



2024 CA Tom Hamilton Memorial Invite

Presented by: Arroyo Grande Aquatic Club

DATES OF MEET: Friday, November 1 - Sunday, November 3, 2024

HOST TEAM: Arroyo Grande Aquatic Club

SANCTIONED BY: USA Swimming,
Southern California Swimming,
Coastal Committee

SANCTION #: S24-201

IMPORTANT TIMES

	SESSION	DECK OPENS	WARM-UP	MEET START
1	Friday Timed Finals	4:00 PM	4:10-5:20 PM	5:30 PM
2	Saturday Prelims	7:15 AM*	7:30-8:50 AM*	9:00 AM*
3	Saturday Finals	—	4:00-4:50 PM**	5:00 PM**
4	Sunday Prelims	7:15 AM*	7:30-8:50 AM*	9:00 AM*
5	Sunday Finals	—	3:30-4:20 PM**	4:30 PM**

* Prelims start times may be adjusted may be adjusted based on the session timeline to allow for enough time before finals.

** Finals start times are approximate and will be determined by the Meet Referee. There shall be no less than 2.5 hours between the conclusion of prelims & the start of finals.

ENTRY

DEADLINE: Received by 5:00 PM; Wednesday, October 23, 2024

FACILITY INFORMATION

DIRECTIONS: Arroyo Grande High School, 495 Valley Road, Arroyo Grande, CA, 93420.

Northbound: Take US-101 N to Traffic Way exit, turn left on Fair Oaks Ave (first light), destination is about a quarter-mile down on your left.

Southbound: Take US-101 S to Fair Oaks Ave exit, turn right on Fair Oaks Ave, destination is on your left.

PARKING: Parking is available in the AGHS front lot on Fair Oaks Ave. Only park in marked spaces and do not park in staff parking spaces or fire lanes. Limited handicap parking spaces are available.

COURSE: The pool is a 33-meter by 25 yard, 13-lane outdoor heated pool. Eight lanes will be used for the competition and four lanes will be used for continuous warm-up/warm down. The competition pool at the Start and Turn End is 13 ft deep in Lane 1 and 7 ft deep in Lane 8. The competition course has been certified in accordance with 104.2.2 C(4), on file with USA Swimming.

Track start wedges on the starting blocks and backstroke wedges will be used.

Ample deck/grass space is available for canopies and seating, bleachers will be available for spectators. Canopies may be left overnight inside the facility at your own risk. Bring tie-downs and weights to secure your canopies/structures.

All sessions of the meet will be run with a closed deck, the deck area behind the starting blocks & coaches tables will be limited to athletes, coaches, officials & timers. Canopies for coaches will be provided along the south side of the pool.

LOCKER ROOMS & RESTROOMS: Athlete locker rooms are located outside the southwest exit of the pool, near the gymnasium. Boys' locker room is straight down the hall and girls' locker room is to the left.

On-deck restrooms are for coaches & officials only, single-stall restrooms adjacent to locker rooms are for parents/adult spectators.

TIMING EQUIPMENT: Automatic timing (OMEGA touchpads + 2 backup buttons & stopwatch) will be used.

CONCESSIONS: Concessions will be available for purchase throughout the meet at the "Snack Shack" located near the entrance to the pool.

MEET CONTACTS

ADMIN OFFICIAL: Yvonne Jo
joyvonne32@gmail.com

MEET REFEREE: Ernie Peterson
erniep@kcienv.com

MEET DIRECTOR: Kevin Virnig
(Contact for further information) kevin.virnig@gmail.com



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MEET RULES & CONDUCT

MEET REFEREE:	The meet referee, Ernie Peterson, shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the meet referee (erniep@kcienv.com).
RULES:	<ul style="list-style-type: none">• USA Swimming rules will govern the meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.• Swimmers must swim in their actual age group as determined by the age on the first day of the meet (November 1, 2024).• All coaches and officials on deck must complete the CDC or NFHS Concussion course and must be in current good standing with USA Swimming in order to perform coaching duties at the meet. All coaches and officials on deck must complete the CANRA Mandatory Reporting course.• All athletes 18 years & older must complete the free, online Athlete Protection Training prior to the meet in order to compete: www.usaswimming.org/apt
MAAPP 2.0:	<p>This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) 2.0:</p> <ul style="list-style-type: none">• All interactions between coaches and athletes must be observable and interruptible.• Coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.• Athletes, coaches, officials, and adult spectators must use their designated restrooms/changing areas throughout the meet.
USA SWIMMING MEET 360:	<ul style="list-style-type: none">• Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.• During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.• Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.• A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.• Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.• For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.
RECORDING DEVICES & MEDIA NOTICE:	The uses 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, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
DRONES:	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.
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. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers. Tech suits may be worn by swimmers 13 years of age and older.
DECK CHANGES:	Deck changes are prohibited.
RACING START CERTIFICATION:	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.



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MEET PROCEDURE

WARM-UP PROCEDURES:	<p>All lanes will be open for warm-up under the direct supervision of a current 2024-2025 USA Swimming member coach from 4:10-5:20 PM on Friday and 7:30-8:50 AM on Saturday & Sunday. Finals warm-up on Saturday and Sunday will open 1 hour prior to the scheduled start of the finals session. The competition area of the pool (Lanes 1-9) will close 10 minutes prior to the start of each session.</p> <p>Warm-up rules will be announced and enforced. All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving. No diving into the pool except for the sprint lanes directed by the Meet Referee; dive & push-pace lanes will be opened by the Meet Referee upon request. Marshals will be designated to oversee the warm-up procedure and pool. Warm-up lanes may be assigned by team at the discretion of the Meet Referee.</p>
CHECK-IN:	<p>Timed finals & prelims check-in will be via the coach check-in procedure. Coaches will be provided a list of their entries for each session and must indicate any scratches to the Admin Referee at least 30 minutes prior to the session starting. After the session has been closed, swimmers will be seeded into their events and not be able to scratch. There is no penalty for a "no-show" in a prelims or timed finals event, but scratches are preferred. **See below for information regarding penalties for a finals session no-show.**</p>
SEEDING:	<p>All preliminary rounds will be circle seeded, slow to fast. All timed finals events will be seeded fast to slow. The 1000 Freestyle will be seeded fast to slow and alternate girls/boys heats. After entries close, Meet Administration will convert non-conforming times for seeding purposes ONLY.</p>
FINALS:	<p>50-yard stroke events (Back, Breast, Fly) & 100 IM will have 3 heats in finals: 1) 12 & Under B Final, 2) 12 & Under A Final, 3) 13 & Over A Final</p> <p>100-yard events (and 50 Free, 200 Free & 200 IM) will have 4 heats in finals: 1) 12 & Under A Final, 2) 13-14 A Final, 3) 15 & Over B Final, 4) 15 & Over A Final</p> <p>200-yard stroke events (Back, Breast, Fly) will have 3 heats in finals: 1) 11-14 A Final, 2) 15 & Over B Final, 3) 15 & Over A Final</p> <p>All championship (A) finals will have athlete names announced behind the blocks. B Finals will have names announced in the water. The top 15 & Over qualifier from prelims may choose a "walk-up" song for the 15 & Over championship final introduction (top 13&O qualifier for 50s stroke & 100 IM).</p> <p>Finals Scratch Procedure: On Saturday, a swimmer must scratch or place intent on an event within 30 minutes of the announcement of preliminary results. A "no-show" in Finals will result in the athlete being removed from any remaining events in that session AND their first preliminary event in the following session. On Sunday, all athletes must positive check-in for finals within 30 minutes of the conclusion of prelims; <u>any athletes who do not check in for finals on Sunday will be scratched from finals.</u></p>
DISTANCE EVENTS:	<p>Swimmers in the 400 IM, 1000 & 500 Free are requested to provide their own timers and 1000 & 500 Free swimmers are requested to provide lap counters. Lap counting devices will be available. These events are TIMED FINALS and will be seeded fast to slow. The 1000 Freestyle will alternate girls and boys heats. Events/heats may be combined if entries permit.</p>
SCORING:	<p>The following points will be awarded for 1st-16th place in finals (or timed finals) in each age group: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1</p>
AWARDS:	<ul style="list-style-type: none">• Individual Awards: Ribbons will be awarded to 1st-6th place in the 12 & Under age group. Individual High Point plaques will be awarded to the highest scoring girl & boy athlete in the following age groups: 12 & Under, 13-14, 15 & Over• Team Awards: Team plaques will be awarded for 1st - 3rd place combined team points, and 1st place Girls division & 1st place Boys division. <p>All awards will be issued following the conclusion of Sunday's finals session. Awards will NOT be mailed.</p>
HOT HEATS:	<p>During the prelims sessions on Saturday & Sunday, the Meet Referee will designate random heats to be "Hot Heats" where the winner will receive a prize.</p>
LANE TIMING:	<p>Clubs will be assigned lanes for timing based on the number of entrants. Please have parents/volunteers available to time throughout the meet. Athletes competing in distance events (400 IM, 500 Free & 1000 Free) are requested to provide their own lane timers. AGAC will provide timers for all lanes during the Finals sessions on Saturday & Sunday.</p>



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MEET ENTRY INFORMATION

ELIGIBILITY/ AFFILIATION:	Open to SCS Coastal Committee, out-of-LSC, and DARE-CA athletes who hold a 2024 or 2025 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Out-of-LSC entries will be accepted, space available; please submit a copy of registration with entry. Entry priority will be given to teams who RSVP ahead of time by contacting the Meet Director (kevin.virnig@gmail.com) with an approximate swimmer total.
CHANGE OF AFFILIATION:	Club transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible for completing the Club Transfer process online in SWIMS 3.0.
SUBMITTED TIMES:	Times submitted must be the best recorded times short course yards or long course meters from this or the preceding swim season (NO workout times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. "NT" (no time) entries are permitted.
ENTRY LIMIT:	Swimmers may enter up to 3 individual events per day. Entries will be limited to meet the "4 Hour Rule" (all sessions will not exceed 4 hours). The prelims sessions will be capped at approximately 350 swimmers for timeline considerations. Entries that exceed the cap will be rejected (last received, first rejected).
DISABILITY:	Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
ENTRY PROCEDURE:	<u>Electronic Entry:</u> Email entry (Hy-Tek 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 a team entry must be postmarked within 48 hours of the email 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 for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.
ENTRY FEES:	\$8.00 for each Individual Event, plus a \$20.00 surcharge per swimmer. OUTREACH ATHLETES: Coaches entering any qualified Outreach athletes in this meet must notify the Meet Admin when sending their team entry report and file, listing the athlete's name. The Outreach athlete entry fee is a \$15.00 flat fee. Entry fees must accompany each individual entry to the address below. NO REFUNDS. Returned checks will incur a service fee per SCS policy. MAKE CHECKS PAYABLE TO: ARROYO GRANDE AQUATIC CLUB EMAIL ENTRIES TO: joyvonne32@gmail.com MAIL TEAM PAYMENT TO: AGAC c/o Kevin Virnig 140 James Way Arroyo Grande, CA 93420
ENTRY DEADLINE:	Entries must be received by the meet processor NO LATER THAN 5 PM WEDNESDAY, OCTOBER 23rd, 2024. If the meet fills to the "4 Hour Rule" or the 350 swimmer per session cap prior to the deadline, entries will be rejected (last received, first rejected).

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damage arising by reason of injuries to anyone during the conduct of the event.



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HOTEL RECOMMENDATIONS



Hampton Inn & Suites Arroyo Grande/Pismo Beach Area

Location: Approx. 6 min drive from pool (2.9 mi)

Free Wi-Fi
Free Breakfast
Free Parking

Website/Booking: https://www.hilton.com/en/hotels/sloaghx-hampton-suites-arroyo-grande-pismo-beach-area/?SEO_id=GMB-AMER-HX-SLOAGHX&y_source=1_MjA4MjM0OC03MTUtbG9jYXRpb24ud2Vlc2l0ZQ%3D%3D



The Agrarian Hotel, Best Western Signature Collection

Location: Approx. 3 min drive from pool (1.0 mi)

Free Wi-Fi
Free Breakfast
Free Parking

Website/Booking: https://www.bestwestern.com/en_US/book/hotel-rooms.05757.html?iata=00171880&ssob=BLBWI0004G&cid=BLBWI0004G:google:gmb:05757



Best Western Casa Grande Inn

Location: Approx. 5 min drive from pool (2.6 mi)

Free Wi-Fi
Free Continental Breakfast
Free Parking

Website/Booking: https://www.bestwestern.com/en_US/book/hotel-rooms.05391.html?iata=00171880&ssob=BLBWI0004G&cid=BLBWI0004G:google:gmb:05391



Holiday Inn Express Grover Beach/Pismo Beach Area

Location: Approx. 5 min drive from pool (2.6 mi)

Free Wi-Fi
Free Breakfast
Free Parking

Website/Booking: https://www.ihg.com/holidayinnexpress/hotels/us/en/grover-beach/gvbca/hoteldetail?cm_mmc=GoogleMaps-_-EX-_-US-_-GVBCA



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ORDER OF EVENTS

GIRLS	FRIDAY, NOVEMBER 1, 2024 SESSION 1 - TIMED FINALS - 5:30 PM START		BOYS
EVENT #	AGE GROUP	EVENT	EVENT #
1	11-14 15 & OVER	400 Yd Individual Medley	2
3	11-14 15 & OVER	500 Yd Freestyle	4

FRIDAY PM NOTES

All Friday PM athletes are requested to provide their own timers & lap counters.

GIRLS	SATURDAY, NOVEMBER 2, 2024 SESSION 2 - PRELIMS - 9:00 AM START		BOYS
EVENT #	AGE GROUP	EVENT	EVENT #
5	7-12 13-14 15 & OVER	100 Yd Freestyle	6
7	11-14 15 & OVER	200 Yd Breaststroke	8
9	7-12 13-14 15 & OVER	100 Yd Backstroke	10
11	7-12 13 & OVER	50 Yd Butterfly	12
13	7-12 13-14 15 & OVER	200 Yd Individual Medley	14
15	7-12 13 & OVER	50 Yd Breaststroke	16
17	11-14 15 & OVER	200 Yd Butterfly	18

SATURDAY PRELIMS NOTES

• Swimmers may enter up to 3 individual events per day.

• **50 Fly & 50 Breast Finals Heats (3):**
12 & Under "B" & "A", 13&O "A"

• **100 Free, 100 Back & 200 IM Finals Heats (4):**
12&U "A", 13-14 "A", 15&O "B" & "A"

• **200 Breast & 200 Fly Finals Heats (3):**
11-14 "A", 15&O "B" & "A"

Saturday Finals Scratch Procedure:

On Saturday, a swimmer must scratch or place intent on an event within 30 minutes of the announcement of preliminary results. A "no-show" in Finals will result in the athlete being removed from any remaining events in that session AND their first preliminary event in the following session.

GIRLS	SUNDAY, NOVEMBER 3, 2024 SESSION 4 - PRELIMS - 9:00 AM START		BOYS
EVENT #	AGE GROUP	EVENT	EVENT #
19	7-12 13-14 15 & OVER	200 Yd Freestyle	20
21	7-12 13-14 15 & OVER	100 Yd Butterfly	22
23	7-12 13 & OVER	100 Yd Individual Medley	24
25	11-14 15 & OVER	200 Yd Backstroke	26
27	7-12 13-14 15 & OVER	50 Yd Freestyle	28
29	7-12 13-14 15 & OVER	100 Yd Breaststroke	30
31	7-12 13 & OVER	50 Yd Backstroke	32
32	11-14 15 & OVER	1000 Yd Freestyle**	34

SUNDAY PRELIMS NOTES

• Swimmers may enter up to 3 individual events (including the 1000).

• **50 Back & 100 IM Finals Heats (3):**
12&U "B" & "A", 13&O "A"

• **50 Free, 100 Fly, 100 Breast & 200 Free Finals Heats (4):**
12&U "A", 13-14 "A", 15&O "B" & "A"

• **200 Back Finals Heats (3):**
11-14 "A", 15&O "B" & "A"

** 1000 Free is Timed Finals. Athletes are requested to provide their own timers & lap counters. Heats will alternate girls/boys.

Sunday Finals Positive Check-In:

On Sunday, all athletes must positive check-in for finals within 30 minutes of the conclusion of prelims; any athletes who do not check in for finals on Sunday will be scratched from finals.