and "C" finals heats in that order, in each event except for the 1650 freestyle and relays, which will be swum as timed finals. The 1650 freestyle, 500 freestyle, and 400 IM will be swum fastest to slowest, alternating girls and boys.

Finals will begin no sooner than 1-1/2 hours after finish of preliminary events with the time to be determined by the Meet Referee. Swimmers have 30 minutes after announcement of the qualifiers for that race in which to scratch or declare their intent to scratch. Swimmers will be seeded in the finals unless they scratch. Any swimmer who qualifies in the top 16 places and is seeded in a championship or consolation final race in an individual event and who fails to compete in said final, shall be barred from further competition for the remainder of that day's events (including relays) and for the swimmer's first individual preliminary event the next day. The swimmer must also positive check-in for subsequent days' events. No awards will be given.

Check-in: SWIMMERS MUST CHECK IN ONCE FOR THE ENTIRE MEET (EXCEPT THE 1650 FREESTYLE). THOSE SWIMMERS COMPETING IN THE 1650 FREESTYLE MUST CHECK IN BY 4:30 P.M. ON FRIDAY. CHECK IN FOR ALL OTHER PRELIMINARY EVENTS WILL CLOSED AT 8:30 A.M. ON SATURDAY. SWIMMERS WHO WERE NOT PRESENT ON SATURDAY MAY CHECK IN FOR SUNDAY'S EVENTS UNTIL 8:30 A.M. ON SUNDAY. ONCE CHECKED IN, A SWIMMER IS CHECKED IN FOR THE ENTIRE MEET, UNLESS A SWIMMER SCRATCHES AN EVENT AT THE CLERK OF COURSE.

Scratches: A scratch box will be used and located at the Clerk of Course. Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing scratch card in the scratch box at the Clerk of Course. Scratch deadline for all events is 8:30 a.m. on the day of the event you are wishing to scratch. Any swimmer who fails to compete in an individual event in which they are entered and have not scratched from will be barred from their next individual preliminary or timed final event. In addition, those swimmers must positive check-in for the remaining days, prior to the close of their event in order to be seeded.

Entries: All team entries must be submitted electronically. Team entries (.cl2 or .sd3 file) should be sent by email to hernandez234cl@yahoo.com. An event file is located at centralcalsswim.org under meet schedule. Unattached swimmers affiliated with CCS may enter this meet on the CCS website, as long as the swimmer has registered on the CCS site for their USA Swimming membership.

CCS Outreach swimmers who are entered in this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes' Home Club.

Swimmers may enter as many events as they wish but may only compete in 3 individual events per day including time trials. (USAS 102.2.6). Once a swimmer is seeded in an event, that event counts towards the 3 individual events, even if the swimmer chooses not to swim and does a "declared false start." Enter short course yards (SCY) times only. Entry fees are \$7.00 per individual event and an \$15.00 surcharge per swimmer. **Make checks payable to: FDST Booster Club.**

Deadline: Entries must be received no later than Tuesday, January 10, 2023. Full payment must be received by Friday, January 13, 2023. Entries received without full payment by the deadline may be rejected. Late entries accepted until 11:59 pm on Sunday, January 15, 2023, with a \$10.00 administrative fee. Mail hard copy of entry fees and reports to:

**Fresno Dolphins Swim Team
c/o Dennis Bergquist, CPA
7622 N. Maroa Ave.
Fresno, CA 93711**

Email Entries: All e-mailed entries must be date stamped by the deadline date of 11:59 PM Tuesday, January 10, 2023, to be accepted. Payment of these entries, irrespective of the filing date, must be received no later than Friday, January 13, 2023. E-mail entries to:
hernandez234el@yahoo.com

Eligibility and

Bonus Events: Because this is a developmental meet meant to include swimmers who have not necessarily competed in USA Swimming sanctioned meets, swimmers may enter at the minimum time standard if their coach has verified that they have achieved the time standard in a non-USA Swimming sanctioned meet or a time trial. No proof of time will be required. A swimmer who has achieved one or two events may enter one additional bonus event. A bonus event should be entered with the swimmer's best-achieved time that is not an event-qualifying time: NT (no time) is not acceptable.

USAS

Registration: All swimmers must be currently registered with USA Swimming for 2023.

All athletes must have 2023 USA Swimming Registration. Athletes not registered by 7:00 p.m. on January 18, 2023, will be scratched from the meet.

Time Trials: Time trials will be held Saturday and Sunday at a cost of \$10.00 for each swim, the time to be determined by the Meet Referee. The 1650 freestyle will NOT be offered as a time trial event. Time trials will be run according to the procedures followed at National Championship Meets. Swimmers must provide their own timers and, when appropriate, lap counters and lap counting devices. Time trials are available only for swimmers entered in the meet. The total number of individual events (regular, bonus, or time trial) cannot exceed three for any day.

Meet Referee: Taylor Kahn

Admin Official: Elva Hernandez: hernandez234el@yahoo.com

Meet Director: Tanya Lane (704) 467-4885

Friday, January 20, 2023 – Timed Finals 5:00 p.m.				
Event#	SCY Women	Event	SCY Men	Event#
1	21:43.19	1650 Free*	20:43.19	2
Saturday, January 21, 2023 – Preliminaries 9:00 a.m.				
Event#	SCY Women	Event	SCY Men	Event#
3	02:39.19	200 IM	02:28.59	4
5	NTS	100 Back	NTS	6
7	02:37.89	200 Fly	02:26.99	8
9	NTS	100 Free	NTS	10
11	02:58.29	200 Breast	02:45.59	12
13	6:20.09	500 Free**	05:58.99	14
Sunday, January 22, 2023 – Preliminaries 9:00 a.m.				
Event#	SCY Women	Event	SCY Men	Event#
15	NTS	200 Free	NTS	16
17	NTS	100 Breast	NTS	18
19	02:35.39	200 Back	02:25.89	20
21	NTS	50 Free	NTS	22
23	NTS	100 Fly	NTS	24
25	05:39.69	400 IM**	05:17.39	26

*

Seeded fast to slow, timed finals

**

Seeded fast to slow in prelims, alternating
women and men