



2019 Penguins Aquatic Club SC- B/R "JO Last Ditch Qualifier" Meet
Sponsored by Pacific Committee and Penguin Aquatic Club
March 9-10, 2019

Sanctioned by: Southern California Swimming and USA Swimming
Sanction Number: #S19- 080
Afternoon Session will not start before 12:00 PM

Warm Up: Sat & Sun 7:00 AM
Start Time: 8:30 AM

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WEDNESDAY, 2/27/2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

DIRECTIONS: San Fernando Regional Pool, 208 Park Avenue, San Fernando, CA 91340. From the 118 Freeway, exit San Fernando Road and turn North toward San Fernando, make a slight right onto Tiffany Avenue, take the first right onto Wolfskill Street, take the first right onto 1st Street/Robert F Kennedy Drive, then take the first left onto Park Avenue.

COURSE: An indoor, 50 meter by 25-yard pool with 8 to 10 competition lanes and 5 lanes for warm up/warm down. The lanes for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 13' 0" and pool depth at turn end is 13' 1".

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. If split-session warm-ups are necessary, coaches will be contacted by Meet Referee prior to meet. All swimmers must use a 3-point entry when entering the pool.

MEET REFEREE: Will be in charge of the meet - **John Stipanov** <jstipanov@sbcglobal.net>. 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. Timers are requested to be provided by each team. Swimmers competing in the 1650 Freestyle are requested to furnish their own timers for three heats and lap counters. All events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day plus relays. If more than 4 events per day are entered only the first 4 events of the day will be accepted. No exceptions or refunds.** All officials and coaches must have completed the CDC of NFHS online Concussion course.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is 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.

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 **are not** permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: www.socalswim.org.

DECK CHANGES: Deck Changes are prohibited.

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 Pacific Committee athletes who hold 2019 USA Swimming Registration. Registration application must be received by the meet processor, administrative referee, or SCS Office no later than the **meet entry due date, 2/28/18**. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form.

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**). After entries close, non-conforming times will be converted by meet admin for seeding purposes only. 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.** Distance "swim-ups" are allowed if the swimmer has achieved the stated time standards on meet form for that event.

All entry times will be verified through SWIMS

AWARDS: Blue Division: Ribbons 1st - 8th place; Red Division: Ribbons 1st - 8th place; White Division: Ribbons 1st - 8th place
Relays: Ribbons 1st - 3rd place; Open events: Not scored or awarded

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of entry. Entry zip file will be accepted ONLY when received with an attached Word or .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 email entry. **Failure to comply will be referred to the SCS 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. **Electronic entries are to be sent to lwswim@earthlink.net.** **Entry on an SCS consolidated entry card will be accepted. Card must be filled out completely including USA Swimming registration number. No individual meet entry accepted via email.**

ENTRY FEES: An entry fee of \$4.00 for each event PLUS surcharge of \$10.50 per swimmer must be received with entry card. \$10.00 per relay team is due when the relay is entered on deck. Per SCS policy there will be a service charge for all returned checks.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries: Bettie Williams
PO Box 83538
Los Angeles, CA 90083-0538

For Information, contact: **Nick Orozco** - Onicolas5@aol.com
Bettie Williams - blwswim@earthlink.net (310) 338-8776
Meet Hand Delivery - 5405 West Slauson Avenue. Los Angeles, CA 90056

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED. No individual meet entry accepted via email.

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.



**2019 Penguins Aquatic Club SC- R/B "JO Last Ditch Qualifier"
Meet Sponsored by Pacific Committee and Penguin Aquatic Club
March 9-10, 2019**

Entry Due Date: February 27, 2019

Warm-up 7:00AM – Meet Start time 8:30 AM

Entries will be limited to comply with USA Swimming 4 –Hour rule

PLEASE ENTER BEST RECORDED TIME – YOU MAY SWIM 4 INDIVIDUAL EVENTS PER DAY PLUS RELAYS

Warm-Up 7:00 AM

Meet starts 8:30 AM

Warm-Up 7:00 AM

Meet Starts 8:30 AM

SATURDAY					SUNDAY				
Girl	Event	Age	Minimum	Boy	Girl	Event	Age	Minimum	Boy
1	100 Yard Freestyle	11-12	RED		55	100 Yard IM	5-8	RED	56
2	100 Yard Freestyle	5-8	RED	3	57	100 Yard IM	7-10	RED	58
4	100 Yard Backstroke	7-10	RED	5	59	100 Yard IM	11-12	RED	
6	200 Yard Freestyle	11-12	RED		60	100 Yard Backstroke	7-10	RED	61
7	50 Yard Backstroke	5-8	RED	8	62	100 Yard Backstroke	11-12	RED	
9	50 Yard Backstroke	7-10	RED	10	63	50 Yard Breaststroke	5-8	RED	64
11	50 Yard Backstroke	11-12	RED		65	50 Yard Breaststroke	7-10	RED	66
12	100 Breaststroke*	7-10	RED	13	67	50 Yard Breaststroke	11-12	RED	
14	100 Breaststroke	11-12	RED		68	100 Yard Butterfly	7-10	RED	69
15	50 Yard Butterfly	5-8	RED	16	70	100 Yard Butterfly	11-12	RED	
17	50 Yard Butterfly	7-10	RED	18	71	200 Yard Freestyle	7-10	RED	72
19	50 Yard Butterfly	11-12	RED		73	50 Yard Freestyle	11-12	RED	
20	50 Yard Freestyle	7-10	RED	21	74	200 Yard IM	7-10	BLUE	75
22	200 Yard IM	11-12	RED		76	200 Yard Breaststroke	11-12	BLUE	
23	200 Yard Free Relay	5-10		24	77	50 Yard Freestyle	5-8	RED	78
25	200 Yard Free Relay	11-12			79	200 Yard Med Relay	11-12		
26	200 Yard Backstroke	11-12	BLUE		80	500 Yard Freestyle **	OPEN	BLUE	81
27	500 Yard Freestyle	7-10	6:59.50Y	28	82	200 Yard Med Relay	5-10		83
29	200 Yard Butterfly	11-12	BLUE		84	1650 Yard Freestyle	OPEN	BLUE	85
30	400 Yard IM	OPEN	BLUE	31					

7-8 SWIMMERS MAY SWIM 5-8 EVENTS OR 7-10 NOT BOTH OR ANY COMBINATION THEREOF -

5-6 SWIMMERS MAY SWIM 5/8 EVENTS ONLY, EXCEPT WHEN QUALIFIED TO COMPETE IN LONGER 7-10 EVENTS.

SEE SUBMITTED TIMES PARAGRAPH ON INFORMATION SIDE OF FORM.

This is a "Last Ditch" meet all events have minimum entry standards. All entry times will be verified through the SWIMS database AFTERNOON SESSION, BOTH DAYS, WILL BEGIN ONE HOUR FOLLOWING END OF MORNING SESSION OR NOON

AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION

Saturday Afternoon					Sunday Afternoon					
Girl	Event	Age	Minimum	Boy	Girl	Min	Event	Age	Min	Boy
	200 Yard Freestyle	11-12	RED	32			100 Yard IM	11-12	RED	86
33	200 Yard Freestyle	13-UP	RED	34	87		200 Yard IM	13/OV	BLUE	88
	50 Yard Backstroke	11-12	RED	35			100 Yard Backstroke	11-12	RED	89
36	100 Yard Backstroke	13-UP	RED	37	90		200 Yard Backstroke	****	BLUE	91
	100 Yard Breaststroke	11-12	RED	38			50 Yard Breaststroke	11-12	RED	92
39	200 Yard Breaststroke	13-UP	BLUE	40	93		100 Yard Breaststroke	13-UP	RED	94
	50 Yard Butterfly	11-12	RED	41			100 Yard Butterfly	11-12	RED	95
42	100 Yard Butterfly	13-UP	RED	43	96		200 Yard Butterfly	13-UP	BLUE	97
	100 Yard Freestyle	11-12	RED	44			50 Yard Freestyle	11-12	RED	98
45	50 Yard Freestyle	13-UP	RED	46	99		100 Yard Freestyle	13-UP	RED	100
	200 Yard IM	11-12	BLUE	47			200 Yard Med Relay	11-12		101
48	400 Yard Free Relay	13-14		49	102		400 Yard Med Relay	13-UP		103
50	400 Yard Free Relay	15 OV		51	104		400 Yard Med Relay	15/O		105
	200 Yard Free Relay	11-12		52	106		500 Yard Freestyle	****	BLUE	107
53	500 Yard Freestyle **	OPEN	BLUE	54						

*****Open to 11-12 Boys and 13 & OV Boys and Girls.

All 13 & UP events will be swum by time, but awarded 13-14 and 15 & UP - All relays are deck entered and time permitting.

All events will be swum fastest to slowest.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.

The 500 Freestyle may be contested only once during the meet.

Event Recap:

Saturday				Sunday			
5 - 8	7 - 10	11 - 12	13 & UP	5 - 8	7 - 10	11 - 12	13 & UP
100 Free	100 Free	100 Free	200 Free	100 IM	100 IM	100 IM	200 IM
50 Back	50 Back	200 Free	100 Back	50 Free	100 Back	100 Back	200 Back
50 Fly	100 Breast	50 Back	200 Breast	50 Breast	50 Breast	50 Breast	100 Breast
	50 Fly	100 Breast	100 Fly		100 Fly	100 Fly	200 Fly
	50 Free	50 Fly	50 Free		200 Free	50 Free	100 Freestyle
	200 FR Relay	200 IM	400 IM		200 Medley Relay	500 Free	500 Freestyle
	500 Free	200 Free Rely	500 Free		200 IM	200 Medley Relay	400 Medley Relay
		200 Back (G)	400 Free Relay			200 Backstroke (B)	1650 Freestyle
		400 IM					

		500 Free						
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