

FAC Veterans Day BRW

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. **19-346**

Sponsored By: FAC & Eastern Committee

Received by deadline: 5:00 pm, Wednesday October 30, 2019

Date of Meet: November 8-10, 2019

Friday: Warm up at 4:00 pm, Start of meet 5:00pm

Saturday and Sunday: Warm-up: 7:00 am Start of meet 8:30 am

POOL: Fontana Park Aquatics Center, 15556 Summit Ave. Fontana 92336. (at the corner of Knox Ave)

DIRECTIONS: From the 15 fwy, exit Summit Ave and go east. Turn north at Knox then left into the Aquatic Center parking. From the 210 fwy eastbound, turn north onto the 15 fwy and exit Summit as above; from the 210 westbound, exit Citrus and turn right, then left at Summit, right at Knox.

COURSE: Outdoor 25 yd x 44 meter pool with 8 competition lanes and 4 warm-up lanes. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming. Pool depth: start end In 1: 12' In 8 7', turn end In1 12' in 8 7'.

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. Lisa Fredrick charfigirl88@yahoo.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 November 8, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 400y or longer are requested to furnish their own timers for three heats and lap counters. 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 (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: Athletes who hold 2019 USA Swimming Registration. The following teams from the Eastern Committee: BLSC, CCAQ, CCCC, CHWP, DSRT, DUCK, FSON, HAD, HILL, JET, MBA, SCOR, 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. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. All athletes 18 years of age and older must complete the online Athlete Protection Training (APT), to compete in the meet.**

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**). For seeding purposes only, after entries close Meet Administration will convert non-conforming 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.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons 1st - 6th 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*. 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. Prior to entry deadline 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, October 30, 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: Meet processor info

Darlys Ankeney
2918 Laureltree Dr.
Ontario, CA 91761

Email for team electronic entries only: darlys.ankeney@gmail.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

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.

FAC Veterans Day BRW Meet

November 8 - 10, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM: October 30, 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 FAC only for both meets at Fontana Aquatics Center

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	BR	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
13	1:46.10/	5-8	BR	100 yd	Freestyle	1:42.00/	13
		11-12	BRW	100 yd	Freestyle		14
15		7-10	BRW	100 yd	Freestyle		16
17		5-8	BRW	25 yd	Freestyle		17
		11-12	BRW	50 yd	Butterfly		18
19		7-10	BRW	50 yd	Butterfly		20
21	55.60/	5-8	BR	50 yd	Butterfly	56.40/	21
		11-12	BRW	100 yd	Breaststroke		22
23		7-10	BRW	100 yd	Breaststroke		24
25	57.80/	5-8	BR	50 yd	Backstroke	56.30/	25
		11-12	BRW	50 yd	Backstroke		26
27		7-10	BRW	50 yd	Backstroke		28
29		5-8	BRW	25 yd	Backstroke		29
	3:01.30/	11-12	BR	200 yd	IM	3:01.70/	30
31		5-8	BRW	100 yd	IM		31
32	Deck Entered	7-10	BRW	200 yd	Freestyle Relay	Deck Entered	33
		11-12	BRW	200 yd	Freestyle Relay		34
35		5-8	BRW	100 yd	Freestyle Relay		35

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

36	5:48.20/	OPEN		400 yd	IM	5:48.90/	37
38		11-12	BRW	50 yd	Backstroke		
39	3:08.80/	OPEN		200 yd	Breaststroke	3:09.00/	40
41		11-12	BRW	50 yd	Freestyle		
42		13-14	BRW	50 yd	Freestyle		43
44		15-up	BRW	50 yd	Freestyle		45
46		11-12	BRW	50 yd	Breaststroke		
47		13-14	BRW	100 yd	Breaststroke		48
49		15-up	BRW	100 yd	Breaststroke		50
51		11-12	BRW	200 yd	Freestyle		
52		13-14	BRW	200 yd	Freestyle		53
54		15-up	BRW	200 yd	Freestyle		55
56		11-12	BRW	100 yd	IM		
57	Deck Entered	13-14	BRW	200 yd	Freestyle Relay	Deck Entered	58
59		11-12	BRW	200 yd	Freestyle Relay		
60		15-up	BRW	200 yd	Freestyle Relay		61
62	12:58.60/	OPEN		1000 yd	Freestyle	13:09.80/	63

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 116-117, not both

No awards for open events.

SUNDAY

GIRLS	min/max	age		distance	stroke	min/max	BOYS
		11-12	BRW	200 yd	Freestyle		64
65	2:56.80/	7-10	BR	200 yd	Freestyle	2:56.50/	66
67	1:02.80/	5-8	BR	50 yd	Breaststroke	1:01.20/	67
		11-12	BRW	50 yd	Breaststroke		68
69		7-10	BRW	50 yd	Breaststroke		70
71		5-8	BRW	25 yd	Breaststroke		71
		11-12	BRW	50 yd	Freestyle		72
73		7-10	BRW	50 yd	Freestyle		74
75	48.60/	5-8	BR	50 yd	Freestyle	47.30/	75
		11-12	BRW	100 yd	Butterfly		76
77		7-10	BRW	100 yd	Butterfly		78
79		5-8	BRW	25 yd	Butterfly		79
		11-12	BRW	100 yd	Backstroke		80
81		7-10	BRW	100 yd	Backstroke		82
		11-12	BRW	100 yd	IM		83
84		7-10	BRW	100 yd	IM		85
	Deck Entered	11-12	BRW	200 yd	Medley Relay	Deck Entered	86
87		7-10	BRW	200 yd	Medley Relay		88
88		5-8	BRW	100 yd	Medley Relay		89

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

90	3:01.30/	11-12	BR	200 yd	IM	3:01.70/	
91		13-14	BRW	200 yd	IM		92
93		15-up	BRW	200 yd	IM		94
95		11-12	BRW	100 yd	Freestyle		
96		13-14	BRW	100 yd	Freestyle		97
98		15-up	BRW	100 yd	Freestyle		99
100		11-12	BRW	50 yd	Butterfly		
101		13-14	BRW	100 yd	Backstroke		102
103		11-12	BRW	100 yd	Backstroke		
104		15-up	BRW	100 yd	Backstroke		105
106		11-12	BRW	100 yd	Butterfly		
107		13-14	BRW	100 yd	Butterfly		108
109		15-up	BRW	100 yd	Butterfly		110
111		11-12	BRW	100 yd	Breaststroke		
112	Deck Entered	13-14	BRW	200 yd	Medley Relay	Deck Entered	113
114		15-up	BRW	200 yd	Medley Relay		115
116		11-12	BRW	200 yd	Medley Relay		
117	6:24.60/	OPEN		500 yd	Freestyle	6:29.80/	118