

BAC SUMMER SHORT COURSE "R,W" SWIM MEET

June 24th, 2018

ENTRIES DUE: Wednesday, June 13, 2018

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored by: Barracuda Aquatic Club & Metro Committee

Sanction No. S18-105
Warm-up: 7:30 a.m.
Meet Starts: 9:00 a.m.

**SWIMMERS MAY SWIM A MAXIMUM OF 4 EVENTS FOR THE MEET. 3 INDIVIDUAL AND 1 RELAY FOR A TOTAL OF 4 EVENTS.
BAC WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE**

DIRECTIONS: BELLFLOWER AQUATIC CENTER, THOMPSON PARK, 14001 Bellflower Blvd., Bellflower, CA. From the 105 Fwy exit Bellflower Blvd. Turn South (traveling West bound, turn left). The pool is located at Thompson Park across from St. John Bosco High School.

COURSE: BELLFLOWER AQUATIC CENTER POOL: Competition will be held in the outdoor, 25-YD, 10-lane pool. A Colorado Timing System will be used. Water depth at Start end is 13.0 ft. in lane 1 to 5 ft in lane 10 the turn end is the same depth. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C)

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30–8:45 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 20 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. "Thomas Mirabella" tommy1ton@verizon.net

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 THE MEET, THE FIRST 6 EVENTS OF THE DAY WILL CLOSE.** 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 5/24/2018 to enter this meet. Timers are requested to be provided by each team. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 individual 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 during 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 Metro Committee athletes who hold a 2018 USA Swimming Registration. Registration application must be received by **Wednesday June 13, 2018** by the meet processor, administrative referee, or SCS Office. Late application 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; please submit a copy of registration with entry.

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 **BEST RECORDED TIMES** long course or short course from this or preceding swim season (**NO WORK OUT TIMES**). After entries, close, non-conforming times will be converted by Meet Administration for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter at minimum (see 2018 Swim Guide for exceptions).

AWARDS: RED & WHITE Divisions: Ribbons 1st-6th place Relays: Ribbons: 1st-3rd place (Age group 5-8, 9-10, 11-12, and 13-18. **Combined events placed by age group.**

ENTRY FEES: \$ 4.00 for each individual event along with a **\$10.50** 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. (5 PM postmark would queue before a 10 PM 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 **\$7.00** each, payable on entry. **Legal Mixed Relays are composed of 2 females and 2 males. Entry times will not be changed after the entry deadline.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, June 13, 2018. 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.

NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

Make Checks payable to Southern California Swimming
Email for team electronic entries only: ocpswim@hotmail.com

Questions: E-Mail: Swim4bac2@aol.com
BAC Office: 562-382-7749

MAIL AND WALKIN ENTRIES TO: Carol Peña 413 E 212 Th St Carson Ca 90745

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

METRO COMMITTEE "R,W" SHORT COUSE SWIM MEET

JUNE 24th, 2018

ENTRIES DUE: WEDNESDAY, JUNE 13TH 2018

BAC WILL COMPLY WITH THE 4 HOUR RULE

SWIMMERS MAY COMPETE IN A MAX OF 4 EVENTS (3 INDIVIDUAL PLUS 1 RELAY)

GIRLS EVENT #	MAX TIME	EVENT	AGE GROUP	MAX TIME	BOYS EVENT #
1	2:42.01 2:24.11 2:16.41	200 FREESTYLE	9-10 11-12 13-18	2:41.81 2:24.61 2:06.71	2
3	1:28.41 1:14.71 1:06.71 1:03.81	100 FREESTYLE	5-8 9-10 11-12 13-18	1:25.01 1:14.31 1:06.21 57.41	4
5	1:28.61 1:17.91 1:14.51	100 BACKSTROKE	9-10 11-12 13-18	1:28.71 1:20.51 1:09.31	6
7	48.11 40.51 36.21	50 BACKSTROKE	5-8 9-10 11-12	46.81 40.41 36.61	8
9	22.21	25 BACKSTROKE	5-8	21.61	10
11	1:29.31 1:16.11 1:11.11	100 BUTTERFLY	9-10, 11-12 13-18	1:29.41 1:18.21 1:05.11	12
13	46.31 38.31 34.31	50 BUTTERFLY	5-8 9-10 11-12	47.01 38.21 34.51	14
15	21.31	25 BUTTERFLY	5-8	21.31	16
17	1:40.01 1:28.91 1:25.11	100 BREASTSTROKE	9-10 11-12 13-18	1:40.51 1:29.01 1:15.81	18
19	52.31 45.61 40.81	50 BREATSTROKE	5-8 9-10 11-12	51.01 45.61 41.01	20
21	24.01	25 BREASTSTROKE	5-8	23.31	22
23	33.91 30.71 29.71	50 FREESTYLE	9-10 11-12 13-18	34.11 30.81 26.51	24
25	40.51	50 FREESTYLE	5-8	39.41	26
27	18.11	25 FREESTYLE	5-8	17.61	28
29	3:06.51 2:46.21 2:37.71	200 IND MEDLEY	9-10 11-12 13-18	3:07.41 2:46.51 2:21.71	30
31	1:26.61 1:17.71	100 IND MEDLEY	9-10 11-12	1:26.91 1:17.71	32
33	1:41.21	100 IND. MEDLEY	5-8	1:38.51	34
35	coaches will submit relays	MIXED 200 FREESTYLE RELAY	9-18	coaches will submit relays	35
36	coaches will submit relays	MIXED 100 FREESTYLE RELAY	5-8	coaches will submit relays	36

Age groups: 5-8, 9-10, 11-12, 13-18. Combined events placed by age group.

Legal Mixed Relays are composed of 2 females and 2 males.