2.19.22

The next action is to fix the instances table so that there is no foreign key unless that is how I want to set it up. So I have to decide whether you really have to add a participant in the participants table before you enter them in the instances table.

Also, I changed the createParticipant() function in the api to actually create an instance. So, I might want to have a createParticipant() function and a createInstance() function. This is related to the issue above.