

## FAC BRW Fall "Spook"tacular

Sanctioned by: USA Swimming & Southern California Swimming  
Sponsored By: FAC & Eastern Committee  
Date of Meet: Oct. 11-12, 2014  
Warm-up: 7:30am, Sat & Sun

Sanction No. S14-242  
Received by deadline: 5:00 pm, Oct. 1, 2014  
Start of Meet: 9:00am, Oct. 11, 2014

**POOL:** Fontana Park Aquatics Center, 15556 Summit Ave. Fontana 92336. (At the corner of Knox Ave)

**DIRECTIONS:** From the 15 fwy, exit Summit Ave and go east. Turn north at Knox then left into the Aquatic Center parking. From the 210 fwy eastbound, turn north onto the 15 fwy and exit Summit as above; from the 210 westbound, exit Citrus and turn right, then left at Summit, right at Knox.

**COURSE:** Outdoor 25 yd x 44 meter pool with 8 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end ln 1: 12' ln 8 7', turn end ln1 12' in 8 7'.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am on Sat. & Sun. Diving will be allowed in assigned, designated lanes only under the supervision of the coaches and marshals & will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on Oct. 11, 2014 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 & up are requested to furnish their own timers for three heats and lap counters in the 500 & up. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day.**

**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.

**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 CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**RACING START CERTIFICATION:** 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.

**ELIGIBILITY:** Open to the following Eastern Committee athletes who hold 2014 or 2015 USA Swimming Registration:

FAC,EHR,TMEC,MESA,PDSC,HILL,STAR,HVDA,YUC,HEAT,SCAN,RACE,SCOR. Registration application must be received by Oct. 1, 2014 (Wednesday 5 PM) by meet processor, administrative referee, or SCS Office. Registration application received after the meet entry deadline will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

**AWARDS:** Blue Division: Medals 1<sup>st</sup> - 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> - 6<sup>th</sup> place Red Division: Ribbons 1<sup>st</sup> - 6<sup>th</sup> place  
White Division: Ribbons 1<sup>st</sup> - 6<sup>th</sup> place Relays: Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> place

**ENTRY FEES:** \$3 for each individual event along with a \$6 surcharge **per swimmer must accompany each individual entry card.** NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .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. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.** Relays will be deck-entered at \$5.00 each, payable on entry.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, Oct. 1, 2015. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

**Make Checks payable to Southern California Swimming**  
Email for team electronic entries only: [suzshep@roadrunner.com](mailto:suzshep@roadrunner.com)  
Susie Sheppard 951-317-5457  
Questions: SCS Office (805) 682-0135

**MAIL ENTRIES TO:**  
**Susie Sheppard**  
**11110 Davis Street**  
**Moreno Valley, CA 92557**

**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.**

# FAC BRW Fall "Spook"acular!

October 11-12, 2014

## Saturday

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
1		11-12	BRW	200	yd	Freestyle		
2	2:56.80/	7-10	BR	200	yd	Freestyle	2:56.50/	3
4	1:46.10/	5-8	BR	100	yd	Freestyle	1:42.00/	5
6		11-12	BRW	100	yd	Breaststroke		
7	1:49.10/	7-10	BR	100	yd	Breaststroke	1:49.70/	8
9		5-8	BRW	25	yd	Breaststroke		10
11		11-12	BRW	50	yd	Backstroke		
12		7-10	BRW	50	yd	Backstroke		13
14	57.80/	5-8	BR	50	yd	Backstroke	56.30/	15
16		11-12	BRW	50	yd	Freestyle		
17		7-10	BRW	50	yd	Freestyle		18
19		5-8	BRW	50	yd	Freestyle		20
21		11-12	BRW	100	yd	Butterfly		
22	1:37.40/	7-10	BR	100	yd	Butterfly	1:37.60/	23
24		5-8	BRW	25	yd	Butterfly		25
26	Deck	11-12	BRW	200	yd	Freestyle Relay	Deck	
27	Entry	7-10	BRW	200	yd	Freestyle Relay	Entry	28
29		5-8	BRW	100	yd	Freestyle Relay		30
31		11-12	BRW	200	yd	IM		
32	3:23.50/	7-10	BR	200	yd	IM	3:24.50/	33
34	5:48.20/	OPEN		400	yd	IM	5:48.90/	35
*****45 MINUTE BREAK*****								
		11-12	BRW	50	yd	Butterfly		36
37	3:08.80/	OPEN		200	yd	Breaststroke	3:09.00/	38
		11-12	BRW	200	yd	Freestyle		39
40		13-14	BRW	200	yd	Freestyle		41
42		15-up	BRW	200	yd	Freestyle		43
		11-12	BRW	100	yd	Backstroke		44
45		13-14	BRW	100	yd	Backstroke		46
47		15-up	BRW	100	yd	Backstroke		48
		11-12	BRW	50	yd	Freestyle		49
50		13-14	BRW	50	yd	Freestyle		51
52		15-up	BRW	50	yd	Freestyle		53
		11-12	BRW	50	yd	Breaststroke		54
55	2:43.20/	OPEN		200	yd	Butterfly	2:47.40/	56
		11-12	BRW	100	yd	IM		57
58	Deck	13-14	BRW	200	yd	Freestyle Relay	Deck	59
60	Entry	15-up	BRW	200	yd	Freestyle Relay	Entry	61
		11-12	BRW	200	yd	Freestyle Relay		62
63	21:32.10/	OPEN		1650	yd	Freestyle	21:51.60/	64

## Sunday

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
65		11-12	BRW	100	yd	IM		
66		7-10	BRW	100	yd	IM		67
68		5-8	BRW	100	yd	IM		69
70		11-12	BRW	100	yd	Backstroke		
71	1:36.80/	7-10	BR	100	yd	Backstroke	1:37.00/	72
73		5-8	BRW	25	yd	Backstroke		74
75		11-12	BRW	50	yd	Breaststroke		
76		7-10	BRW	50	yd	Breaststroke		77
78	1:02.80/	5-8	BR	50	yd	Breaststroke	1:01.20/	79
80		11-12	BRW	100	yd	Freestyle		
81	1:21.50/	7-10	BR	100	yd	Freestyle	1:21.00	82
83		5-8	BRW	25	yd	Freestyle		84
85		11-12	BRW	50	yd	Butterfly		
86		7-10	BRW	50	yd	Butterfly		87
88	55.60/	5-8	BR	50	yd	Butterfly	56.40/	89
90	Deck	11-12	BRW	200	yd	Medley Relay	Deck	
91	Entry	7-10	BRW	200	yd	Medley Relay	Entry	92
93		5-8	BRW	100	yd	Medley Relay		94
95	*2:42.00/	7-10	B	500	yd	Freestyle	*2:41.80/	96
97	6:24.60/	OPEN		500	yd	Freestyle	6:29.80/	98
*****45 MINUTE BREAK*****								
99	2:46.20/	OPEN		200	yd	Backstroke	2:51.40/	100
		11-12	BRW	100	yd	Freestyle		101
102		13-14	BRW	100	yd	Freestyle		103
104		15-up	BRW	100	yd	Freestyle		105
		11-12	BRW	100	yd	Butterfly		106
107		13-14	BRW	100	yd	Butterfly		108
109		15-up	BRW	100	yd	Butterfly		110
		11-12	BRW	200	yd	IM		111
112		13-14	BRW	200	yd	IM		113
114		15-up	BRW	200	yd	IM		115
		11-12	BRW	100	yd	Breaststroke		116
117		13-14	BRW	100	yd	Breaststroke		118
119		15-up	BRW	100	yd	Breaststroke		120
		11-12	BRW	50	yd	Backstroke		121
122	Deck	13-14	BRW	200	yd	Medley Relay	Deck	123
124	Entry	15-up	BRW	200	yd	Medley Relay	Entry	125
		11-12	BRW	200	yd	Medley Relay		126

### Meet subject to the 4 hr rule per session

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups  
 \*7-10 swimming the 500 free must enter 200 yd free time. Minimum to enter is the 200 yd Blue time.  
 11-12 swimmers entering the 400 IM enter blue 200 IM times  
 Swimmers are requested to have own timers for all 400 & up events, & lap counters for the 500s and up  
 Events 400 yds and over may be swum together alternating girls and boys swimming fastest to slowest  
 No awards for open events, minimum age 11 to enter opens  
 Relays swum time permitting.

Note Requirements for 5-6 year olds  
 5-6 Swimmers meeting the listed time standard or the following conditions may enter 7-10 events:  
 A swimmer may swim "up" (not down) one distance. If a swimmer's time:  
 a) meets the 5-8 Red standard for 50 of stroke, may enter 100 of stroke  
 b) meets the 5-8 Blue standard for 100 Fr or 100 IM, may enter 200 FR or 200 IM  
 c) equalled or bettered 5-8 Red standard in three events, may enter 100 Bk, BR, or FL  
 d) equalled or bettered 5-8 Blue standard in three events may enter 200 FR or 200 IM