

2022 Southern California Invitational

Irvine Novaquatics & Southern California Swimming

SANCTIONED BY: USA Swimming & SCS
SANCTION NO: S22 - 080
SPONSORED BY: Irvine Novaquatics/SCS

DATE OF MEET: July 7 – 10, 2022
ENTRIES DUE: June 29 2022 (Wednesday)
Warm-up: 2:00pm Thurs, 7:00 am, Fri, Sat, Sun
PRELIM START TIME: 4:00pm Thurs, 8:30 am, Fri, Sat, Sun
FINALS START TIME: 5:00 pm Fri, Sat, Sun

POOL: William Woollett Jr. Aquatics Center, 4601 Walnut Ave., Irvine, CA 92604

COURSE: WILLIAM WOOLLET JR. AQUATICS CENTER is a 50 meter by 25 yard pool with 8 competitive lanes and 8 warmup/down lanes. This competition course has been certified in accordance with 104.2.2 © on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 – 8 = 7'.

SPECTATORS: SPECTATORS WILL BE ALLOWED. TICKET SALES ONSITE AND THROUGH THE FOLLOWING LINK:

<https://www.eventbrite.com/organizations/events>

VIEWING WILL ALSO BE AVAILABLE ON YOUTUBE. https://www.youtube.com/results?search_query=irvine+novaquatics

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who are 2022 USA Swimming registered. Registration application must be at SCS Office by June 29, 2022. There are substantial penalties for swimmer and club (2022 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee. Athletes 18 and over must complete the free on-line USA Swimming Athlete Protection Training in order to compete.

QUALIFYING TIMES: SUBMIT LONG COURSE METER TIMES. If qualifying in yards, submit best yard time.

- Swimmers must have achieved the Long Course or Short Course Time Standard after Sept.1, 2020. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. Seeding order: conforming Long Course, conforming Short Course, non-conforming Long Course, non-conforming Short Course
- Swimmers with National or Junior National qualifying times in yards may enter at the meter National or Jr standard.
- Swimmers may enter as many events as qualified but may only compete in three (3) individual events per day, including time trials.
- B Flight Only Option: When electronic team entry file is submitted, a list of swimmers choosing to swim only in the B flight may be included as a **separate file(*.doc, *.docx, *.pdf, *.tst)**. No flight changes will be made after the **entry deadline**.

PROOF OF TIME: This is a PROOF OF TIME MEET. **Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time.** Submit ACTUAL times achieved for each event. Special entry procedure: A swimmer may enter up to 2 bonus event/s not to exceed 3 events per day including time trials. **Label bonus events "B"**.

AWARDS: Individual High Point Awards will be given to the top scoring male and female. A swim off will determine the recipient in the event of a tie.

TIME TRIALS: Time permitting, a time trial session will be offered at the conclusion of the morning sessions. \$20.00 per event for SCI participants. \$20.00 per event plus \$14.00 surcharge if not entered in the SCI.

ENTRY FEES: \$13.00 per Individual Event must accompany entry card. \$14.00 surcharge per swimmer must accompany entry.

Relays: \$26.00 per relay team entered must be paid with entry or upon deck entry. Teams are limited to three relays per event.

Electronic team entry is encouraged. Team entry, which must include single team payment and all proofs of times, is encouraged. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

**MAKE CHECKS PAYABLE TO:
and MAIL ENTRY TO:**

IRVINE NOVAQUATICS
Alina de Armas
PO Box 63
Simi Valley, CA 93062
Email: meetprocessor@gmail.com

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. 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 guests with underlying medical conditions are especially vulnerable. By visiting the venue for this event, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19: USA Swimming, Inc., cannot prevent participants 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.

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 SOUTHERN 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, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS MEET.

RULES AND PROCEDURES

MEET REFEREE: Janet Knoeppel will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to janetwk1014@gmail.com

RULES: Current USA Swimming Rules, including Minor Athlete Abuse Policy (MAAPP 2.0) will govern this meet. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2022 SCS Swim Guide). This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. This meet will be pre-seeded for all events except events 400 meters or longer. Scratch deadlines for 400 IM, 400, 800 and 1500 Freestyle events will be announced.

Prelims: If the meet is "flighted" the "A" flight will swim fast to slow; the "B" flight will swim fast to slow. If not "flighted", all prelims will swim fast to slow (3 heats circle seeded, 2 heats for 400's).

FINALS: Finals will consist of the top 24 swimmers in each event from prelims with the Consolation heats competing prior to the Championship Final heat. Only one championship final for the 800 and 1500 freestyle events..

COACHES AND OFFICIALS: To receive a meet deck pass Coaches and Officials must be current USA Swimming members including California required concussion training (CDC or NFHS). Coaches must complete USA Swimming Coaches Advantage Tutorial and the Athlete Protection Training module. International guests are exempt. Meet deck pass should be visible at all times.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence though out the meet.** 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.

DRONES: 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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 the backstroke ledge. 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.

DISTANCE FREESTYLE: Prelims of Women's 800 and Men's 1500 will be Thursday, July 8. Women's 800 final will be Friday; Men's 1500 final will be Saturday. Sunday: Women's 1500 & Men's 800 will be swum fastest to slowest, alternating women and men's heats. Fastest heat of women's 1500 will be third event of Sunday finals; fastest heat of men's 800 will be sixth event. All other heats will be swum in the preliminaries. THREE HEATS each (women and men) will be swum as part of prelims; any other heats will swim during the break. **Note: W1500/M800 check-in to be seeded will close at 5:00 pm Saturday.**

WARM UP: All warm ups must be supervised by a USA Swimming member coach. 7:00-7:45 am: the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING**. 7:45-8:20 am: Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts only in the sprint lanes.** No equipment will be allowed in the competition pool. The *diving pool* will be available for warm-up/cool down at all times - No diving at any time. **Based on entries, warm up time may be divided and assigned starting at 6:30 am.** Warm up entry 3 point, slip slide: no diving/jumping.

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.

2022 Southern California Invitational

Date of Meet: July 7, 8, 9 & 10, 2022

Entries Due: Wednesday, June 29, 2022

Thursday, July 7, 2022 4:00pm

Women	Yards	Meters	Event	Meters	Yards	Open
1	Pre or Deck Entry		200 Meter Freestyle Relay	Pre or Deck Entry		2
3	10:39.89	9:36.09	Women's 800 Meter Freestyle Prelim
...	Men's 1500 Meter Freestyle Prelim	17:13.49	16:43.89	4
5	Pre or Deck Entry		200 Meter Medley Relay	Pre or Deck Entry		6

Friday, July 8, 2022 8:30am

3	Women's 800 Meter Freestyle FINAL
7	53.99	1:01.89	100 Meter Freestyle	56.07	48.19	8
9	2:10.09	2:27.99	200 Meter Butterfly	2:15.59	1:58.89	10
11	2:08.59	2:29.19	200 Meter Backstroke	2:17.39	1:57.29	12
13	4:39.09	5:20.09	Women's 400 Meter Individual Medley
...	Men's 400 Meter Freestyle	4:21.09	4:47.79	14
15	Pre or Deck Entry		400 Meter Freestyle Relay	Pre or Deck Entry		16

Saturday, July 9, 2022 8:30am

...	Men's 1500 Meter Freestyle FINAL	4
17	2:10.49	2:31.09	Women's 200 Meter Individual Medley
...	Men's 200 Meter Freestyle	2:03.09	1:45.79	18
19	2:28.19	2:49.69	200 Meter Breaststroke	2:35.79	2:13.29	20
21	24.89	28.69	50 Meter Freestyle	25.89	22.19	22
23	5:10.69	4:39.69	Women's 400 Meter Freestyle
...	Men's 400 Meter Individual Medley	4:55.09	4:14.69	24
25	Pre or Deck Entry		800 Meter Freestyle Relay	Pre or Deck Entry		26

Sunday, July 10, 2022 8:30am

27	59.19	1:07.19	100 Meter Butterfly	1:00.89	52.89	28
29	17:34.19	18:34.39	Women's 1500 Meter Freestyle
30	59.49	1:09.49	100 Meter Backstroke	1:03.29	53.89	31
...	Men's 800 Meter Freestyle	9:04.39	9:49.99	32
33	1:07.59	1:18.79	100 Meter Breaststroke	1:11.29	1:00.89	34
35	1:56.29	2:12.99	Women's 200 Meter Freestyle
...	Men's 200 Meter Individual Medley	2:18.39	1:58.89	36
37	Pre or Deck Entry		400 Meter Medley Relay	Pre or Deck Entry		38

IF STANDARD IS ACHIEVED IN YARDS, enter yard time
National Qualifiers may enter at appropriate National meter minimum

This meet may be divided into "A" and "B" flights with 4 heats (3 for the 400 Meter events) in the "A" flight. "A" flight will swim slowest to fastest. "B" flight prelims will swim fastest to slowest with 400 Free & IM alternating women and men's heats. Prelim sessions that are not flighted will swim fastest to slowest; 400 Free & IM will alternate women and men's heats.

TIME TRIALS: Depending on the time line, Time Trials may be held during the break on July 8 & 9 and after finals on July 10, 2021. Time Trials are separately sanctioned. The 800 and 1500 will be offered on Friday only. An athlete may swim an event only once as a time trial.

Purchase \$15.00 time trial cards in the garage.

SOUTHERN CALIFORNIA INVITATIONAL TIME TRIAL

Sanctioned by: USA Swimming and SCS
Sanction Number: S22 - 081
Sponsored by: Irvine Novaquatics
Southern California Swimming

DATE OF MEET: July 8 - 10, 2022
ENTRIES DUE: DECK ENTERED

WARM UP TIME: 11:00am
START TIME: 15 minutes after the end of Prelims

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- POOL:** WILLIAM WOOLETT JR. AQUATICS CENTER, 4601 Walnut Ave., Irvine, CA 92604.
- COURSE:** WILLIAM WOOLETT JR. AQUATICS CENTER has 2 50 meter pools; 8 competitive lanes and 17 short course warmup/warmdown lanes. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lanes 1 – 10 = 7'.
- SPECTATORS:** **SPECTATORS WILL BE ALLOWED IN THE PARK SIDE GRANDSTANDS. Tickets can be purchased at <https://www.eventbrite.com/organizations/events>. This meet will be live streamed: <https://www.youtube.com/channel/UCUBh41CkXVRO9SC7YWhq5g>**
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in. Warm up will start in the dive well nightly.
- MEET REFEREE:** Ted Olivieri shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to trackmdr@aol.com
- RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2022 SCS Swim Guide). All coaches and officials on deck must complete the CDC of NFHS Concussion course. All Coaches must have completed CAT. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet. This time trial will be pre seeded.
- SPECIAL NOTICE:** This is NOVA hosted TIME TRIAL MEET, open to swimmers that are 2022 USA Swimming Registered. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. Each day will be limited to one 1 hour of competition. Swimmers may swim no more than 3 events per day not to exceed 5 events daily total if entered in the Southern California Invitational. The events will start with the event order offered each day and rotate through to offer all events daily.
- RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones are not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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.
- DRONES:** 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.
- SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech Suits with bonded seams, kinetic tape, or meshed seams ARE PERMITTED at this meet. Please see the Tech Suit Policy on the SCS website.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in this racing practice unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with the requirement.
- CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2022 USA Swimming REGISTERED. REGISTRATION APPLICATIONS must be received by July 10, 2022 by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to substantial penalties to swimmer and Club (See 2022 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING within 30 days of turning 18, in order to compete.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (NO WORK OUT TIMES). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.
- QUALIFYING TIMES:** The Speedo Grand Challenge TIME STANDARDS are the minimum entry time for this time trial (see 2022 Swim Guide). After entries close, non-conforming times will be converted by meet admin for seeding purposes only.
- ENTRY PROCEDURE:** **Entries will be deck entered no later than 10:00am daily.**
- ASSUMPTION OF RISK:** We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. 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 guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.
- COVID-19:** USA Swimming, Inc., cannot prevent participants 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.
- 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 SOUTHERN 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS MEET.
- ENTRY FEE:** **\$20.00 per event for SCl participants. \$20.00 per event plus \$14.00 per swimmer SURCHARGE if not entered in the Southern California Invite.**

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. The conduct of this Time Trial will adhere to local jurisdictional guidelines.