



Rancho San Dieguito Swim Team

All Ages WAG MAX Meet

December 5-7, 2025

Invited Teams: BAY,CALI,CSTE,MGST,MVY,NCA,RRST,RSD,
SDSA,SOL,WIND



Sanction: SI-25-47 2025 SI RSD WAG MAX Meet Meet Referee: Bob Horne bob.horne@si-swimming.com	Sanction #: SI-25-47 Held under the sanction of USA Swimming by San Diego Imperial Swimming, Inc. All participating athletes and clubs are registered with San Diego Swimming. No athletes will be allowed from another LSC. This meet has been sanctioned by San Diego Imperial Swimming and current USA Swimming rules and any relevant sections of the San Diego Imperial Policies & Procedures Manual will apply. All swimmers must be registered as athletes for 2025 or 2026 with USA Swimming by the meet entry deadline. San Diego Imperial Swimming does not allow on-deck USA Swimming registrations. Conduct of the sanctioned event shall conform in every respect to all technical and administrative rules of USA Swimming.
Meet Host:	Rancho San Dieguito
Meet Director:	Paul Mazzarelle pmazzarelle@bgcgreatertogether.org 858-291-9386
Meet Administrator:	Kristyn Evans kevans@bgcgreatertogether.org
Meet Entries and Deadlines:	Email entries to: Kristyn Evans kevans@bgcgreatertogether.org 512-529-7994 The meet entry deadline is by midnight Wednesday, November 26, 2025 Late entries may be accepted and charged double if accepted.
Mail Meet Fees To:	Make checks payable to: BGCNWS Mail checks to: RSD Swim Team 533 Lomas Santa Fe Drive, Solana Beach, CA. 92075
Entry Fees:	\$10 surcharge per athlete \$7 individual event
Venue:	Doug & Marianne Pardee Aquatics Center at the Boys & Girls Club of San Dieguito, 533 Lomas Santa Fe Dr., Solana Beach, CA 92075. An additional 6 lane, 25-yard shallow pool is available for warm-up & cool-down throughout the meet. Spectators and Team Area will be in the front parking lot; however athletes are welcome to be on deck in designated areas throughout the meet. The pool deck will be closed to spectators – only athletes, coaches, and officials allowed on the Snack bar may be available.
Deck Entries:	No Deck Entries allowed.
Safe Sport:	The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.
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. All 18 and older athletes registered with the club must have completed the Athlete Protection Training. Failing to complete the APT test will



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impact the athlete's ability to compete at meets or have their times loaded into SWIMS. *Violations of MAAPP can result in person(s) being asked to leave the facility immediately by the meet director or the meet referee. If this happens, person(s) will not be allowed to return through the rest of the meet.*

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult participant. Adult Participants are required to abide by this policy in full during this meet.

APT for Athletes 17 years and older:

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

- All athletes age 18 and older must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing. Any athlete who turns 18 on or before December 5, 2025, who has not completed Athlete Protection Training by the **first** day of competition, will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or after December 5, 2025, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay.

A notification should be sent to any athletes' team entry person flagged in the meet recon report notifying the athlete, of the need to complete the requirement(s) and that if the requirement(s) are not completed prior to the start of the meet that the athlete will be prohibited from participating.

Safe Sport:

At this time swimmers, coaches, workers, officials, and parents may be allowed in the pool area. There may be designated area(s) for athletes, coaches, and meet personnel.

Facility:

There may be designated area(s) for athletes, coaches, and meet personnel.

Water Depth:

The competition pool is 10 lanes by 25 yards. The minimum water depth, measured in accordance with Article 103.2.3, is 9 feet, 0 inches at the start end and 9 feet, 0 inches at the turn end

Course Certification

The competition course has not been certified in accordance with 104.2.2C(4).

Guidelines:

The competition: ***This meet will be held using the most current State, County, Local, and Facility COVID guidelines that are in place on the day(s) of the event.***

USA Swimming Registration:

All swimmers, coaches, and officials participating in this competition must be (2025 OR 2026) 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 the CANRA course (for CA coaches and officials only).** No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. **All swimmers must be registered as athletes for 2025 or 2026 with USA Swimming by the meet 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.



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Meet Format and Guidelines:	All events will be run fastest to slowest. Flyover starts may be used. Teams will be assigned a session (if needed) after all the entries are received. Meet administration reserves the right to add or subtract session(s); or lanes used; based on entries. <i>The meet referee may change the event order and / or combine events to better meet the four-hour rule for 12&U (205.3.1.F). The meet ref will work with the meet admin and meet host to make changes and all changes will be communicated to the coaches by Monday prior to the meet. As needed a coaches' meeting will be held to review and finalize any changes.</i>
Clerk of Course (Check-in Procedures):	This meet will require each swimmer to check-in prior to the start of the meet. Check-in will close 30 minutes prior to the start of the meet. Swimmers and coaches are the only ones who can check-in. NO PARENTS WILL BE ALLOWED IN THE CHECK-IN AREA. <u>No Show Penalty: Once checked in for a prelim or timed final event, any swimmer who is a no show for that event will be barred from their next individual event and will not be allowed to swim that race (this carries over to the swimmer's first Sunday event if the last Saturday event is missed).</u>
Meet Start Time:	To Be Announced, based on meet entries. Estimated start time: 9:00 am
Age Update:	The age of the swimmer will be the swimmer's age on December 5, 2025
Restrictions:	Swimmers may swim up to 5 events per day.
Other Restrictions:	- There are NOT separate restroom facilities for athletes and coaches/ officials / spectators. Teams should bring SafeSport Tents for changing. - Shaving is not allowed anywhere in the facility. - Tobacco products of any kind, vaping, alcohol beverages, and glass containers are not allowed in the swimming venue. - Trained service animals or service animals in training with identifiable vests will be allowed. Service animals must remain on a leash or be always in a harness. NO OTHER ANIMALS ALLOWED ON CAMPUS
Swimmers with Disabilities:	<i>RSD welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations Article 105 to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and / or registered service animals. Failure to provide advance notice may limit RSD's ability to accommodate all requests.</i>
Qualifying Times:	Swimmers must be faster than the national B time and slower than the SI WAG time except the 15/O swimmers.
Cell phone restrictions:	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms and behind the start area behind the blocks.
Drone Restrictions:	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) at any time athletes,



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	coaches, officials and/or spectators are present.
Deck Changing:	<u>Deck changes are prohibited.</u> Teams are encouraged to bring and use the Safe Sport changing tent.
12 & under 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).
Racing start Certification:	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 each race from within the water without the use of a backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the athlete or athletes' legal guardian to ensure compliance with this requirement.
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 2025 or 2026 and have a current Background Check, Athlete Protection Course, Concussion Protocol Training, and the CANRA course (for CA coaches and officials only). acknowledged by USA Swimming.
Timers:	Two Parent Volunteers per lane will be assigned to work back up buttons and stop watches..
Awards:	Ribbons 1-8
Medical Assistance and/or Supervision	Law enforcement contact: 911 Child Protective Services contact:877-792-5437 Medical services (if other than 911) Lifeguards will be present with proper rescue equipment, first aid and AED. Address and phone number of facility: Doug & Marianne Pardee Aquatics Center at the Boys & Girls Club of San Dieguito, 533 Lomas Santa Fe Dr., Solana Beach, CA 92075
Parking:	Limited parking on-site. Anticipate swimmer drop-off upon arrival. Overflow parking and additional facility information will be provided prior to the swim meet. Several parking spots will be reserved for working officials.



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Swimmers must be faster than the national B time and slower than the SI WAG time -5 events max per day

15/O Events are No Time Standard Events except for the 50's of stroke

Girls					Boys			
Friday, December 5, 2025								
Event	B Min	Wag Max	Age		Dist./Strk	WAG Max	B Min	Event
1	7:16.89		11-12	B-WAG	500 Free		6:59.89	2
3	13/14 23:42.89 15/O NTS		13/O	B-WAG	1650 Free		13/14 22:22.89 15/O NTS	4
Saturday, December 6, 2025								
Event	B Min	Wag Max	Age		Dist./Strk	WAG Max	B Min	Event
5	10/u 1:44.29 11/12 1:25.19		12/u	B-WAG	100 IM		10/u 1:39.69 11/12 1:21.89	6
7	11/12 6:31.69 13/14 6:05.79 15/O NTS		11/O	B-WAG	400 IM		11/12 6:17.09 13/14 5:37.69 15/O NTS	8
9	10/u 3:22.79 11/12 2:42.59 13/14 2:33.59 15/O NTS		Open	B-WAG	200 Free		10/u 3:09.49 11/12 2:35.99 13/14 2:22.49 15/O NTS	10
11	10/u 2:00.29 11/12 1:36.49 13/14 1:28.69 15/O NTS		Open	B-WAG	100 Breast		10/u 1:54.09 11/12 1:32.59 13/14 1:20.49 15/O NTS	12
13	10/u 39.79 11/12 33.99 13/14 32.49 15/O NTS		Open	B-WAG	50 Free		10/u 38.19 11/12 32.79 13/14 29.89 15/O NTS	14
15	10/u 48.39 11/12 36.89 13/14 31.00 15/O 31.40		Open	B-WAG	50 Fly		10/u 46.49 11/12 37.09 13/14 30.90 15/O 28.00	16
17	11/12 3:03.39 13/14 2:51.19 15/O NTS		11/O	B-WAG	200 Fly		11/12 2:56.59 13/14 2:36.79 15/O NTS	18
19	10/u 1:45.79 11/12 1:26.59 13/14 1:16.89 15/O NTS		Open	B-WAG	100 Back		10/u 1:40.69 11/12 1:22.19 13/14 1:11.29 15/O NTS	20
21	13/14 14:11.09 15/O NTS		13/O	B-WAG	1000 Free		13/14 13:17.99 15/O NTS	22



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Sunday, December 7, 2025

Event	B Min	Wag Max	Age		Dist./Strk	WAG Max	B Min	Event
23	13/14 6:52.19 15/O NTS		13/O	B-WAG	500 Free		13/14 6:25.69 15/O NTS	24
25	10/u 54.59 11/12 43.99 13/14 37.70 15/O 37.40		Open	B-WAG	50 Breast		10/u 53.39 11/12 42.49 13/14 36.20 15/O 32.90	26
27	11/12 3:25.69 13/14 3:10.99 15/O NTS		11/O	B-WAG	200 Breast		11/12 3:16.39 13/14 2:54.89 15/O NTS	28
29	10/u 1:56.69 11/12 1:25.79 13/14 1:16.79 15/O NTS		Open	B-WAG	100 Fly		10/u 1:53.49 11/12 1:22.89 13/14 1:10.49 15/O NTS	30
31	10/u 48.59 11/12 38.79 13/14 33.40 15/O 31.00		Open	B-WAG	50 Back		10/u 48.29 11/12 38.49 13/14 33.10 15/O 29.20	32
33	11/12 2:59.49 13/14 2:46.39 15/O NTS		11/O	B-WAG	200 Back		11/12 2:52.89 13/14 2:34.69 15/O NTS	34
35	10/u 3:42.09 11/12 3:03.89 13/14 2:51.79 15/O NTS		Open	B-WAG	200 IM		10/u 3:38.59 11/12 2:59.29 13/14 2:37.99 15/O NTS	36
37	10/u 1:30.79 11/12 1:14.69 13/14 1:10.99 15/O NTS		Open	B-WAG	100 Free		10/u 1:27.99 11/12 1:11.49 13/14 1:04.99 15/O NTS	38