

Central California Swimming
2023 Juanita Allington Memorial Senior Meet
Hosted by Clovis Swim Club

Thursday, February 23 – Sunday, February 26

Held under the sanction of USA Swimming and Central California Swimming

Sanction #S16722TL Time Trial Sanction #TT16822TL

Location: **CLOVIS NORTH AQUATICS COMPLEX (CLOVIS NORTH HIGH SCHOOL)** 2770 E. International Ave. Fresno, CA 93730.

Directions: *From the North:* From Highway 99 exit onto Herndon Avenue. Go east on Herndon to Willow, north on Willow to the corner of Willow & International. Continue on Willow to the north end of the campus and turn left at the tennis courts. Drop off at the pool entrance and continue to Chestnut (left) and left into the parking lot.

From the South: From Highway 99, go north on Highway 41. Exit from Highway 41 onto Herndon Avenue. Go east on Herndon to Willow, north on Willow to the corner of Willow & International. Continue on Willow to the north end of the campus and turn left at the tennis courts. Drop off at the pool entrance and continue to Chestnut (left) and left into the parking lot.

Facility: Two 50 M x 25 Y outdoor pools. The main competition pool has a uniform depth of 7 ft. One 10-lane or two 8-lane courses are available. The adjacent multi-purpose pool has an 18-lane 25 Y course for continuous warm up and warm down. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

- The use of any propane heater(s) is strictly prohibited anywhere at this venue.
- The sale and use of alcoholic beverages is prohibited in all areas of meet venue.
- The presence and use of tobacco products, including vaping, is prohibited on CUSD property.
- Overnight parking is not allowed on CUSD property.

Schedule:

Meet

Date	Prelims Warm Up	Preliminaries Start	Finals Warm up	Finals Start
Thursday, Feb. 23	NA	NA	4:00 p.m.	5:00 p.m.
Friday, Feb. 24	7:30 a.m.	9:00 a.m.	TBA	TBA
Saturday, Feb. 25	7:30 a.m.	9:00 a.m.	TBA	TBA
Sunday, Feb. 26	7:30 a.m.	9:00 a.m.	TBA	TBA

duct: This is a preliminary and finals meet with timed finals beginning at 5:00 p.m. on Thursday and preliminaries beginning at 9:00 a.m. on Friday, Saturday, and Sunday. The meet will be deck-seeded using a master check-in system for preliminaries. Events will be seeded using Short Course Yards times first, followed by non-conforming LCM times being seeded after the SCY qualifying times. Preliminary heats will be conducted fast to slow and may be run in multiple courses if necessary due to time restrictions and size of meet. With the exception of Sunday's positive check in for finals, this event will follow the USA Swimming Championship Rules as defined in section 207.11.6 of the USA Swimming Rules and Regulations. As provided in this section, the Steering Committee and the Vice President of Program Operations have established that the penalty for failure to compete in an individual preliminary heat in which such swimmer is entered and has not been scratched will be one of the following:

- Being barred from all further individual and relay events of that day as prescribed in section 207.11.6. Positive check in will be required for subsequent day's events.
- Payment of a fine of \$50. Payment of fine constitutes positive check in for subsequent day's events.

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 Championship Final (A), Consolation Final (B), and Bonus Final (C) in that order in each event except for the 1000 Freestyle, the 1650 Freestyle and relays, which will be swum as timed finals. A second Bonus Final (D) may be added in events 200 yards and shorter, if the meet has a minimum of 400 swimmers. Ten lanes will be used in finals.

- **Friday:** Finals are scheduled to begin at 5:00 p.m. Finals may start later at the discretion of the Meet Referee if preliminaries end after 2:30 p.m.
- **Saturday:** 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.
- **Sunday:** Finals will begin no sooner than 1 hour after finish of the 1650 freestyle, with the time to be determined by the Meet Referee. **POSITIVE CHECK-IN IS REQUIRED FOR SUNDAY FINALS within 30 minutes after the announcement of the results for that race in order to be seeded into finals.**

Distance: The 1000 Freestyle & 1650 Freestyle will be swum fastest to slowest, alternating between heats of women and men. On Sunday, there will be a 10-minute break **after** the morning (AM) 400 Medley Relays, before starting the 1650 freestyle events. All heats of the 1650 freestyle will be conducted in the distance session between preliminaries and finals on Sunday. *Swimmers in distance events are required to provide their own timer and lap counter. Lap counting devices will be provided.*

Warm-Up: **Thursday, February 23** – Beginning at 3:30 p.m., ten lanes will be available in the competition pool for athletes competing in the 1000-yard freestyle events. All other meet participants must wait until 5:00 p.m. to warm up in the multi-purpose (designated warm-up) pool. The facility will remain available for teams to warm up under coach's supervision until 7:30 p.m.

Friday, February 24 – Sunday, February 26

- 7:30 – 8:10 a.m. - all lanes will be open for general warm-up
- 8:10 - 8:50 a.m. – The Meet Referee will designate at least 2 lanes in the competition pool for one-way starts and 2 lanes in the competition pool for push pace. The Meet Referee, in the interest of the swimmers, may make changes to the warm up lane use, at any time. Warm-up rules will be announced continuously by the Starter/Deck Referees.

All swimmers will enter the pool with a three-point entry during warm up and warm down.

Rules: Current USAS and CCS rules will apply. All swimmers must be 2023 registered members of USA Swimming. All coaches and officials must be able to show proof that USA Swimming membership requirements are met as of the dates of competition. Such proof shall be presented upon request to the Meet Referee. The USA Swimming Mobile App is acceptable proof of USA Swimming membership. Adult athletes must verify they have passed the Safe Sport Athlete Protection Training.

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. 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.

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. Use of audio or visual recordings devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. **For athlete protection, Central California Swimming prohibits the use of photography and audio-visual devices including cell phones, behind the blocks during the start sequence throughout the meet.** Deck changes are prohibited.

All swimmers who are 12-years-old or younger must adhere to the National rules regarding restriction of technical racing suits. [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.

Check-in: Swimmers are considered checked-in, with the exception that swimmers must positively check-in to be seeded by entry time for the 1000 and 1650 Freestyles and swimmers who intend to scratch an event. Those swimmers competing in the 1000 Freestyle must check in by 4:00 p.m. on Thursday in order to be seeded by entry time. The 1650 Freestyle check-in for seeding will close one-half hour after the start of finals on Saturday. Scratches prior to the seeding of heats shall be confirmed by properly filling out and depositing a scratch card in the scratch box at the Clerk of Course. Scratch deadline for Friday's events will be 1 hour prior to the scheduled start of the first event. Scratch deadline for the remaining days will be 30 minutes after the start time for finals of the previous day.

Entries: *An event file is located on the CCS website under meet schedule and on the Clovis Swim Club website under "News." **Athletes are permitted three bonus entries.** You must specify Short Course Yards (SCY) or Long Course Meters (LCM) times in the entry.*

Entry fees are \$7.00 per individual event, \$12.00 per relay and a \$15.00 surcharge per swimmer. Relay-only swimmers must be listed on an individual entry and must pay the \$15.00 surcharge by the meet entry deadline. Swimmers may enter as many events as they wish but may only compete in 3 individual events per day including time trials (USAS 102.2.2). No deck entries will be allowed. Entry Fees are non-refundable.

All team entries must be submitted electronically. Team Entries (.cl2 or .sd3file) should be sent by e-mail to coachmark76@gmail.com. Unattached CCS swimmers may enter this meet on the CCS website (provided the swimmer has established an account) or use the CCS Consolidated entry form. **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.**

- Time Standards:** Athletes that do not achieve the standard for at least one event during the course of a meet may be asked by the Admin Referee for proof of time. The athlete or the athlete's club may be fined \$50 for each time that cannot be proven. Any athlete who fails to prove a time upon request and does not pay the fine may be barred from competition in future Juanita Allington Championship meets.
- Deadline:** **Wednesday, February 15, 2023** - Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. *Make checks payable to: CLOVIS SWIM CLUB. Postmark date is irrelevant.* Entries received without full payment will not be seeded into the meet.
- Send electronic entries to:** coachmark76@gmail.com
Mail entries with fees to: **Clovis Swim Club**
1690 David E Cook Way
Clovis, CA 93611
**Please note:* Do not require a signature for these packages, which could delay receipt.
- Late Entries:** Late entries will be accepted beginning Friday, February 17, 2023. Late Entries must be received by Monday, February 20, 2023, by 11:59 p.m. Any entries submitted during the late entry period will incur a \$10.00 per swimmer surcharge. **Late entries must be paid at Clerk of Course prior to the athlete's first session.**
- USAS Registration:** On-deck USA Swimming membership registration will not be allowed. **Athletes not registered by 7:00 p.m. on Tuesday, February 21, 2023, will be scratched from the meet.**
- Relays:** All relay entries must be submitted by the entry deadline. **DECK ENTERED RELAYS WILL NOT BE PERMITTED.** Relays may be entered as part of the emailed CL2 entry file. Teams may also email relay entries in text to the Admin Referee, Jennifer McDougal (jenmcdougal@sbcglobal.net) – include event number, time, and respective individual athlete relay assignments by the meet entry deadline. Relay-only swimmers must enter the meet and pay the \$15.00 athlete surcharge by the meet entry deadline. There are NO relay time standards provided for this meet. All relays will be swum in finals on Friday and Saturday. Relay cards will be due as determined by the Meet Referee on the day of the event. **Relay cards for Sunday's relays will be due by the conclusion of finals on Saturday.** Teams will have an option to declare A.M. or P.M. for Sunday's relays. Sunday A.M. relays will be swum before the 1650 Free.
- Time Trials:** Time trials will be held Friday and Saturday - USAS Officials availability and time permitting. Time trials will be swum on Sunday after the completion of the 1650 events, time permitting. Entry fees for time trials are \$10 per swim. The start time will be determined by the Meet Referee. 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. Lap counting devices will be provided. Time trials are available only for swimmers entered in the meet. **The total number of individual events (regular and time trial) cannot exceed three for any day.**
- Awards:** Team Awards: 1st -3rd
- Scoring:** Per USA Swimming Rule Book and dependent upon course configuration for finals which is to be decided at the Friday morning coaches' meeting. (Teams may have only two scoring relays.)
- Meet Director:** Doug Lambert – doug_lambert@sbcglobal.net
- Information:** Mark Bennett – coachmark76@gmail.com
- Officials:** Meet Referees: Shawn Holbrook – holshfamily@sbcglobal.net
Admin Referee: Jennifer McDougal – jenmcdougal@sbcglobal.net
All USAS Officials are welcome. If an insufficient number of officials are present to allow for rest breaks, a ten-minute break will be taken every two hours.

Juanita Allington

1944-1990

The Clovis Swim Club Senior Championship Short Course Swim Meet is dedicated to the memory of Juanita Allington. Juanita was truly a friend of swimming, participating as a volunteer at the recreation, club, high school and collegiate levels. She served as President of Clovis Swim Club and as OVC Chair for CCS. By the time her daughter, Missy, completed her collegiate career at Arizona State University, Juanita and her husband, Norm, turned the avocation of swimming into a full-time vocation: Swim Suits West. Clovis Swim Club was fortunate to have Juanita as a member of our organization.

Order of Events and Time Standards

Women			Thursday, February 23	Men		
Event	SCY	LCM		LCM	SCY	Event
1	11:35.99	10:22.19	1000 Y Freestyle	9:47.89	10:49.29	2
Women			Friday, February 24	Men		
Event	SCY	LCM		LCM	SCY	Event
3	59.59	1:07.99	100 Y Freestyle	1:01.89	53.89	4
5	2:22.89	2:41.39	200 Y Butterfly	2:27.99	2:09.79	6
7	1:04.69	1:15.69	100 Y Backstroke	1:08.89	58.59	8
9	5:36.29	5:00.89	500 Y Freestyle	4:40.19	5:12.79	10
11			400 Y Medley Relay			12
Women			Saturday, February 25	Men		
Event	SCY	LCM		LCM	SCY	Event
13	2:08.49	2:26.49	200 Y Freestyle	2:14.89	1:57.69	14
15	1:04.59	1:13.39	100 Y Butterfly	1:06.29	58.59	16
17	2:41.29	3:03.99	200 Y Breaststroke	2:48.39	2:24.59	18
19	5:00.09	5:42.39	400 Y Ind. Medley	5:13.99	4:36.19	20
21			800 Y Free Relay			22
Women			Sunday, February 26	Men		
Event	SCY	LCM		LCM	SCY	Event
23	2:20.69	2:42.09	200 Y Backstroke	2:28.89	2:08.49	24
25	1:14.39	1:25.39	100 Y Breaststroke	1:16.99	1:06.49	26
27	27.49	31.19	50 Y Freestyle	27.89	24.79	28
29	2:24.19	2:45.89	200 Y Ind. Medley	2:31.39	2:10.89	30
31			400 Y Free Relay			32
33	19:37.59	19:25.45	1650 Y Freestyle	18:35.39	18:07.29	34

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.

Additional Information, Disclosures, and Waivers Relative to COVID-19 Precautions

Liability Agreement for USA Swimming:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events.

It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND CENTRAL CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

TEAM INFORMATION SHEET

TEAM NAME: _____

LSC: _____

HEAD COACH: _____

ASSISTANT COACH: _____

ASSISTANT COACH: _____

TEAM ADDRESS: _____

(For results and _____

Upcoming events) _____

Web site & email _____

PHONE NUMBER: _____

WHERE TEAM IS STAYING IN FRESNO: _____

NUMBER OF COACHES IN ATTENDANCE: _____