

CCAQ ABC SC Swim Meet

November 11-13, 2022

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: CCAQ & Eastern Committee

Sanction No.# S22-240
Received by deadline: 5:00 pm, Wednesday, Nov. 2, 2022

Friday Night Hosted by FAC

Start of Meet: 5:30 pm Friday night
Warm-up: 4:30 pm Friday

Saturday/Sunday Hosted by CCAQ

Start of Meet: 8:30 am, Saturday & Sunday
Warm-up: 7:00 am Saturday & Sunday

POOL: Friday night: Fontana Aquatics Center, 15610 Summit Ave, Fontana, CA 92336

Saturday & Sunday: Eleanor Roosevelt High School - 7447 Scholar Way, Eastvale, CA 92507

DIRECTIONS: Eleanor Roosevelt High School: Take Limonite exit off I-15. Go west on Limonite (from North, turn right, from South turn left). Turn left onto Scholar Way. School is on the right-hand side. There is a large parking lot located on Citrus on the back side of the school.

COURSE: Outdoor 25-yard x 50 meters pool with 8 competition lanes. 10 warm-up lane will be available during the meet. Pool depth: start end 7'-13', turn end 7'-13'. 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. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming.

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: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Jason Rothlein: jrothlein@gmail.com

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. 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 November 11, 2022, to enter this meet. Swimmers competing in the 500, 1000 and 1650 freestyle events are requested to furnish their own lap counters when used. Events will be swum fastest to slowest. All coaches on deck must complete the CDC or NFHS concussion course. In order to compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING (APT).

CHECK IN: POSITIVE CHECK IN. 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. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.

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 for 12 years old and younger 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 2022/2023 USA Swimming Registration. SCS athletes must be members of one of the following Eastern Committee Teams: CHS, CHWP, CCAQ, CROC, DUCK, FFSC, FSON, RAA, SDA, STAR, and VA. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0

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:

A Division: Medals 1st - 3rd place, Ribbons 4th - 6th place
B Division: Ribbons 1st - 6th place
C Division: Ribbons 1st - 6th place
Relays: Medals 1st place, Ribbons 2nd - 3rd place
No medals or ribbons will be awarded for OPEN Events.

Entry Limit: A swimmer may swim no more than **FOUR (4)** individual events per day. The meet will conform to the 4-hr rule. **Entries will be processed in the order of first received, first entered. In the event that the meet fills up before all the entries have been processed, the meet host reserves the right to limit the entries to THREE (3) individual events per day.**

ENTRY FEES: **\$5.50** for each **INDIVIDUAL EVENT** along with a **\$15.50 SURCHARGE** per swimmer must accompany each individual entry card. There is a charge of \$10.00 for each relay. Returned checks will incur a service fee per SCS policy. **NO REFUNDS.** Deletions will not be refunded.

Please make Checks payable to: [Circle City Aquatics](#)

Entry Procedure: **Team Electronic Entry is highly preferred.** Electronic entry 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 or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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. **DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will NOT be processed. **Deletions will NOT be refunded.** Returned checks will incur a service fee per SCS policy. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. 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). Individual email entry will not be accepted.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, November 2, 2022. 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 REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

Please make Checks payable to: [Circle City Aquatics](#)

Mail entries to: Julie Fredericks, P.O. Box 624, Yucaipa, CA 92399
Hand delivered to: 36609 Parkview Terrace, Yucaipa, CA 92399
Electronic entries to: Julie Fredericks – fredies6@hotmail.com
Meet Information: Kendra Bierman – meetmanager2017@circlecityaquatics.com

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING AND SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Concussion Informed Consent Acknowledgment: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file

with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

Individual, COVID Specific Waiver (see below): The document should be completed and submitted electronically. It is required for participation in this event.

MAAP 2.0 Statement: 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.

COVID 19 Acknowledgement. We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals.

CCAQ ABC SC Swim Meet
Hosted by CCAQ – November 11-13, 2022

- ENTRIES RECEIVED BY 5:00 PM: November 2, 2022 (Wednesday)
- This meet is subject to the 4-hour rule per session.
- Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.
- Timed Finals Events will be swum fastest to slowest, with (*) events swum together awarded separately.
- 7/8-year-old swimmers may enter either 5-8 or 7-10 age group events but may not mix/combine age groups.
- 7-10 Use 200 Freestyle Time to enter 500 Freestyle (Requires 7-10 200 Free BB time to enter)
- Must be at least 11 years of age for open events with 11-12 BB minimum time.
- ***400 IM and 500, 1000, 1650 Freestyle alternate girls and boy's heats.
- Swimmers in the 500, 1000, 1650 Freestyle must provide their own timers and lap counters.
- Relays swum time permitting.

FRIDAY HOST: FAC

GIRLS	min/max	age		distance		stroke	min/max	BOYS
1	2:47.19/	OPEN	BB	200	yd	Butterfly	2:40.79/	2
3	3:15.59/	7-10	BB	200	yd	IM	3:13.19/	4
5	3:06.59/	OPEN	BB	200	yd	Breaststroke	3:00.19/	6
7	2:57.19/	7-10	BB	500	yd	Freestyle	2:47.99/	8
9	6:38.19/	11-12	BB	500	yd	Freestyle	6:27.49/	10
11	23:07.29/	Open	BB	1650	yd	Freestyle	22:37.49/	12

SATURDAY: CCAQ

GIRLS	min/max	age		distance		stroke	min/max	BOYS
13*	5:56.79/	11-12	BB	400	yd	IM - MIXED	5:46.39/	13*
14		5-8		100	yd	Freestyle		15
16		11-12		100	yd	Freestyle		17
18		7-10		100	yd	Freestyle		19
20		5-8		25	yd	Freestyle		21
22		11-12		50	yd	Butterfly		23
24		7-10		50	yd	Butterfly		25
26		5-8		50	yd	Butterfly		27
28		11-12		100	yd	Breaststroke		29
30		7-10		100	yd	Breaststroke		31
32		5-8		50	yd	Backstroke		33
34		11-12		50	yd	Backstroke		35
36		7-10		50	yd	Backstroke		37
38		5-8		25	yd	Backstroke		39
40		11-12		200	yd	IM		41
42		5-8		100	yd	IM		43
44	Deck Entered	11-12		200	yd	Freestyle Relay	Deck Entered	45
46		7-10		200	yd	Freestyle Relay		47
48		5-8		100	yd	Freestyle Relay		49
50*	13:44.69/	11-12	BB	1000	yd	Freestyle - MIXED	13:30.19/	50*

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

GIRLS	min/max	age		distance		stroke	min/max	BOYS
51*	5:37.59/	13-up	BB	400	yd	IM	5:17.09/	52*

53		13-14		50	yd	Freestyle		54
55		15-up		50	yd	Freestyle		56
57		13-14		100	yd	Backstroke		58
59		15-up		100	yd	Backstroke		60
61		13-14		200	yd	Freestyle		62
63		15-up		200	yd	Freestyle		64
65	Deck Entered	13-14		200	yd	Freestyle Relay	Deck Entered	66
67		15-up		200	yd	Freestyle Relay		68
69*	13.01.79/	13-up	BB	1000	yd	Freestyle	12:23.89/	70*

SUNDAY: CCAQ

GIRLS	min/max	age		distance		stroke	min/max	BOYS
71		11-12		200	yd	Freestyle		72
73	3:18.99/	7-10	B	200	yd	Freestyle	3:06.69/	74
75		5-8		50	yd	Breaststroke		76
77		11-12		50	yd	Breaststroke		78
79		7-10		50	yd	Breaststroke		80
81		5-8		25	yd	Breaststroke		82
83		11-12		50	yd	Freestyle		84
85		7-10		50	yd	Freestyle		86
87	2:43.99/	11-12	BB	200	yd	Backstroke	2:39.69/	88
89		5-8		50	yd	Freestyle		90
91		11-12		100	yd	Butterfly		92
93		7-10		100	yd	Butterfly		94
95		5-8		25	yd	Butterfly		96
97		11-12		100	yd	Backstroke		98
99		7-10		100	yd	Backstroke		100
101		11-12		100	yd	IM		102
103		7-10		100	yd	IM		104
105	Deck Entered	11-12		200	yd	Medley Relay	Deck Entered	106
107		7-10		200	yd	Medley Relay		108
109		5-8		100	yd	Medley Relay		110

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

GIRLS	min/max	age		distance		stroke	min/max	BOYS
111		13-14		200	yd	IM		112
113		15-up		200	yd	IM		114
115		13-14		100	yd	Freestyle		116
117		15-up		100	yd	Freestyle		118
119		13-14		100	yd	Breaststroke		120
121		15-up		100	yd	Breaststroke		122
123*	2:34.89/	13-up	BB	200	yd	Backstroke	2:25.09/	124*
125		13-14		100	yd	Butterfly		126
127		15-up		100	yd	Butterfly		128
129	Deck Entered	13-14		200	yd	Medley Relay	Deck Entered	130
131		15-up		200	yd	Medley Relay		132

133*	6:18.69/	13-up	BB	500	yd	Freestyle	5:58.99/	134*
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