

PUMA Polar Bear Short Course Age Group Swim Meet
February 3-4, 2018



SANCTIONED BY: USA Swimming and Southern California Swimming
SANCTION NUMBER: #S18-021
SPONSORED BY: PUMA AQUATIC TEAM and Coastal Section
START TIME: Saturday & Sunday: 7:30 AM Warm up, 9:00 AM Start. Saturday
Novice Session will not start before 1:00 PM
ENTRY DEADLINE: Received by Wednesday, January 24, 2018 5:00 pm

LOCATION: Cuesta College – Highway 1, San Luis Obispo, CA, 93403. Take Highway 101 to San Luis Obispo, then take Highway 1 north (Morro Bay and Hearst Castle exit). Turn left on Hollister Road. Then turn right on Chorro Valley Road. Use parking lot 5 which is nearest to the pool. Cuesta College parking is \$2.00 per day.

POOL/COURSE: The pool is a 25-yard outdoor heated pool. Six to eight lanes (depending on entries) will be used for the competition; and a minimum of 6-8 lanes will be used for warm-up/warm down with a bulkhead separating from competition pool. The competition pool is 13 ft deep to 7 ft deep. The competition course has been certified in accordance with 104.2.2C(4); on file with USA Swimming.

WARM-UP POLICY: 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 practice start lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 25 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 direct to Ernie Peterson: ErnieP@kcienv.com

CHECK-IN: Swimmers must check in at the Clerk of Course for each event entered. AFTER AN EVENT IS CLOSED, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers in the first 4 events each day must check in thirty (30) minutes prior to beginning of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event. 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 February 3, 2018 to enter this meet. Swimmers may swim in a maximum of 4 individual events and 1 relay per day.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced, taking precedence over any errors or omissions in this form. *****ENTRIES WILL BE LIMITED TO MEET THE 4-HOUR RULE***** The 400 YD IM and 500 YD FREE will be swum fastest to slowest, alternating girls & boys. Swimmers entering the NOVICE session on Saturday may not enter in the regular Saturday & Sunday sessions. Mixed Relays are now specified by USA Swimming as 2 female/2male.

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 allowed 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.

DRONE PROHIBITION: 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.

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.

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 (or are) 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.

ELIGIBILITY: Open to Coastal Committee athletes who are 2018 USA Swimming registered. **REGISTRATION APPLICATIONS MUST BE RECEIVED BY THE MEET ENTRY DEADLINE (Jan 24) BY 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 together with entry form.** In SCS age group meets, swimmers 18 & under must prove birth dates prior to competition. Out of LSC entries will be accepted space available; please submit a copy of USAS registration with entry.

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

SUMMITTED TIMES: Times submitted must be the **best recorded times** short or long course from this or preceding swim season (**NO WORKOUT TIMES**). For seeding purposes only, after entries close the meet admin will convert all nonconforming times. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "W" Division, "NT" (no time) entries are acceptable.

ENTRY FEES/PROCEDURE: \$4.00 for each individual event along with a \$10.50 surcharge **per swimmer** must accompany each individual entry card. NO REFUNDS. Returned checks may incur a service fee. E-Mail 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 (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 \$10.00 fee per relay, payable on entry. All returned checks will result in a service charge per SCS policy. You should include a self-addressed stamped envelope or postcard to confirm receipt of your entry. No deck entries will be allowed. There will be no refunds.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 24, 2018. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry, enclose a SASE or postcard or use USPS Proof of Mailing. **Receipt of entries will not be verified by phone or email.**

Do not use Certified or Registered mail.

AWARDS: Ribbons for 12 & Under (5-6, 7-8, 9-10, 11-12) 1st thru 6th places in "B, R, & W" Divisions/ individual events only. Relays and OPEN events are not awarded.

CONCESSIONS: A fully equipped snack bar will be available for meals and snacks on Saturday and Sunday.

LANE ASSIGNMENTS: Clubs will be assigned lanes for timing according to the number of entries per club. Travel teams please plan accordingly.

FURTHER INFORMATION: Coach Jud Clark at judclark@yahoo.com or 805-709-7946

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

MAIL ENTRIES TO:

PUMA Polar Bear Swim Meet

c/o Karen Thomas, 750 Stagecoach Road, Arroyo Grande, CA 93420-4603

EMAIL FOR ELECTRONIC ENTRIES: splashandgo@charter.net

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.



PUMA Polar Bear Swim Meet

February 3-4, 2018



Swimmers are limited to a maximum of 4 individual events per day.
Swimmers who enter the Saturday NOVICE Session 2 may not swim individual events in the Saturday & Sunday regular sessions.

Entry deadline: Entries MUST be received by **5 PM, Wednesday, January 24, 2018**
NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED

Session 1 REGULAR SESSION
Saturday, February 3, 2018
Warm up 7:30 AM, Start Time 9:00 PM

| GIRLS | MIN TIME | AGE | EVENTS | MIN TIME | BOYS |
|-------|----------|------------------|----------------|----------|------|
| 1 | BRW | 7-10 | 200 YD FREE | BRW | 2 |
| 3 | BRW | 11-12 | 200 YD FREE | BRW | 4 |
| 5 | BRW | 13 & UP | 200 YD FREE | BRW | 6 |
| 7 | BRW | 5-6, 7-10 | 100 YD I.M. | BRW | 8 |
| 9 | BRW | 11-12 | 100 YD I.M. | BRW | 10 |
| 11 | BRW | 13 & UP | 200 YD I.M. | BRW | 12 |
| 13 | BRW | 5-6, 7-10 | 50 YD BACK | BRW | 14 |
| 15 | BRW | 11-12 | 50 YD BACK | BRW | 16 |
| 17 | BRW | 13 & UP | 100 YD BACK | BRW | 18 |
| 19 | BRW | 5-6, 7-10 | 50 YD BREAST | BRW | 20 |
| 21 | BRW | 11-12 | 50 YD BREAST | BRW | 22 |
| 23 | BRW | 13 & UP | 200 YD BREAST | BRW | 24 |
| 25 | BRW | 7-10 | 100 YD FLY | BRW | 26 |
| 27 | BRW | 11-12 | 100 YD FLY | BRW | 28 |
| 29 | BRW | 13 & UP | 100 YD FLY | BRW | 30 |
| 31 | | Mixed age/gender | 200 FREE RELAY | | |

Break as determined by Meet Referee

| | | | | | |
|----|---------|------|-------------|---------|----|
| 33 | 5:48.20 | OPEN | 400 YD I.M. | 5:48.90 | 34 |
|----|---------|------|-------------|---------|----|

Swimmers in the 400 YD I.M. are requested to provide their own timers.
To swim an OPEN event a swimmer must be at least 11 years old and meet minimum time. **Do not enter NT.**

Session 2 NOVICE SESSION
Saturday, February 3, 2018

A 30 minute Warm up will begin at the conclusion of Session 1
Start time will begin following the warm up time allowance, but no sooner than 1:00 PM

| GIRLS | MIN TIME | AGE | EVENTS | MIN TIME | BOYS |
|-------|----------|------------------|----------------|----------|------|
| 35 | RW | 11 -14 | 50 YD FREE | RW | 36 |
| 37 | RW | 7-10 | 50 YD FREE | RW | 38 |
| 39 | BRW | 8 & Under | 25 YD FREE | BRW | 40 |
| 41 | RW | 11 -14 | 50 YD FLY | RW | 42 |
| 43 | RW | 7-10 | 50 YD FLY | RW | 44 |
| 45 | BRW | 8 & Under | 25 YD FLY | BRW | 46 |
| 47 | RW | 11 14 | 50 YD BREAST | RW | 48 |
| 49 | RW | 7-10 | 50 YD BREAST | RW | 50 |
| 51 | BRW | 8 & Under | 25 YD BREAST | BRW | 52 |
| 53 | RW | 11 -14 | 50 YD BACK | RW | 54 |
| 55 | RW | 7-10 | 50 YD BACK | RW | 56 |
| 57 | BRW | 8 & Under | 25 YD BACK | BRW | 58 |
| 59 | | Mixed age/gender | 200 FREE RELAY | | |

Swimmers are limited to a maximum of 4 individual events per day.

7 to 8-year-old swimmers may swim 8 & Under events OR 7-10 events; not any combination.
This applies to this session of the meet.

Swimmers who enter the NOVICE session may not enter Saturday & Sunday regular sessions.

Deck Changes are prohibited.



Session 3 REGULAR SESSION
Sunday, February 4, 2018
Warm up 7:30 AM, Start Time 9:00 AM

| GIRLS | MIN TIME | AGE | EVENTS | MIN TIME | BOYS |
|-------|----------|------------------|---------------------|----------|------|
| 61 | BRW | 11-12 | 200 YD I.M. | BRW | 62 |
| 63 | BRW | 7-10 | 200 YD I.M. | BRW | 64 |
| 65 | BRW | 13 & UP | 100 YD FREE | BRW | 66 |
| 67 | BRW | 11-12 | 100 YD FREE | BRW | 68 |
| 69 | BRW | 5-6, 7-10 | 100 YD FREE | BRW | 70 |
| 71 | BRW | 13 & UP | 200 YD BACK | BRW | 72 |
| 73 | BRW | 11-12 | 100 YD BACK | BRW | 74 |
| 75 | BRW | 7-10 | 100 YD BACK | BRW | 76 |
| 77 | BRW | 13 & UP | 100 YD BREAST | BRW | 78 |
| 79 | BRW | 11-12 | 100 YD BREAST | BRW | 80 |
| 81 | BRW | 7-10 | 100 YD BREAST | BRW | 82 |
| 83 | BRW | 13 & UP | 200 YD FLY | BRW | 84 |
| 85 | BRW | 11-12 | 50 YD FLY | BRW | 86 |
| 87 | BRW | 5-6, 7-10 | 50 YD FLY | BRW | 88 |
| 89 | BRW | 13 & UP | 50 YD FREE | BRW | 90 |
| 91 | BRW | 11-12 | 50 YD FREE | BRW | 92 |
| 93 | BRW | 5-6, 7-10 | 50 YD FREE | BRW | 94 |
| 95 | | Mixed age/gender | 200 YD MEDLEY RELAY | | |

Break as determined by Meet Referee

| | | | | | |
|----|---------|------|-------------|---------|----|
| 97 | 6:24.60 | OPEN | 500 YD FREE | 6:29.80 | 98 |
|----|---------|------|-------------|---------|----|

Swimmers in the 500 YD FREE are requested to provide their own timers.
To swim an OPEN event a swimmer must be at least 11 years old and meet minimum time. Do not enter NT.

NOTE: All events will by swum fastest to slowest.

