

FSON September BRW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: FSON & Eastern Committee
Date of Meet: September 13-15, 2019
Warm-up: 7:00 am, Saturday & Sunday

Sanction No. S19-266
Received by deadline: 5:00 pm, Wednesday, September 4, 2019
Friday night warm up at 4:00 pm, Meet starts at 5:00 pm at The Cove
Start of Meet: 8:30 am, Saturday & Sunday

POOL: The Cove 4310 Camino Real, Jurupa CA.

DIRECTIONS: From CA- 60 West. Exit Valley Way. Turn Left on Valley Way. Right onto Mission Boulevard. Left onto Camino Real.

COURSE: 35 meter pool. 9 competition lanes 25 yards. 2 warm-up lanes 25 yards.

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. 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, Mike Sheppard cattywampus@roadrunner.com

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 40 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. Swimmers must be at least 5 years old on September 13, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and longer freestyle events and 13/up 400 IM are requested to furnish their own timers for three heats and lap counters when used. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day. All coaches and officials must complete the CDC or NFHS concussion course.**

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. "Tech" suits are not permitted at this meet. **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.

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 athletes who hold 2019 or 2029 USA Swimming Registration from the following Eastern Committee teams:

FSON, BLSC, CHS, CCAQ, CHWP, CROC, FAC, DUCK, MBA, RAA, RIVR, HILL, DSRT, SRSC, TCC

Registration application **must be received by the meet entry deadline** 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 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. **As of June 23, 2019, all athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (within 30 days of turning 18), in order to compete.**

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)**. 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. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS: Blue Division: Medals 1st-3rd Ribbons 4th-6th Red Division: Ribbons 1st - 6th place
White Division: Ribbons: 1st - 6th place Relays: Medals 1st, 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.** 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 \$10.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, September 4, 2019. 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.)**

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO: Susie Sheppard

11110 Davis Street
Moreno Valley, CA 92557

Email for team electronic entries only: suzshep@roadrunner.com

Questions: SCS Office (310-684-1151) or meet processor

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.

FSON September BRW Meet
September 13-15

ENTRIES MUST BE RECEIVED BY 5:00 PM: September 4, 2019 (Wednesday)

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

***400 IM and 500/1000/1650 free will be swum alternating girls and boys. Swimmers should provide their own timers and/or lap counters.

FRIDAY night session only will be hosted by FSON only for both meets

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1	2:43.20/	OPEN	200	yd Butterfly	2:47.40/	2
3	3:23.50/	7-10	BR 200	yd IM	3:24.50/	4
5	2:46.20/	OPEN	200	yd Backstroke	2:51.40/	6
7	**2:56.80/	7-10	B 500	yd Freestyle	**2:56.50/	8
9	6:24.60/	11-12	B 500	yd Freestyle	6:29.80/	10
11	21:32.10/	OPEN	1650	yd Freestyle	21:51.50/	12

SATURDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
		11-12	BRW 100	yd Freestyle		13
14		7-10	BRW 100	yd Freestyle		15
16	1:46.10/	5-8	BR 100	yd Freestyle	1:42.00/	17
18		5-8	BRW 25	yd Freestyle		19
		11-12	BRW 50	yd Butterfly		20
21		7-10	BRW 50	yd Butterfly		22
23	55.60/	5-8	BR 50	yd Butterfly	56.40/	24
		11-12	BRW 100	yd Breaststroke		25
26	1:49.10/	7-10	BR 100	yd Breaststroke	1:49.70/	27
		11-12	BRW 50	yd Backstroke		28
29		7-10	BRW 50	yd Backstroke		30
31	57.80/	5-8	BR 50	yd Backstroke	56.30/	32
31		5-8	BRW 25	yd Backstroke		34
	3:01.30/	11-12	BR 200	yd IM	3:01.70/	35
36		5-8	BRW 100	yd IM		37
38	Deck	7-10	BRW 200	yd Freestyle Relay	Deck	39
	Entered	11-12	BRW 200	yd Freestyle Relay	Entered	40
41		5-8	BRW 100	yd Freestyle Relay		42

*****Minimum 45 Minute break*****

43	5:48.20/	OPEN	400	yd IM	5:48.90/	44
45		11-12	BRW 50	yd Backstroke		
46	3:08.80/	OPEN	200	yd Breaststroke	3:09.00/	47
48		11-12	BRW 50	yd Freestyle		
49		13-14	BRW 50	yd Freestyle		50
51		15-up	BRW 50	yd Freestyle		52
53		11-12	BRW 50	yd Breaststroke		
54		13-14	BRW 100	yd Breaststroke		55
56		15-up	BRW 100	yd Breaststroke		57
58		11-12	BRW 200	yd Freestyle		
59		13-14	BRW 200	yd Freestyle		60
61		15-up	BRW 200	yd Freestyle		62
63		11-12	BRW 100	yd IM		
64	Deck	13-14	BRW 200	yd Freestyle Relay	Deck	65
66	Entered	11-12	BRW 200	yd Freestyle Relay	Entered	
67		15-up	BRW 200	yd Freestyle Relay		68
69	12:58.60/	OPEN	1000	yd Freestyle	13:09.80/	70

Events will be swum fastest to slowest.

Relays swum time permitting.

This meet is subject to the 4 hour rule per session.

Must be at least 11 for open events with 11-12 blue minimum time.

** 7-10 Use 200 Free Time to enter 500 Free

11-12s may swim either event 9-10 or 129-130, not both

No awards for open events.

SUNDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
		11-12	BRW 200	yd Freestyle		71
72	2:56.80/	7-10	BR 200	yd Freestyle	2:56.50/	73
		11-12	BRW 50	yd Breaststroke		74
75		7-10	BRW 50	yd Breaststroke		76
77	1:02.80/	5-8	BR 50	yd Breaststroke	1:01.20/	78
79		5-8	BRW 25	yd Breaststroke		80
		11-12	BRW 50	yd Freestyle		81
82		7-10	BRW 50	yd Freestyle		83
84	48.60/	5-8	BR 50	yd Freestyle	47.30/	85
		11-12	BRW 100	yd Butterfly		86
87	1:37.40/	7-10	BR 100	yd Butterfly	1:37.60/	88
89		5-8	BRW 25	yd Butterfly		90
		11-12	BRW 100	yd Backstroke		91
92		7-10	BRW 100	yd Backstroke		93
		11-12	BRW 100	yd IM		94
95		7-10	BRW 100	yd IM		96
	Deck	11-12	BRW 200	yd Medley Relay	Deck	97
98	Entered	7-10	BRW 200	yd Medley Relay	Entered	99
100		5-8	BRW 100	yd Medley Relay		101

*****Minimum 45 Minute break*****

102	3:01.30/	11-12	BR 200	yd IM	3:01.70/	
103		13-14	BRW 200	yd IM		104
105		15-up	BRW 200	yd IM		106
107		11-12	BRW 100	yd Freestyle		
108		13-14	BRW 100	yd Freestyle		109
110		15-up	BRW 100	yd Freestyle		111
112		11-12	BRW 50	yd Butterfly		
113		13-14	BRW 100	yd Backstroke		114
115		11-12	BRW 100	yd Backstroke		
116		15-up	BRW 100	yd Backstroke		117
118		11-12	BRW 100	yd Butterfly		
119		13-14	BRW 100	yd Butterfly		120
121		15-up	BRW 100	yd Butterfly		122
123		11-12	BRW 100	yd Breaststroke		
124	Deck	13-14	BRW 200	yd Medley Relay	Deck	125
126	Entered	15-up	BRW 200	yd Medley Relay	Entered	127
128		11-12	BRW 200	yd Medley Relay		
129	6:24.60/	OPEN	500	yd Freestyle	6:29.80/	130