



**CAL Invitational Swim Meet**  
Hosted by California Aquatics  
January 14–15, 2023

Enter Online: <http://ome.swimconnection.com/pc/CAL20230114>

***This meet has been pre-approved by USA and Pacific Swimming. Times from this meet may be used to enter future USA-Swimming Meets.***

**Approval Number: AP23-001**

***In granting this approval it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.***

*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 approved 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 PACIFIC 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***

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**OFFICIALS:**

**Meet Referee:** Leo Lin

**Head Starter:** Mark Ryan

**Administrative Referee:** Christopher Lam

**Meet Director:** Dave Durden

**Meet Marshal:** Matt Rowe

**LOCATION:** Spieker Aquatics Complex, 2301 Bancroft Way, Berkeley, CA 94720

**COURSE:** OUTDOOR 25 YARD pool with up to 14 lanes available for competition. An additional [2] lanes will be available for warm-up/cool-down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7’0” at the start end and 9’0” at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

**TIME:** The morning session will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. The afternoon session will begin 1 hour after the conclusion of the morning session, but not before 1:30 PM.

Due to health concerns for all participants, the meet will be conducted in total of 4 sessions, 2 sessions per day, a morning and an afternoon session. Each session will be events for athletes of a single gender. All events will be timed finals.

Morning Sessions will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day.

Afternoon Sessions will begin no earlier than 1:30 PM each day with warm-ups start TBD.

Session	Start time	Sat Jan 14	Sun Jan 15
Morning	Warm-Up: 7:30–8:45 AM Session start: 9:00 AM	Women	Men
Afternoon	Warm-Up: TBD** Session start: Not before 1:30 PM	Men	Women
<i>** Estimated start time for warm up and session will be posted after close of entries.</i>			

**RULES:**

- This meet is open to both USA-Swimming registered swimmers and non-USA-S registered swimmers. **There will be no on deck registration.**
- **All 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 MAAPP is a condition of participation in the conduct of this competition.** • Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be available at the Clerk-of-Course.
- **All events will swim fast to slow.**
- Swimmers may compete in a maximum of four (4) individual events per day, plus relays.
- The meet will be capped at a maximum of 400 swimmers, or when the estimated timeline exceeds 5 hours per session.
- The 500 Freestyle and 400 IM events will be limited to the first 40 swimmers who positively check in.
- All events are timed finals.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- All USA Swimming Member-Coaches and officials must wear their USA Swimming membership cards in a visible manner.

**UNACCOMPANIED SWIMMERS:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the athlete’s USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer’s legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete’s USA Swimming Club Member-Coach.

**RACING STARTS:** Any athlete 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 without use of the backstroke ledge. When unaccompanied by a Member-Coach, it is the responsibility of the Athlete or the Athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the UC Berkeley Campus.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- Propane heaters are not permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- 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.

**ELIGIBILITY:**

- Athletes 12 years and younger are not eligible to compete.
- Athlete's age on the first day of the meet shall determine the athlete's age for the entire meet.
- Entries with "NO TIME" will be REJECTED
- Swimmers must meet the entry Time Standard listed in the event table in at least 1 event.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.

**CHECK-IN:** The meet shall be **pre-seeded, except for the 400 IM and 500 Freestyle**. The positive check-in deadlines for the 400 IM/500 Freestyle are 10:00 AM (morning session) and 2:20 PM (afternoon session). **Athletes who do not positively check-in for the 400 IM/500 Freestyle will not be seeded in the event.**

**SCRATCHES:** Scratches shall be submitted to the Admin Referee (Christopher Lam) either by text or email (+1-530-746-8321, [Lam.Christopher@outlook.com](mailto:Lam.Christopher@outlook.com)). The **scratch deadline** for all Saturday's events is **Friday, January 13 at 5:00 PM**. The scratch deadline for all Sunday's events is **Saturday January 14 at 4:00 PM**. Swimmers will not be penalized for no shows. Any Athlete who fails to compete in an individual event and has not properly scratched shall not be seeded in any individual events on succeeding days unless that Athlete declares an intent to swim prior to the scratch deadline for that day's events.

**ENTRY FEES:** \$10.00 Participation Fee per Swimmer; \$8.00 per individual event; \$10.00 per relay entry.

**ONLINE ENTRIES:** Entries will be accepted via online entry only. To enter online go to <http://ome.swimconnection.com/pc/CAL20230114> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. Online entries will be accepted through midnight MONDAY January 9, 2023. **Relay entries will be taken on deck until 10:00 AM (morning session) and 2:20 PM (afternoon session) each day.**

**AWARDS:** None.

## Schedule of Events

**Saturday, January 14<sup>th</sup>**

### **Morning Session**

<u>Event #</u>	<u>Women's Times</u>	<u>Event</u>	<u>Event #</u>	<u>Men's Times</u>
1	2:24.79	200 I.M.	2	2:12.29
3	27.69	50 Freestyle	4	24.79
5	2:22.99	200 Butterfly	6	2:11.39
7	1:05.39	100 Backstroke	8	59.79
9	2:42.79	200 Breaststroke	10	2:28.09
11	No Standard	200 Medley Relay	12	No Standard
13	5:43.99	500 Freestyle*	14	5:21.19

### **Afternoon Session**

\* **For the 500 FR**, athletes must provide their own timers and lap counters. Lap counters will be provided.

**Sunday, January 15<sup>th</sup>**

### **Afternoon Session**

<u>Event #</u>	<u>Women's Times</u>	<u>Event</u>	<u>Event #</u>	<u>Men's Times</u>
15	59.99	100 Freestyle	16	54.19
17	2:21.19	200 Backstroke	18	2:09.89
19	1:05.29	100 Butterfly	20	58.99
21	1:15.69	100 Breaststroke	22	1:07.89
23	2:09.29	200 Freestyle	24	1:58.59
25	No Standard	200 Free Relay	26	No Standard
27	5:07.29	400 I.M.*	28	4:43.99

### **Morning Session**

\* **For the 400 IM**, athletes must provide their own timers.

**Note** – Swimmers must have met the listed minimum time standard in at least one (1) individual event entered.