



**Trident Swim Club**  
**BRW SC**  
**December 2 – 4, 2016**

**SANCTIONED BY:** USA Swimming and SOUTHERN CALIFORNIA SWIMMING  
**SANCTION NO:** S16-337

**FRIDAY WARM UP: 4:30 PM /Start 5:30 PM**  
**SAT and SUN WARM-UP BEGINS 7:30 AM**  
**STARTING TIME: 9:00 AM**

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**TRIDENT SWIM CLUB WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE**  
**MAXIMUM 8 INDIVIDUAL EVENTS, 3 EVENTS PER DAY    all events will swim fastest to slowest**

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**POOL:** The Rowland High School Aquatic Center is located on the campus of John A Rowland High School, 2000 South Otterbein, Rowland Heights, CA 91748.

**DIRECTIONS:** Exit the 60 freeway at Nogales and go south. Turn Left on Killian and a right-on Otterbein. The parking lot entrance will be on your left.

**COURSE:** Outdoor 25-yard pool with up to 10 short course competition lanes and an area for warm up/down during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. The pool is 7 feet 5 inches at the start end and at the turn end.

**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 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

**MEET REFEREE:** The meet referee is in charge of the meet. 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 FOUR 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. Swimmers must be at least 5 years old on December 2, 2016 to enter this meet.

**Swimmers must be at least 11 years old and meet the minimum time std to enter open events. 7-8 swimmers must choose to swim as 5 -8 OR 7-10 not any combination thereof.** Timers are requested to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 3 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 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

**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 2016 or 2017 USA Swimming Registration. Registration application must be received by Wednesday November 23, 2016 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 the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. 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.

**AWARDS:** Blue Division: Medals 1st - 3rd place, Ribbons 4th - 8th place    Red Division: Ribbons 1st - 8th place  
White Division: Ribbons 1st - 8th place    Relays: Medals 1st place, Ribbons 2nd - 3rd place

**ENTRY FEES:** **\$4.00** for each individual event along with a **\$10.00** surcharge **per swimmer must accompany each individual entry card.** Relays will be deck-entered at \$7.00 each, payable on entry. 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. (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 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.**

**ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 23, 2016. 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).**

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**Make checks payable to:** SOUTHERN CALIFORNIA SWIMMING **MAIL entries to:** Omar de Armas [omar.dearmas@gmail.com](mailto:omar.dearmas@gmail.com) P.O. Box 63 Simi Valley, CA 93062-006

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**Email for team electronic entries only:**  
**FOR FURTHER INFORMATION CALL: Mike Cody (626) 890-7728**

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

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.

**Trident Swim Club**  
**BRW SC Meet**  
**December 2-4, 2016**

December 2, 2016  
 Friday PM Session 1



Warm up time : 4:30 PM					Meet Start Time : 5:30 PM		
NO.	GIRLS MIN	AGE		DISTANCE	STROKE	BOYS MIN	NO.
1		15-UP	BRW	200 yd	IM		2
3		13-14	BRW	200 yd	IM		4
5		11-12	BRW	200 yd	IM		6
7	3:23.50	7-10	BR	200 yd	IM	3:24.50	8
9		15-UP	BRW	100 yd	Breaststroke		10
11		13-14	BRW	100 yd	Breaststroke		12
13		11-12	BRW	100 yd	Breaststroke		14
15		7-10	BRW	100 yd	Breaststroke		16
17	21:32.10	OPEN		1650	Freestyle	21:51.50	18

December 3, 2016  
 Saturday AM Session 2

Warm up time : 7:30 AM					Meet Start Time : 9:00 AM		
NO.	GIRLS MIN	AGE		DISTANCE	STROKE	BOYS MIN	NO.
		11-12	BRW	200 yd	Freestyle		19
20	2:56.80	7-10	BR	200 yd	Freestyle	2:56.50	21
22		5-8	BRW	100 yd	Freestyle		23
		11-12	BRW	50 yd	Butterfly		24
25		7-10	BRW	50 yd	Butterfly		26
27		5-8	BRW	25 yd	Breaststroke		28
		11-12	BRW	50 yd	Freestyle		29
30		7-10	BRW	50 yd	Freestyle		31
32		5-8	BRW	50 yd	Freestyle		33
		11-12	BRW	100 yd	Backstroke		34
35		7-10	BRW	100 yd	Backstroke		36
37		5-8	BRW	25	Backstroke		38
39	Relays Time Permitting	5-8		100 yd	Freestyle Relay	Relays Time Permitting	40
41		7-10		200 yd	Freestyle Relay		42
		11-12		200 yd	Freestyle Relay		43
44	2:46.20	OPEN		200 yd	Backstroke	2:51.40	45

Afternoon session will not begin before 12:30PM. Afternoon warm-up will begin immediately after AM session.

Saturday PM Session 3

NO.	GIRLS MIN	AGE	DISTANCE	STROKE	BOYS MIN	NO.
46	3:08.80	OPEN		200 yd	Breaststroke	3:09.00 47
48		11-12	BRW	200 yd	Freestyle	
49		13-14	BRW	200 yd	Freestyle	50
51		11-12	BRW	100 yd	Backstroke	
52		15-UP	BRW	200 yd	Freestyle	53
54		11-12	BRW	50 yd	Butterfly	
55		13-14	BRW	100 yd	Butterfly	56
57		11-12	BRW	50 yd	Freestyle	
58		15-UP	BRW	100 yd	Butterfly	59
60		11-12	BRW	50 yd	Breaststroke	
61	Relays	11-12		200 yd	Freestyle Relay	Relays
62	Time	13-14		200 yd	Freestyle Relay	Time
64	Permitting	15-UP		200 yd	Freestyle Relay	Permitting

Sunday PM Session 5

NO.	GIRLS MIN	AGE	DISTANCE	STROKE	BOYS MIN	NO.
94	2:43.20	OPEN		200 yd	Butterfly	2:47.40 95
96		11-12	BRW	100 yd	Freestyle	
97		13-14	BRW	100 yd	Freestyle	98
99		15-UP	BRW	100 yd	Freestyle	100
101		11-12	BRW	100 yd	IM	
102		13-14	BRW	100 yd	Backstroke	103
104		15-UP	BRW	100 yd	Backstroke	105
106		11-12	BRW	100 yd	Butterfly	
107		13-14	BRW	50 yd	Freestyle	108
109		15-UP	BRW	50 yd	Freestyle	110
111		11-12	BRW	50 yd	Backstroke	
112	Relays	11-12		200 yd	Medley Relay	Relays
113	Time	13-14		200 yd	Medley Relay	Time
115	Permitting	15-UP		200 yd	Medley Relay	Permitting
117	6:24.60	OPEN		500 yd	Freestyle	6:29.80 118

ENTRIES DUE: Wednesday November 23, 2016

TRID WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

MAXIMUM 3 INDIVIDUAL EVENT PER DAY

MAXIMUM 8 INDIVIDUAL EVENT FOR THE MEET

Relays swum time permitting.

**Team Canopies in designated areas only**  
**POOL GATES WILL NOT OPEN UNTIL 4:20PM on Friday**

SANCTION NO:

December 4, 2016  
 Sunday AM Session 4

Warm up time : 7:30 AM					Meet Start Time : 9:00 AM		
NO.	GIRLS MIN	AGE		DISTANCE	EVENT	BOYS MIN	NO.
66		7-10	BRW	100 yd	IM		67
		11-12	BRW	100 yd	IM		68
69		5-8	BRW	100 yd	IM		70
71		7-10	BRW	50 yd	Breaststroke		72
		11-12	BRW	50 yd	Breaststroke		73
74		5-8	BRW	25 yd	Butterfly		75
76		7-10	BRW	100 yd	Butterfly		77
		11-12	BRW	100 yd	Butterfly		78
79		5-8	BRW	25 yd	Freestyle		80
81		7-10	BRW	100 yd	Freestyle		82
		11-12	BRW	100 yd	Freestyle		83
84		7-10	BRW	50 yd	Backstroke		85
		11-12	BRW	50 yd	Backstroke		86
87	Relays	5-8		100 yd	Medley Relay	Relays	88
89	Time	7-10		200 yd	Medley Relay	Time	90
	Permitting	11-12		200 yd	Medley Relay	Permitting	91
92	5:48.20	OPEN		400 yd	IM	5:48.90	93

The 1650 will be swum fastest to slowest alternating girls and boys.

Swimmers in the Open 500 and 1650 Freestyle events are requested to provide their own timers and lap counters.

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.

7-8 swimmers must choose to swim either "5-8" or "7-10" (not any combination).

**Note Requirements for 5-6 year olds**

5-6 swimmers meeting the listed time standard or the following conditions may enter 7-8 events.

A swimmer may swim "up" (not "down") one distance:

- (a) If swimmer's time meets 5-8 Red standard for 50 of stroke, may enter 100 of stroke.
- (b) If swimmer's time meets 5-8 Blue standard for 100 free or 100 IM, may enter 200 free or 200 IM
- (c) If swimmer has equaled or bettered 5-8 Red standard in three events, may enter 100 back, breast and or fly
- (d) If swimmer has equaled or bettered 5-8 Blue standard in three events may enter 200 free or 200 IM