



**SAN DIEGO IMPERIAL SWIMMING
LONG COURSE
AGE GROUP
CHAMPIONSHIPS**

**JULY 25-28, 2024
BRIAN BENT MEMORIAL AQUATIC CENTER
CORONADO, CA**

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

SAN DIEGO IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS JULY 25-28, 2024

Warm Up 3:30 PM			Session 1 - Thursday July 25 Timed Finals		Session Start 5:00 PM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
1	2:12.79	1:52.39	13-14 200 M Free Relay	TF	1:42.09	1:55.29	2
3	2:10.09	1:50.99	15-18 200 M Free Relay	TF	1:45.39	1:54.69	4
5	6:48.29	5:56.79	11 – 12 400 M IM	TF	5:46.39	6:39.19	6
7	5:56.19	5:29.69	13 – 14 400 M IM	TF	5:11.99	5:48.99	8
9	5:47.29	5:07.99	15 & Over 400 M IM	TF	4:45.09	5:16.59	10
11	5:56.49	6:38.19	11 – 12 400 M Free	TF	6:39.49	5:48.69	12
13	20:39.79	20:34.29	13 – 14 1500 M Free	TF	20:03.99	20:07.69	14
15	20:20.49	19:47.29	15 & Over 1500 M Free	TF	18:30.39	19:04.99	16
17	2:25.39	2:13.09	13-14 200 M Medley Relay	TF	2:09.79	2:20.49	18
19	2:21.79	2:11.59	15-18 200 M Medley Relay	TF	1:59.79	2:15.49	20

TEAMS/SWIMMERS MUST PROVIDE THEIR OWN TIMERS FOR ALL EVENTS



Warm Up 7:00 AM			Session 2 - Friday July 26		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
21	3:43.19	3:19.59	10/U 200 M IM	Prelims	3:21.19	3:40.79	22
23	3:11.39	2:47.29	11 – 12 200 M IM	Prelims	2:47.99	3:08.49	24
25	2:47.79	2:33.49	13 – 14 200 M IM	Prelim	2:26.39	2:37.69	26
27	2:44.49	2:22.99	15 & Over 200 M IM	Prelim	2:10.09	2:28.89	28
29	53.99	47.49	10 & Under 50 M Breast	Prelim	48.09	53.29	30
31	45.49	39.99	11 – 12 50 M Breast	Prelim	40.99	45.19	32
33	3:11.39	2:56.79	13 – 14 200 M Breast	Prelim	2:44.59	3:07.19	34
35	3:07.79	2:42.99	15 & Over 200 M Breast	Prelim	2:31.09	2:53.99	36
37	3:35.99	3:06.59	11 – 12 200 M Breast	TF	3:00.19	3:28.69	38
39	1:52.99	1:40.59	10 & Under 100 M Fly	Prelim	1:40.09	1:50.79	40
41	1:28.49	1:19.09	11 – 12 100 M Fly	Prelim	1:19.09	1:26.29	42
43	1:14.39	1:08.49	13 – 14 100 M Fly	Prelim	1:07.19	1:12.49	44
45	1:12.19	1:03.99	15 & Over 100 M Fly	Prelim	57.89	1:04.69	46
47	3:20.99	3:01.19	10 & Under 200 M Free	Prelim	2:55.99	3:12.09	48
49	2:49.19	2:28.99	11 – 12 200 M Free	Prelim	2:31.49	2:44.89	50
51	2:29.39	2:18.39	13 – 14 200 M Free	Prelim	2:06.59	2:20.59	52
53	2:26.19	2:08.09	15 & Over 200 M Free	Prelim	1:56.99	2:14.89	54

GIRLS		Session 3 - Friday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
21	Top 8	10/U 200 M IM	Finals	Top 8	22
23	Top 16	11/12 200 M IM	Finals	Top 16	24
25	Top 16	13 – 14 200 M IM	Finals	Top 16	26
27	Top 16	15 – 18 200 M IM	Finals	Top 16	28
29	Top 8	10 & Under 50 M Breast	Finals	Top 8	30
31	Top 16	11 – 12 50 M Breast	Finals	Top 16	32
33	Top 16	13 – 14 200 M Breast	Finals	Top 16	34
35	Top 16	15 – 18 200 M Breast	Finals	Top 16	36
39	Top 8	10 & Under 100 M Fly	Finals	Top 8	38
41	Top 16	11 – 12 100 M Fly	Finals	Top 16	40
43	Top 16	13 – 14 100 M Fly	Finals	Top 16	42
45	Top 16	15 – 18 100 M Fly	Finals	Top 16	44
47	Top 8	10 & Under 200 M Free	Finals	Top 8	46
49	Top 16	11 – 12 200 M Free	Finals	Top 16	48
51	Top 16	13 – 14 200 M Free	Finals	Top 16	50
53	Top 16	15 – 18 200 M Free	Finals	Top 16	54

Warm Up 7:00 AM			Session 4 - Saturday July 27		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
55	3:09.89	2:43.99	11 – 12 200 M Back	TF	2:39.69	3:05.19	56
57	2:45.09	2:22.19	15 & Over 200 M Back	Prelim	2:12.59	2:32.59	58
59	2:47.99	2:35.39	13 – 14 200 M Back	Prelim	2:28.99	2:43.99	60
61	40.79	35.39	11 – 12 50 M Back	Prelim	36.49	40.39	62
63	48.89	42.39	10 & Under 50 M Back	Prelim	42.79	49.19	64
65	31.19	27.19	15 & Over 50 M Free	Prelim	24.39	27.89	66
67	31.79	27.89	13 – 14 50 M Free	Prelim	26.19	29.49	68
69	35.69	31.29	11 – 12 50 M Free	Prelim	30.79	34.69	70
71	39.89	35.19	10 & Under 50 M Free	Prelim	34.49	39.49	72
73	1:28.29	1:14.89	15 & Over 100 M Breast	Prelim	1:08.99	1:18.99	74
75	1:27.59	1:21.09	13 – 14 100 M Breast	Prelim	1:16.99	1:25.79	76
77	1:40.89	1:27.19	11 – 12 100 M Breast	Prelim	1:29.49	1:38.39	78
79	1:59.79	1:44.99	10 & Under 100 M Breast	Prelim	1:44.09	1:55.99	80
81	5:07.29	5:43.39	15 & Over 400 M Free	Prelim	5:17.69	4:46.09	82
83	5:14.39	6:01.59	13 – 14 400 M Free	Prelim	5:37.39	4:59.19	84
85	3:10.09	2:51.99	10 & Under 200 M Med Relay	TF	2:43.99	3:07.99	86
87	2:40.79	2:17.89	11 – 12 200 M Med Relay	TF	2:19.39	2:39.69	88

GIRLS		Session 5 - Saturday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
57	Top 16	15 – 18 200 M Back	Finals	Top 16	58
59	Top 16	13 – 14 200 M Back	Finals	Top 16	60
61	Top 16	11 – 12 50 M Back	Finals	Top 16	62
63	Top 8	10 & Under 50 M Back	Finals	Top 8	64
65	Top 16	15 – 18 50 M Free	Finals	Top 16	66
67	Top 16	13 – 14 50 M Free	Finals	Top 16	68
69	Top 16	11 – 12 50 M Free	Finals	Top 16	70
71	Top 8	10 & Under 50 M Free	Finals	Top 8	72
73	Top 16	15 – 18 100 M Breast	Finals	Top 16	74
75	Top 16	13 – 14 100 M Breast	Finals	Top 16	76
77	Top 16	11 – 12 100 M Breast	Finals	Top 16	78
79	Top 8	10 & Under 100 M Breast	Finals	Top 8	80
81	Top 8	15 – 18 400 M Free	Finals	Top 8	82
83	Top 8	13 – 14 400 M Free	Finals	Top 8	84
89	5:09.99	15 – 18 400 M Med Relay	TF	4:46.49	90
91	5:20.99	13 – 14 400 M Med Relay	TF	5:11.89	92

Warm Up 7:00 AM			Session 6 - Sunday July 28		Session Start 9:00 AM		
GIRLS					BOYS		
#	LCM	SCY	Event	Format	SCY	LCM	#
93	1:31.19	1:19.99	10 & Under 100 M Free	Prelim	1:18.79	1:30.19	94
95	1:18.09	1:08.29	11 – 12 100 M Free	Prelim	1:08.89	1:15.49	96
97	1:08.99	1:00.49	13 – 14 100 M Free	Prelim	57.79	1:04.49	98
99	1:07.89	58.99	15 & Over 100 M Free	Prelim	53.49	1:01.89	100
101	47.09	42.29	10 & Under 50 M Fly	Prelim	41.99	45.99	102
103	38.29	34.39	11 – 12 50 M Fly	Prelim	35.69	38.59	104
105	2:55.49	2:42.49	13 – 14 200 M Fly	Prelim	2:30.99	2:49.19	106
107	2:50.49	2:25.99	15 & Over 200 M Fly	Prelim	2:20.29	2:40.09	108
109	3:10.19	2:47.19	11 – 12 200 M Fly	TF	2:40.79	3:06.19	110
111	1:45.99	1:33.69	10 & Under 100 M Back	Prelim	1:32.29	1:43.09	112
113	1:30.99	1:18.09	11 – 12 100 M Back	Prelim	1:18.69	1:27.99	114
115	1:17.29	1:09.39	13 – 14 100 M Back	Prelim	1:05.49	1:15.09	116
117	1:15.19	1:05.69	15 & Over 100 M Back	Prelim	59.99	1:10.09	118
119	10:47.99	12:23.19	13 – 14 800 M Free	TF	11:34.79	10:24.99	120
121	10:35.39	11:50.79	15 & Over 800 M Free	TF	11:02.59	10:00.09	122
123	2:39.59	2:20.79	10 & Under 200 M Free Relay	TF	2:17.99	2:37.99	124
125	2:17.29	1:58.49	11 – 12 200 M Free Relay	TF	2:01.19	2:18.79	126

GIRLS		Session 7 - Sunday Finals		BOYS	
Event #	Qualified	Event	Format	Qualified	Event #
93	Top 8	10 & Under 100 M Free	Finals	Top 8	94
95	Top 16	11 – 12 100 M Free	Finals	Top 16	96
97	Top 16	13 – 14 100 M Free	Finals	Top 16	98
99	Top 16	15 – 18 100 M Free	Finals	Top 16	100
101	Top 8	10 & Under 50 M Fly	Finals	Top 8	102
103	Top 16	11 – 12 50 M Fly	Finals	Top 16	104
105	Top 16	13 – 14 200 M Fly	Finals	Top 16	106
107	Top 16	15 – 18 200 M Fly	Finals	Top 16	108
111	Top 8	10 & Under 100 M Back	Finals	Top 8	112
113	Top 16	11 – 12 100 M Back	Finals	Top 16	114
115	Top 16	13 – 14 100 M Back	Finals	Top 16	116
117	Top 16	15 – 18 100 M Back	Finals	Top 16	118
119	Top 8	13 – 14 800 M Free	TF	Top 8	120
121	Top 8	15-18 800 M Free	TF	Top 8	122
127	4:41.29	13 – 14 400 M Free Relay	TF	4:39.09	128
129	4:32.49	15 – 18 400 M Free Relay	TF	4:10.49	130

- Age 19 & over swimmers may swim in timed final events on Thursday and preliminary individual events on Friday, Saturday or Sunday: they may not swim in finals or relays. They will be entered as exhibition swimmers.



SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS July 25 - 28, 2024

HOST: SAN DIEGO-IMPERIAL SWIMMING CHAMPIONSHIP COMMITTEE

SANCTION: #SI-24-12 This meet is sanctioned by 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.

MEET REFEREE: Bill Eisenhamer beisenhamer@gmail.com

MEET DIRECTOR: Mary Redmond Cell: 760-716-7678 email: seanmary@aol.com

MEET ADMINISTRATOR: Mary Redmond Cell: 760-716-7678 email: seanmary@aol.com

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 4 lane 25 yard warm-up area available during meet. The minimum 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. The competition course has not been certified in accordance with Article 104.2.2C(4) Colorado timing and large digital scoreboard will be in use.

- a. **ELIGIBILITY:** This is a closed SI meet, and is only open to any current (2024) Year Round/Premier USA Swimming registered athlete who is a member of, or an unattached swimmer training with, a San Diego-Imperial Swimming chartered team. All swimmers must be SI swimmers with a 2024 USA swimming card issued not later than Tuesday, July 16, 2024. 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. To enter, all swimmers, including relay-only swimmers, must have swum in one SI meet each season or in two meets in the preceding qualifying year (the swim season starting September 1, 2023)
- b.
 - **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 July 25, 2024.
 - 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 6 individual events for the meet.
 - c. Each club may enter up to 2 relay teams in each relay event. Enter aggregate times or minimum times

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.

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

SAFE SPORT: Swimmers, coaches, workers, and officials ONLY might 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. This is subject to change based on current facility guidelines

FACILITY: Parent and spectators will be allowed on certain parts of the deck. This is subject to change based on current facility guidelines.

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, CANRA and Concussion Protocol Training acknowledged by 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 and CANRA. 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. It is understood and agreed that USA Swimming and SI Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

MEDICAL ASSISTANCE/SUPERVISION: Lifeguards will be on duty during the meet, first aid supplies, AED and a backboard are available. The fire department is located 1 block from the pool.

DECK CHANGING: Deck changes are prohibited. Teams are encouraged to bring and use their 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. (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)

SAN DIEGO-IMPERIAL SWIMMING

LONG COURSE AGE GROUP CHAMPIONSHIPS

July 25 – 28, 2024

QUALIFICATION TIMES: The 2024 AG qualification times are listed in this announcement. To enter, a swimmer must have met or bettered the qualifying times for each event: stroke and distance.

- c. Swimmers who have met the short course yard time standard and not the long course time standard must enter their short course yard time. Swimmers who have met the long course time standard must enter their long course time. Swimmers will be seeded by long course time first, then short course yard time.
- d. All qualification times must have been achieved since **July 20, 2023**.
- e. Relay entry times: Enter at the best achieved relay time or best aggregate time at or faster than the time standard.
- f. Swimmers who have a qualifying time for either the 800/1000 free or 1500/1650 free, the swimmer may enter both events.

VERIFICATION: This is a Proof of Time meet! All individual event entry times will be verified using the SWIMS database prior to the start of the meet. Relay times will not be verified. Coaches/teams that have provided an e-mail address will be notified of times not meeting the time standard. Swimmers not meeting the time standard for an event will be removed from the event.

ENTRIES: All entries, including relays and relay only swimmers, must be submitted electronically using a Hy-Tek Meet Manager compatible file.

- a. No individual entries will be accepted. Entries will only be accepted from SI Swimming chartered teams.
- b. All entry files **MUST** be emailed to Mary Redmond (seanmary@aol.com) and received **by midnight Tuesday, July 16, 2024**. Include in the email a PDF copy of the **Entry Fee Report, Swimmer Proof of Time Report** and the contact person's phone number and email address.
- c. Mail a hardcopy list of entries sorted by **Name with Proof of Time** and a hardcopy **Entry Fee Report** must be included with the team check for the entry fees. The entry report and fees must be **postmarked NO LATER THAN July 16, 2024**, and mailed to:
San Diego Imperial Swimming, 1335 Via Del Oro, Fallbrook CA 92028
- d. **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**

Make checks payable to: SAN DIEGO-IMPERIAL SWIMMING

MEET CONDUCT

CHECK IN: This meet will be deck seeded. **CHECK IN IS REQUIRED FOR ALL PRELIMINARY AND TIMED FINAL EVENTS.** Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim.

Check in Thursday for all events will close at 4:30 pm

Check in for Friday, Saturday & Sunday's prelim events will close at 8:30 am each day. If preferred, swimmers may check in the day before the event by checking in at the office before the end of finals.

SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS July 25 – 28, 2024

SCRATCH PROCEDURES:

PRELIMS: DECLARATION OF EVENTS:

Swimmers will be required to check in for their events each day. Swimmers may swim up to 3 events per day (6 events total for the meet) that they are qualified for. Swimmers may scratch events and all scratches are final.

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.

NO SHOW PENALTY. No show in finals will follow USA Swimming rulebook Article 207.11.6 A-F.

BREAK BETWEEN HEATS AND FINALS: The length of the break will be determined by the meet referee but in any event will not be less than 2 hours.

FINALS: A championship and consolation final (8 swimmers in each heat) will be offered with the exceptions of the events listed below:

All Thursday's events and relay events will be timed finals. The individual events will be swum fastest to slowest.

All 10/U finals events will be Top 8

The 11-12 200 Back, 200 Breast, and 200 Fly, events will be timed finals with all heats swum during prelims, fastest to slowest.

RELAYS: **Thursday: 13/O relays will be the first and last events swum**

Saturday & Sunday:

12/U relays will be swum at the end of prelims

13/O relays will be swum at the end of finals

Relay cards due: Thursday @4:30 pm

Sat & Sun 12/U: @9:30 am

Sat & Sun 13/O: @11:00 am

DISTANCE EVENTS: The 800 M Free and 1500 M Free will be swum fastest to slowest in event order, alternating women and men. Top 8 swimmers will swim in finals. Swimmers must provide their own timers and lap counters.

SAN DIEGO-IMPERIAL SWIMMING LONG COURSE AGE GROUP CHAMPIONSHIPS July 25 – 28, 2024

SCORING: Scoring for the top 16 places shall be in the following manner:

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 medals 1-8 Relays: Custom medals 1-3
Individual Age Group High Point
Team Trophies: 1-8

WARM UP TIMES AND ASSIGNMENTS: All pools may be used for warm up each day
Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool

Thur: All teams 3:45 – 4:45

Fri, Sat & Sun: 7:00 – 8:00 am 13/Over All teams

Fri, Sat & Sun: 8:00 – 8:45 am 12 & Under All teams

Warm ups may change to teams instead of age, based on number of swimmers entered in the meet