



**Central California Swimming
Long Course Junior Olympic Championships
July 22-25, 2021**

Held under the Sanction of USA Swimming / Central California Swimming #S12221TL

See the Central California Swimming website to find the meet event file and results file.

www.centralcalswim.org

- Host:** Clovis Swim Club
- Location:** CLOVIS NORTH AQUATICS COMPLEX (CLOVIS NORTH HIGH SCHOOL)
2770 E International Ave, Fresno, CA 93730
- Facility:** Two 50 M x 25 Y outdoor pools. The main competition pool has a uniform depth of 7 ft. The adjacent multi-purpose pool will have at least 8 long course lanes 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.
- Use of audio or visual recording devices, including all cell phones, is not permitted in changing areas, restrooms, 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.**
- 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.**
- There is no overnight camping or parking allowed on CUSD campuses.**
- Specific facility precautions regarding COVID-19 are shared on pages 7-8 of this fact sheet.**
- Directions:** Highway 41 or 99 to Herndon Avenue, east on Herndon to Willow, north on Willow to the corner of Willow & International. Continue on Willow to the east 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.
- Time:** Wednesday, July 21, 2021 – The venue will be open at 5:30 p.m. for warm-up and set-up. Please do not arrive before that time.
Thursday, July 22, 2021 – Sunday, July 25, 2021 - Warm-up for preliminaries starts at 7:00 a.m. Meet begins at 8:30 a.m. Finals will start no sooner than 1 hour after the end of preliminaries. The start time will be determined by the Meet Referee.
- Membership & Eligibility:** Open to ONLY 2021 USA Swimming registered premium members who are residents of CALIFORNIA. Deck Pass is acceptable proof of USA Swimming Membership. Any 19 and over swimmers may compete in the 15 and over preliminary events but may not compete in finals or relays. On-deck USA Swimming membership registration will be allowed with a \$20 fee payable by the home club.
As of June 23, 2019, adult athletes 18 and over are required to complete the USA Swimming Athlete Protection Training. If an adult athlete member competes when his/her membership requirement was not satisfactorily fulfilled, swim times will not be valid. This will affect an adult athlete's ability to achieve qualifying times.
- Athletes with Disabilities:** Athletes with disabilities are welcome to participate in any event shorter than 400m, without achieving the time standard and shall provide advanced notice of desired accommodations to the Meet Director in advance of the first day of the meet. The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.
- Rules:** Current USA Swimming and CCS Rules will govern the meet. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition. **There will be separate qualifying time standards for athlete members of Central California Swimming (CCS) and those who are members of LSCs outside of CCS. Refer to the standards on page 5 and 6.**
- This is a proof of time meet. No converted times will be accepted.** There are long course meters, short course meters, and short course yards time standards for this meet. Long course (conforming) entry times will be seeded first. Short course meters and short course yards (non-conforming) times, in that order, will be seeded after all conforming entry times.

CCS registered athletes may swim up to two (2) events as “bonus” swims that do not meet the qualifying entry time if the distance of those events is not farther than 100m. The date and location of each entry time achieved by a swimmer shall be proven to the Meet Referee upon request. Times that have been approved as unsanctioned “virtual” meet swims, which have also been entered into the USA Swimming SWIMS database can be accepted as entry times. No deck entries will be allowed for individual events.

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. All swimmers will enter the pool with a 3-point entry during warm-up and warm-down.

Proof that all coach and official membership requirements are met, as of the dates of competition, shall be presented upon request by the Meet Referee. Proof will be in the form of the USA Swimming Deck Pass mobile app.

TECHNICAL SUITS: No technical suits shall be worn by any 12 & Under athlete member in competition at any sanctioned, approved, or observed CCS Meet. This includes any suit with bonded or taped seams regardless of its fabric or silhouette or 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. Knit fabric – A suit with knit fabric and sewn seams not extending below the knees is permitted). [CLICK HERE](#) for the USA Swimming FAQ page regarding technical suits and 12&Under athletes.

Penalties: The Central California Swimming missed event policy will be applied as follows: swimmers who have not scratched an individual event in preliminaries and are charged with a “no show” will be scratched from that event and their next preliminary or timed final individual event in the meet. Swimmers who are seeded into finals in an individual event and are charged with a “no show” will be scratched from that event, any other individual events they are in that day, plus their first individual event on the next day. A swimmer who qualifies for finals and wishes to scratch an event, must scratch or declare his/her intention to scratch within 30 minutes of the official announcement of the preliminary results for that event.

Meet Format: Preliminaries and finals will be contested in all individual events, except for the following which will be timed finals: 11-12, 13-14, & 15&Over 800 and 1500 freestyles, the 11-12 400 IM, ALL 10&Under events, and ALL relays. These exception events will all be contested in the morning heats swum with preliminaries.

Swimmers in all 13-14 and 15&Over events will be seeded and swum together in the preliminaries, as well as the following 11-12 events: 200 back, 200 breast, and 400 IM.

There will be a championship and consolation final (A & B final) swum in that order for all other individual events, except for the 15-18 age group, which will have a championship ‘A’ final **only**. All preliminary events will be run in heats fastest to slowest, including the 11&O 800 freestyle and 1500 freestyle events.

Check-In: All swimmers are automatically checking into their events in which they have been entered. If a swimmer is entered in more than 3 events in a day, that swimmer must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch events, when more than 3 are entered, the swimmer will be seeded into the FIRST THREE (3) individual events in the event sequence and scratched from any events after the third event of the day. Scratch deadline for Thursday’s events is Wednesday, July 21, 2021, at 5:00pm, with scratches being accepted via email to the Admin Referee, Jennifer McDougal (jenmcdougal@sbcglobal.net). Scratch deadline for Friday, Saturday, and Sunday events is 5:00pm on the respective preceding day. Scratches are to be made at the Clerk of Course Desk prior to the deadline.

Distance

Events: Events 15/16 (1500 free) and 107/108 (800 free) will be swum *fastest to slowest regardless of age, alternating girls and boys*, at the end of preliminaries on their respective days. Swimmers in the 800 & 1500 freestyle events must provide a person to time and a person to count their laps; lap counting devices will be provided.

Warm-Up:

GENERAL WARM-UP PERIOD – There will be 30 minutes assigned as general warm-up in the competition pool. There will be no diving allowed during general warm-up. Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck while both feet touch the water (3 point entry), except for starts, which are limited to specific lanes.

SPECIFIC WARM-UP PERIOD – There will be at least 45 minutes of warm-up in the competition course will be allocated for specific warm-up in designated lanes. During the specific warm-up period, lanes 1 and 8 will be used for push pace work, lanes 2, 3, 6 and 7 for one-way dive sprints, and lanes 4 and 5 for general warm-up. At least 8 long course lanes in the warm-up course will be for general warm-up and swim down. **No practice starts will be allowed in that course.** All warm-ups must be supervised by a USA Swimming registered coach. If you do not have a USA Swimming registered coach present, report to the Deck Referee for coach and lane assignment. Warm-up procedures will be announced by the Starter and Deck Referee.

- Entries:** Team entries be sent in a Hy-Tek CL2 entry file to the following email address: coachmark76@gmail.com
Unattached swimmers affiliated with CCS may enter this meet on the CCS website, as long as the swimmer had registered on the CCS site for their USA Swimming membership.
Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry (see address below). **If a team fails to pay in full by the start of the meet, athletes of that team will not be permitted to swim.** 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.
The entry limit for this meet is 700 swimmers. CCS team and individual online entries must be received by July 12, 2021, to guarantee that the entries will be accepted. The entry period for non-CCS teams begins on July 13, 2021, and teams will be notified within 24 hours of submission regarding acceptance into the meet. Entries close on July 19, 2021. Entries received once the entry limit is reached will be rejected. If part of a team's entries exceeds the entry limit, all of that team's entries will be accepted.
Newly achieved CCS JO qualifying times, (not improved times that already qualified) not subject to the entry limit may be advanced by the Entry Chair, Mark Bennett (coachmark76@gmail.com), from any USAS sanctioned "Last Chance" competitions held on or before July 18, 2021. **All other late entries and deck entries will be rejected.**
- Relays:** All relay entries must be submitted by the entry deadline. Relay entries will not be accepted at the meet. 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 \$10.00 athlete surcharge by the meet entry deadline.
There are NO relay time standards provided for THIS YEAR'S MEET ONLY. Each team is only allowed to enter a maximum of THREE (3) relays per event. Only the fastest two placing relays from each team will be eligible for scoring and awards. Each athlete is restricted to participating in **ONLY ONE (1)** relay in each specific distance and category (medley or freestyle), regardless of age group. All relays must be paid in full to the address listed below.
- Entry Limit:** **Swimmers may compete in up to three individual events per day plus relays and may compete in no more than eight (8) individual events in total for the meet.**
- Entry Fees:** \$7.00 per individual event. \$8.00 per relay for all age groups. \$10.00 per swimmer athlete surcharge. **No late entries will be accepted. No refunds.**
Entry fees paid by check will be made out to "Clovis Swim Club" and mailed to:
Clovis Swim Club
1690 David E Cook Way
Clovis, CA 93611
- Deadline:** Online entries must be submitted by 11:59 p.m. by Monday, July 19, 2021. No late entries will be accepted, **Updated times will not be accepted after the entry deadline.** "Last Chance" swims will be accepted in the manner listed above in the "Entries" area of the meet information.
- Awards:** Medals will be awarded to 1st through 8th in individual events and 1st through 3rd in relay events. Team awards will be awarded to 1st through 5th places. High point awards will be awarded to each gender and age group: 8&Un, 10&Un, 11-12, 13-14, 15-18. **ALL AWARDS WILL BE HANDED TO A DESIGNATED TEAM MEMBER AT THE END OF THE MEET, IN SEALED PLASTIC BAGS. AWARDS WILL NOT BE HANDED OUT TO INDIVIDUALS DURING THE MEET.**
- Scoring:** Individual events (15-Over events only score the top 8 places): 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- Meet Directors:** Andy Hill, Donna Settle, and Bree Wilber
- Information:** Mark Bennett (559) 327-9247 coachmark76@gmail.com
- Meet Referee:** Mike Carpenter
- Admin Referee:** Jennifer McDougal
- Officials:** There will be a briefing for all officials one hour prior to each session. This is an Officials Qualifying Meet. Please refer to the CCS Website for an application for evaluation.
- Hospitality:** Hospitality for coaches and officials will be offered outside the facility throughout the meet.
- Concessions:** There will be a snack bar at the meet.
- 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.***

Event Order for Thursday, July 22		
Women	Event	Men
1	15&O 200 Back##	2
1	13-14 200 Back##	2
1	11-12 200 Back##	2
3	11-12 50 Free	4
5	13-14 50 Free**	6
5	15&O 50 Free**	6
7	11-12 100 Breast	8
9	13-14 100 Breast**	10
9	15&O 100 Breast**	10
11	14&U 800 Free Relay***	12
13	18&U 800 Free Relay***	14
15 Minute Break		
15	11-12 1500 Free*	16
15	13-14 1500 Free*	16
15	15&O 1500 Free*	16

Event Order for Friday, July 23		
Women	Event	Men
17	11-12 50 Breast	18
19	10&U 50 Breast	20
21	11-12 400 I.M.*	22
23	13-14 400 I.M.**	24
23	15&O 400 I.M.**	24
25	10&U 200 Free	26
27	11-12 200 Free	28
29	13-14 200 Free**	30
29	15&O 200 Free**	30
31	10&U 100 Fly	32
33	11-12 100 Fly	34
35	13-14 100 Fly**	36
35	15&O 100 Fly**	36
37	12&U 400 Free Relay***	38
39	14&U 400 Free Relay***	40
41	18&U 400 Free Relay***	42

Event Order for Saturday, July 24		
Women	Event	Men
43	10&U 200 Medley Relay***	44
45	11-12 50 Fly	46
47	10&U 50 Fly	48
49	15&O 200 Breast##	50
49	13-14 200 Breast##	50
49	11-12 200 Breast##	50
51	10&U 50 Free	52
53	11-12 100 Back	54
55	13-14 100 Back**	56
55	15&O 100 Back**	56
57	10&U 100 Back	58
59	12&U 400 Medley Relay	60
61	14&U 400 Medley Relay***	62
63	18&U 400 Medley Relay***	64
65	10&U 400 Free*	66
67	11-12 400 Free	68
69	13-14 400 Free**	70
69	15&O 400 Free**	70

Event Order for Sunday, July 25		
Women	Event	Men
71	10&U 200 Free Relay***	72
73	12&U 200 Free Relay***	74
75	14&U 200 Free Relay***	76
77	18&U 200 Free Relay***	78
79	10&U 100 Breast	80
81	11-12 200 Fly##	82
81	13-14 200 Fly##	82
81	15&O 200 Fly##	82
83	10&U 50 Back	84
85	11-12 50 Back	86
87	10-Under 200 I.M.	88
89	11-12 200 I.M.	90
91	13-14 200 I.M.**	92
91	15&O 200 I.M.**	92
93	10&U 100 Free	94
95	11-12 100 Free	96
97	13-14 100 Free**	98
97	15&O 100 Free**	98
99	12&U 200 Medley Relay**	100
101	14&U 200 Medley Relay**	102
103	18&U 200 Medley Relay**	104
15 Minute Break		
105	11-12 800 Free*	106
105	13-14 800 Free*	106
105	15&O 800 Free*	106

***Timed Final events** swum and awarded in the preliminary session.

****13-14, and 15-Over events** will be seeded together in prelims, and swum separately in finals (13-14 events will have an A & B final, 15-18 events will have an A final only).

###**11-12, 13-14, 15-Over 200 back, 200 breast, and 200 fly** will be seeded together in prelims and swum separately in finals (11-12 and 13-14 events will have an A & B final, and the 15-18 events will have an A final only).

*****All 10&U, 12&U, 14&U and 18&U relays** are timed finals and will be swum in the preliminary session.

2021 CCS Junior Olympic Time Standards for Athlete members of Central California Swimming

2021 CCS SWIMMER - Summer Junior Olympic Time Standards						
SCY	SCM	LCM	Age Group	SCY	SCM	LCM
Girls			10&Under	Boys		
38.89	42.99	44.09	50 free	38.09	41.99	43.59
1:29.59	1:38.99	1:41.99	100 free	1:27.79	1:26.99	1:40.59
3:18.99	3:40.09	3:45.79	200 free	3:06.69	3:05.69	3:33.49
8:25.39	7:22.89	7:36.79	400 free	8:16.69	7:14.69	7:29.39
46.99	51.99	54.89	50 back	47.49	52.69	55.29
1:41.99	1:52.69	1:59.19	100 back	1:39.79	1:50.69	1:55.09
53.19	58.89	1:00.49	50 breast	52.09	57.59	59.69
1:58.09	2:10.49	2:14.79	100 breast	1:53.39	2:05.59	2:09.39
47.39	52.39	53.39	50 fly	45.69	50.49	51.79
1:53.99	2:05.99	2:09.99	100 fly	1:51.39	2:04.19	2:07.09
3:38.49	4:01.49	4:09.39	200 IM	3:35.49	3:58.09	4:06.19
Girls			11-12	Boys		
33.59	37.29	38.39	50 free	32.59	35.99	37.29
1:13.59	1:21.29	1:24.09	100 free	1:10.99	1:18.49	1:21.29
2:40.39	2:58.09	3:02.29	200 free	2:34.59	2:52.09	2:57.49
7:08.79	6:15.49	6:23.89	400 free	6:57.29	6:05.19	6:15.49
14:48.09	12:57.19	13:24.09	800 free	14:32.59	12:43.59	13:11.69
24:53.99	24:45.29	25:45.79	1500 free	24:21.89	24:13.39	25:13.59
38.09	42.39	43.99	50 back	37.89	42.19	43.69
1:24.79	1:34.19	1:38.69	100 back	1:22.19	1:30.89	1:35.49
2:56.59	3:15.19	3:24.49	200 back	2:51.99	3:10.79	3:19.49
42.99	47.59	48.99	50 breast	42.89	47.39	48.99
1:34.09	1:44.29	1:48.89	100 breast	1:31.39	1:42.29	1:46.59
3:20.89	3:44.49	3:52.59	200 breast	3:14.09	3:35.39	3:44.69
36.49	40.59	41.29	50 fly	37.09	40.99	41.89
1:24.39	1:33.99	1:36.19	100 fly	1:22.89	1:32.09	1:33.99
2:59.99	3:19.79	3:24.89	200 fly	2:53.19	3:15.19	3:20.49
3:00.19	3:19.69	3:26.09	200 IM	2:57.29	3:16.19	3:23.79
6:24.19	7:04.49	7:19.69	400 IM	6:13.09	6:52.29	7:09.89
Girls			13-14	Boys		
32.59	36.09	37.09	50 free	29.89	33.19	34.39
1:10.59	1:18.29	1:20.49	100 free	1:05.59	1:12.49	1:15.29
2:32.09	2:49.29	2:54.29	200 free	2:22.99	2:37.99	2:44.09
6:47.79	5:58.29	6:06.79	400 free	6:26.59	5:38.29	5:49.09
14:01.99	12:16.89	12:35.99	800 free	13:21.19	11:41.09	12:05.89
23:23.49	23:15.29	24:06.39	1500 free	22:18.89	22:11.09	23:06.49
1:16.69	1:25.29	1:29.99	100 back	1:11.49	1:19.59	1:23.89
2:46.79	3:04.89	3:12.39	200 back	2:36.29	2:53.59	3:02.09
1:27.99	1:37.99	1:42.09	100 breast	1:21.29	1:29.89	1:34.89
3:10.89	3:32.19	3:39.69	200 breast	2:56.59	3:17.09	3:25.49
1:16.39	1:24.99	1:26.59	100 fly	1:11.19	1:18.89	1:21.29
2:48.99	3:07.89	3:12.99	200 fly	2:38.19	2:54.99	3:00.89
2:49.79	3:09.49	3:15.79	200 IM	2:39.99	2:56.79	3:04.59
6:03.59	6:44.19	6:55.49	400 IM	5:41.49	6:17.69	6:32.69
Girls			15&O	Boys		
31.79	35.39	36.39	50 free	28.39	31.89	32.59
1:08.89	1:16.89	1:19.19	100 free	1:02.39	1:09.49	1:11.99
2:29.39	2:45.59	2:50.49	200 free	2:16.49	2:31.79	2:37.39
6:40.59	5:50.69	5:58.49	400 free	6:10.59	5:26.09	5:33.69
13:49.19	12:05.69	12:21.29	800 free	12:52.99	11:16.49	11:40.09
23:05.19	22:57.09	22:43.89	1500 free	21:35.39	21:27.89	22:08.99
1:14.69	1:23.39	1:27.29	100 back	1:08.09	1:15.59	1:20.19
2:42.99	3:01.39	3:08.39	200 back	2:27.99	2:45.59	2:53.79
1:25.89	1:36.09	1:39.49	100 breast	1:16.49	1:25.79	1:29.89
3:05.99	3:27.89	3:35.89	200 breast	2:48.19	3:06.39	3:15.39
1:14.69	1:23.29	1:25.39	100 fly	1:07.49	1:15.49	1:17.39
2:45.29	3:04.29	3:07.29	200 fly	2:31.29	2:47.29	2:52.29
2:46.79	3:05.79	3:11.89	200 IM	2:31.69	2:48.79	2:56.59
5:55.89	6:35.09	6:47.89	400 IM	5:26.99	6:03.59	6:14.09

CCS Registered Swimmers may compete in two (2) additional events, that are 100m or shorter, that do not meet the time standards above. These will be considered "bonus" swims, but will be allowed to be scored and awarded as regularly qualified events.

2021 CCS Junior Olympic Time Standards for Athlete members of any LSC except for Central California Swimming

2021 OUTSIDE CCS - Summer Junior Olympic Time Standards						
SCY	SCM	LCM	Age Group	SCY	SCM	LCM
Girls			10&Under	Boys		
33.99	37.39	39.49	50 free	34.49	38.09	39.49
1:17.89	1:25.69	1:27.69	100 free	1:18.79	1:26.99	1:30.29
2:53.29	3:12.39	3:15.59	200 free	2:47.99	3:05.49	3:09.49
7:35.49	6:38.59	6:51.09	400 free	7:26.99	6:31.19	6:44.59
41.19	45.39	46.99	50 back	41.79	45.99	48.39
1:30.69	1:40.19	1:42.09	100 back	1:29.69	1:39.09	1:43.59
47.49	52.49	54.39	50 breast	46.59	51.39	53.29
1:44.19	1:55.99	1:57.69	100 breast	1:41.89	1:52.19	1:57.69
41.69	46.19	46.99	50 fly	40.49	44.79	45.99
1:39.09	1:49.49	1:52.99	100 fly	1:37.99	1:48.29	1:51.39
3:15.59	3:36.19	3:43.19	200 IM	3:13.19	3:33.49	3:40.79
Girls			11-12	Boys		
29.99	33.29	34.09	50 free	30.29	34.29	34.69
1:06.49	1:14.89	1:15.49	100 free	1:05.89	1:12.89	1:15.69
2:25.49	2:41.69	2:44.69	200 free	2:24.59	2:39.79	2:45.19
6:38.39	5:48.69	5:56.49	400 free	6:27.49	5:39.09	5:48.69
13:44.69	12:01.69	12:29.19	800 free	13:30.19	11:49.09	12:15.19
23:07.29	22:25.19	23:55.39	1500 free	22:37.49	22:29.59	23:25.49
35.59	39.29	41.69	50 back	35.29	38.99	40.89
1:18.19	1:26.69	1:29.59	100 back	1:15.79	1:23.69	1:29.09
2:43.99	3:01.29	3:10.19	200 back	2:40.29	2:57.19	3:06.49
39.99	44.19	45.49	50 breast	39.59	43.69	45.39
1:27.39	1:36.59	1:41.39	100 breast	1:25.49	1:34.39	1:38.49
3:08.59	3:28.39	3:36.09	200 breast	3:00.99	3:19.99	3:28.69
34.09	37.59	38.29	50 fly	34.19	37.79	38.69
1:18.29	1:26.59	1:28.49	100 fly	1:16.49	1:24.49	1:26.29
2:47.89	3:05.59	3:10.19	200 fly	2:43.99	3:01.19	3:07.69
2:47.19	3:04.79	3:09.99	200 IM	2:44.19	3:01.49	3:09.29
5:56.79	6:34.19	6:48.29	400 IM	5:46.39	6:22.79	6:39.39
Girls			13-14	Boys		
28.59	31.29	32.29	50 free	27.29	30.29	31.09
1:02.09	1:08.99	1:10.59	100 free	1:00.69	1:07.09	1:09.19
2:15.19	2:30.09	2:33.29	200 free	2:10.99	2:24.39	2:29.69
6:10.19	5:21.69	5:35.39	400 free	5:57.89	5:13.19	5:19.49
13:01.79	11:24.19	11:41.99	800 free	12:23.89	10:51.09	11:13.99
21:43.19	21:35.69	22:23.09	1500 free	20:43.19	20:35.99	21:27.39
1:11.69	1:19.09	1:23.49	100 back	1:06.89	1:13.89	1:18.29
2:35.39	2:51.69	2:59.39	200 back	2:25.89	2:41.19	2:49.69
1:22.19	1:29.79	1:34.29	100 breast	1:15.59	1:23.49	1:28.09
2:58.29	3:16.99	3:25.59	200 breast	2:45.59	3:02.99	3:11.59
1:11.39	1:18.89	1:19.49	100 fly	1:06.39	1:13.29	1:15.49
2:37.89	2:54.49	2:59.49	200 fly	2:26.99	2:42.49	2:49.19
2:37.89	2:54.69	2:57.19	200 IM	2:28.59	2:44.19	2:51.99
5:39.69	6:15.39	6:27.59	400 IM	5:17.39	5:50.69	6:04.69
Girls			15&O	Boys		
28.99	32.39	32.99	50 free	26.29	29.49	30.19
1:00.89	1:06.99	1:08.89	100 free	57.59	1:03.99	1:05.99
2:17.79	2:33.29	2:35.89	200 free	2:06.29	2:19.99	2:24.39
6:12.09	5:25.59	5:34.69	400 free	5:45.99	5:02.79	5:09.89
12:49.99	11:13.89	11:28.39	800 free	11:57.79	10:28.19	10:50.39
21:26.19	21:18.69	22:02.19	1500 free	20:02.89	19:55.89	20:33.99
1:10.09	1:17.39	1:21.99	100 back	1:03.49	1:10.19	1:14.69
2:32.39	2:48.29	2:55.59	200 back	2:19.19	2:33.79	2:41.39
1:20.69	1:29.19	1:32.49	100 breast	1:12.09	1:19.59	1:23.49
2:54.69	3:13.09	3:20.79	200 breast	2:36.59	2:53.09	3:02.49
1:09.99	1:17.29	1:19.49	100 fly	1:03.39	1:10.09	1:11.79
2:34.89	2:50.39	2:54.79	200 fly	2:20.59	2:35.39	2:40.39
2:36.19	2:52.49	2:59.69	200 IM	2:21.79	2:36.69	2:43.99
5:31.99	6:06.19	6:18.79	400 IM	5:05.59	5:37.69	5:47.29

Swimmers registered in any LSC other than CCS may only compete in events which meet the above time standards.

COVID PRECAUTIONS FOR CLOVIS SWIM CLUB SWIM MEETS

Athletes, Spectators, Coaches, and Officials:

We ask that only members of one household share a tent or shade structure inside the facility.

Spectators will be allowed in designated seating areas: in the bleachers, in the grass areas over the pool deck, and outside the pool gates.

Facility Precautions:

A maximum of 700 swimmers will be allowed in the meet.

All visitors and meet staff will need to exit the facility within 30 minutes of the final preliminary event to allow for a cleaning period.

Meet participants should contact the Meet Director or a lifeguard in case of injuries or emergencies.

Meet Format:

If any meet session reaches a capacity greater than 400, preliminaries will be run in 2 separate flights.

- Flight A will include the 13&O events, as well as the 18&Un relays and 14&Un relays.
- Flight B will include all of the 12&Un events.

If multiple flights are necessary, the following considerations will be made:

- The warm-up times for Flight B will be communicated via email to all participants at least 2 days in advance of the meet.
- If we run multiple flights, athletes will only be allowed in the pool during their flight session. They should not be inside the facility unless behaving as a spectator.

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

Assumption of Risk Disclaimer for Clovis Unified School District and Clovis Swim Club:

We have taken enhanced health and safety measures – for you and all other guests of our facilities. You must follow all posted instructions while visiting Clovis Unified School Campuses. 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 any Clovis Unified School District campus, you voluntarily assume all risks related to exposure to COVID-19.

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.