

2024 Fresno Dolphins Swim Team Short Course Yards Senior Prelim / Final Meet

**January 19-21 Bullard High School Aquatics Complex
Held under the sanction of USA Swimming and Central California Swimming
Sanction #S00524JO Time Trial Sanction #TT00624JO**

- Meet Director: Rick Klatt (rickklatt@gmail.com) (559) 448-7676
- 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 of 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. Visual recording devices are not permitted behind the blocks throughout the 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. **Deck changes are prohibited.**
- Time: Friday meet starts at 5:00 p.m. (warm-up starts at 3:30 p.m.). Saturday and Sunday meet starts at 9:00 a.m.(warm-up starts at 7:30 a.m.).
- Rules: Current USA Swimming and CCS rules will apply. Warm-up rules will be announced continuously by the Deck/Starter Referees. All swimmers must be 2024 registered members of USA Swimming. USA Swimming digital membership card is acceptable proof of USA Swimming Membership. 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 or Meet Referees for lane and coach assignment. All coaches may be required to present proof of 2024 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.
- 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.**
- 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.
- 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 an A, B, and C final heats, in that order, in each event. The 1650 freestyle and relays 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; the time will 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. You will be seeded in the finals unless you 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 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. Swimmers in distance events are required to provide their own timer, lap counter, and lap counting device. **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 CLOSE AT 8:30 A.M. ON SUNDAY, SWIMMERS WHO WERE NOT PRESENT ON SATURDAY MAY CHECK IN FOR SUNDAY'S EVENTS UNTIL 8:30 A.M. ON SUNDAY. ONCE CHECKED IN, YOU ARE CHECKED IN FOR THE ENTIRE MEET, UNLESS YOU SCRATCH 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.

Relays: Relays will be deck-entered. Relay-only swimmers must be entered in the meet by the due date. All relays will be swum in finals on Saturday and Sunday. Relay cards will be due as determined by Meet Referee on the day of the event.

Entries: All entries must be submitted electronically. Entries may be sent by email (.cl2 or .sd3 file) to hernandez234el@yahoo.com. An event file is located at centralcalswim.org under meet schedule. 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.**

ALL team entry fee checks, pdf(s) of team entry and/or entry fee reports must be mailed to Dennis Bergquist's address listed below.

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, \$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. **NO DECK ENTRIES WILL BE ALLOWED.**

All e-mailed entries must be date stamped by the deadline date of 11:59 P.M. Tuesday, January 9, 2024, to be accepted. Payment of these entries, irrespective of the filing date, must be received no later than Friday, January 12, 2024. Entries received without full payment by the deadline may be rejected. Late entries accepted until 11:59 p.m. on Sunday, January 14, 2024, with a \$10.00 administrative fee.

Make checks payable:
Fresno Dolphins Swim Team Booster Club
c/o Dennis Bergquist, CPA
7622 North Maroa Ave.
Fresno, CA 93711

Eligibility & 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 event time standards 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 athletes must be USA Swimming registered for 2024 by 5a on Thursday, January 18.

Time Trials: Time trials will be held Saturday and Sunday at a cost of \$10.00 for each swim. The start time to be determined by the Meet Referee. The 1650 Freestyle will NOT be offered at the time trials. Time trials will 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. **REMINDER:** The total number of individual events (regular, bonus, or time trial) cannot exceed three for any day.

Officials: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcomed to shadow working officials for education and/or mentoring. In the absence of a sufficient number of officials to complete a rotation, a 10-minute break will be taken every two hours.

Meet Referee: Taylor Kahn

Admin. Official: Elva Hernandez (hernandez234el@yahoo.com)



Friday, January 19, 2024 – 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 20, 2024 – Preliminaries 9:00 a.m.				
Event#	SCY Women	Event	SCY Men	Event#
3		200 Free Relay*		4
5	02:39.19	200 IM	02:28.59	6
7	NTS	100 Back	NTS	8
9	02:37.89	200 Fly	02:26.99	10
11	NTS	100 Free	NTS	12
13	02:58.29	200 Breast	02:45.59	14
15	6:20.09	500 Free**	05:58.99	16
17		400 Medley Relay*		18
Sunday, January 21, 2024 – Preliminaries 9:00 a.m.				
Event#	SCY Women	Event	SCY Men	Event#
19		200 Medley Relay*		20
21	NTS	200 Free	NTS	22
23	NTS	100 Breast	NTS	24
25	02:35.39	200 Back	02:25.89	26
27	NTS	50 Free	NTS	28
29	NTS	100 Fly	NTS	30
31	05:39.69	400 IM**	05:17.39	32
33		400 Free Relay *		34

- * Seeded fast to slow, timed finals; relays will be swum in finals
- ** Seeded fast to slow in prelims, alternating women and men

It is understood and agreed that USA Swimming shall be free from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.