

# SAN LUIS OBISPO 2020 SCS SENIOR Q CHALLENGE SHORT COURSE COASTAL QUALIFIER

DATE OF MEET: January 17, 18 & 19, 2020  
SANCTIONED BY: USA Swimming & Southern California Swimming  
DECK OPENS: Friday: 4:00 PM  
Sat & Sun: 9:00 AM

WARM-UP START: Friday: 4:00 PM  
Sat & Sun: 9:00 AM

SANCTION #: S20-028  
SPONSORED BY: San Luis Obispo Swim Club & Coastal Committee  
MEET START: Friday: 5:00 PM  
Sat & Sun: 10:30 AM

**ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5 PM FRIDAY, JANUARY 10, 2020**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

**POOL & COURSE:** San Luis Obispo Swim Center. From North or South US 101, take Marsh St. off ramp. Turn right on Broad St. (3rd stoplight), turn left on Orcutt Rd. (4th stoplight). Cross railroad tracks, then take 1st left onto Laurel Lane and left onto Southwood Dr (1st stop sign). Swim Center is one block at end of road. Pool is a 25 yard by 50-meter, 20 lane outdoor heated pool. 6 to 8 lanes (depending on entries) will be used for the competition and a minimum of 4 lanes will be used for warm-up/warm down. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool Depth: Start End is 6 ft deep in lanes 1-8 and Turn End is 13 ft in lane 1 to 12.5 ft in lane 8. Ample deck space is available for structures and seating. **\*Bring tie-downs/weights to SECURE your canopies/structures.**

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed the referee. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

**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.

**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, 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.

**DECK CHANGES:** Deck Changes are prohibited.

**CHECK-IN:** Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, a swimmer may not check-in or scratch. **CHECK-IN FOR ALL EVENTS WILL CLOSE 30 MINUTES PRIOR TO THE START OF THE SESSION.**

**WARM-UP PROCEDURES:** Swimmers warming up or down before and after the meet must be under the direct supervision of a current 2020 USA Swimming coach. Warm-up rules will be announced and enforced. No diving into the pool except for the sprint lanes directed by the Meet Referee. All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving.

**ELIGIBILITY & AFFILIATION:** Swimmers must be 11 years old or older by the first day of the meet. Swimmers must have achieved the entry time to be eligible to enter an event. Open to athletes who are 2020 USA Swimming registered. Priority will be given to Coastal entrants first. Out of Committee and out of LSC athletes will be accepted space available (as determined after all coastal entries have been received by Fri, Jan 10), but will not be eligible to qualify for the SCS Senior Q Challenge. Registration applications must be received by the meet entry deadline (5:00 PM on Fri, Jan 10) by the meet processor, administrative referee or SCS Office. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide. Before the first day of the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administration Referee in writing and paying the appropriate fee.

**ENTRY PROCEDURES:** Email 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 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.

**SUBMITTED & QUALIFYING TIMES:** Times submitted must be the BEST RECORDED short or long course times from this or the preceding swim season (NO Workout Times). Swimmers must have achieved the stated time standard listed for an event after September 1, 2018. **This is a PROOF OF TIME meet.** Entries will be run through SWIMS Times Recon prior to the meet.

**SEEDING:** All events will be seeded **FAST to SLOW**. After entries close, non-conforming times will be converted for seeding purposes only. All events per session will be seeded prior to the start of each session.

**DISTANCE EVENTS:** Swimmers in the 500, 1000 Free 1650 Free are requested to provide their own timers and lap counters. These events will be swum alternating girls and boys heats.

**ENTRY LIMIT:** Swimmers are limited to **5 Individual** events per day.

**ENTRY FEE:** **\$7.50 for each INDIVIDUAL EVENT plus a \$14.00 surcharge PER SWIMMER** must accompany each individual entry to the address below (not the swim office). NO REFUNDS. Returned checks will incur a service fee per SCS policy. Deletions will not be refunded.

**LANE TIMING:** Clubs will be assigned lanes for timing based on the number of entrants.

## NOTE:

- The Top 6 finishers for each event, will be eligible to compete and represent the Coastal Committee at the SCS Senior Q Challenge Meet. Additionally, up to 6 athletes per event will be selected for consideration as part of 12 at large swimmers to be selected by SCS to compete at the SCS Senior Q Challenge Meet.
- If you do not plan on attending the SCS Senior Q Challenge Meet in February, you must exhibition or declare your intent to exhibition your swim(s) by the close of check-in.

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

E-MAIL ENTRIES TO: office@sloswimclub.org  
MAIL ENTRIES AND TEAM PAYMENT TO: SLO Swim Club  
PO Box 142  
San Luis Obispo, CA 93406

Receipt of entries will not be verified by phone or e-mail. DO NOT use certified, registered or special delivery mail services.

MEET REFEREE: Ernie Peterson

MEET DIRECTOR: Philip Yoshida

MEET ADMIN/PROCESSOR: Kristin Yoshida

FOR FURTHER INFORMATION: Contact SLO Swim Club at: E-mail: office@sloswimclub.org Website: [www.sloswimclub.org](http://www.sloswimclub.org)

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.

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.

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Date of Meet: January 17, 18 & 19, 2020

Entries Due: Friday, January 10, 2020 at 5:00 PM

Times submitted must be the Best Recorded Times, Short Course or Long Course

YOU MAY SWIM A MAXIMUM OF 5 EVENTS PER DAY

ALL EVENTS ARE TIMED FINALS

## FRIDAY, JANUARY 17 – 5:00 PM

WOMEN	YARDS	METERS	EVENT	METERS	YARDS	MEN
1	21:32.10	22:11.60	1650 FREE	22:10.90	21:51.50	2

## SATURDAY, JANUARY 18 – 10:30 AM

WOMEN	YARDS	METERS	EVENT	METERS	YARDS	MEN
3	2:24.10	2:42.90	200 Freestyle	2:43.60	2:24.60	4
5	1:16.10	1:27.30	100 Butterfly	1:28.10	1:18.20	6
7	5:48.20	6:31.20	400 Individual Medley	6:32.30	5:48.90	8
9	30.70	34.90	50 Freestyle	34.40	30.80	10
11	2:46.20	3:09.20	200 Backstroke	3:11.80	2:51.40	12
13	1:28.90	1:40.00	100 Breaststroke	1:40.10	1:29.00	14
15	6:24.60	5:47.30	500 Freestyle	5:46.60	6:29.80	16

## SUNDAY, JANUARY 19 – 10:30 AM

WOMEN	YARDS	METERS	EVENT	METERS	YARDS	MEN
17	2:43.20	3:05.70	200 Butterfly	3:07.20	2:47.40	18
19	1:17.90	1:29.40	100 Backstroke	1:30.70	1:20.50	20
21	3:08.80	3:31.00	200 Breaststroke	3:31.20	3:09.00	22
23	1:06.70	1:15.60	100 Freestyle	1:15.10	1:06.20	24
25	2:46.20	3:07.90	200 Individual Medley	3:08.20	2:46.50	26
	12:58.60	11:44.20	1000 Freestyle	11:43.70	13:09.80	

Swimmers in the 500, 1000, and 1650 Freestyle Events should be prepared to supply a timer for 3 heats and will be responsible for providing their own lap counters

### NOTE:

- The Top 6 finishers for each event, will be eligible to compete and represent the Coastal Committee at the SCS Senior Q Challenge Meet. Additionally, up to 6 athletes per event will be selected for consideration as part of 12 at large swimmers to be selected by SCS to compete at the SCS Senior Q Challenge Meet.
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