

SOUTHERN CALIFORNIA SWIMMING SENIOR SC INVITATIONAL hosted by GWSC



Refer to event page for minimum time standards for each event.

There are no maximum time standards for this meet.

November 20, 2022

Due received by 5 PM, Wednesday, November 16



SANCTIONED BY: USA Swimming and Southern California Swimming (CA)

SANCTION NUMBER: #S22-287
TIMED FINAL EVENT

START TIMES: **Sunday session #1 – 9:00 am.**
Sunday session #2 – 1:00 pm.

WARMUP TIMES: Pool will be open for morning session at 7:30 AM on Sunday; Warm-ups for the afternoon session will begin at the conclusion of the morning session and not before 11:30 AM.

POOL: GOLDEN WEST COLLEGE POOL, 15744 GOLDENWEST ST., HUNTINGTON BEACH, CA, 92647 Take 405 freeway north or south to Goldenwest Street. Go south on Goldenwest Street. past McFadden to Golden West College. Park in Lot A, Sections 1-2 near the tennis courts for quick access to the pool. Additional parking available on Gothard, 1 block east of Goldenwest Street.

COURSE: GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurement at Start and Turn End: 4' – 9'.

MEET CONDUCT

WARM-UP: USA-S warm-up policies will be enforced by the officials. There will be no diving into the warm-up or competition pools except into a designated sprint lane or lanes as directed by the Meet Referee. Any additional warm-up rules will be announced and/ or posted. Marshals from Lakewood Aquatics will oversee all warm-up areas. **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, **Paul Szuszkiewicz, e-mail: pszsz@hotmail.com**

RULES: USA-S Rules will govern. After an event has been officially closed, a swimmer may not check-in or scratch. All events will be run fastest to slowest. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee. **All coaches and officials must have completed the CDC or NFHS online 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 acknowledgment and consent to this fact. **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 CHANGING: Changing into or out of swimsuits, other than in locker rooms or other designated areas, is prohibited.

DRONES: Operations of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches areas, spectator area and open ceiling locker rooms, patio at time athletes coaches, officials and/or spectators are present.

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.

ENTRY INFORMATION

ENTRY LIMIT: A swimmer may enter all events for which the time standard has been met and can be verified up to a maximum of six (6) events.

ELIGIBILITY AND AFFILIATION: This meet is open to athletes who hold current 2022 or 2023 USA Swimming registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet. Athletes 18 & Up must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete.

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: Submit actual times achieved for each event. **Swimmers must have achieved the time standard after 9/1/21.** No workout times will be accepted. Do not submit NT (No Time) or ET (Estimated Time) entries. All entry times will be verified in the USA-S SWIMS 3.0 database. Times not in SWIMS are provable only with official results and are subject to approval by SCS. Discrepancies in submitted times may lead to disciplinary action. If a standard is achieved in Long Course Meters, enter that event with the Long Course Meters time which should be indicated on the entry by "L". If a standard is achieved in Short Course Yards, enter that event with the Short Course Yards time which should be indicated on the entry by "Y". "L" or "Y" must be indicated on the proof of time sheet. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day. **NOTE:** Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USASwimming sanctioned competition, (b) a USASwimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time.

AWARDS: There will be no awards for this meet.

ENTRY FORMAT: Club electronic entry is encouraged. Individual event fee of \$6.50 per individual event plus \$20.00 surcharge per must accompany each entry in the form of a single check per team. Full payment must be postmarked within 48 hours of an e-mail entry. Full payment must accompany all manual entries. Returned checks will incur a service fee per SCS policy. If submitting a Southern California Consolidated Entry Card for a swimmer, the card must be completely filled out including the entire USA-S registration number. Checks should be made payable to Golden West Swim Club and mailed to the address below. Teams are advised to enclose a self-addressed and stamped envelope or postcard for return receipt. **Please note that no certified, registered, or special delivery mail will be accepted.** Receipt of entry will not be confirmed by phone or e-mail.

ELECTRONIC ENTRY: E-mail entry (entry.zipfile) will be accepted **ONLY** when received with an attached Word or .pdf file including electronic signature of the coach and will be dated at that time (i.e., 5PM postmark would queue before a 10PM electronic). Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the Meet Administrator by the entry deadline. Added events for entered swimmers may be submitted by hard copy (including e-mail) **ONLY**. New swimmers will be accepted on a **SPACE AVAILABLE** basis. **DO NOT RE-SEND AN ENTRY FILE.** A replacement file for any team will **NOT** be processed. Deletions will **NOT** be refunded.

MAKE CHECKS PAYABLE TO:

Golden West Swim Club

**Mail To: Patty Garcia
2046 Azure Cove Unit 2
Chula Vista, CA 91915**

ELECTRONIC ENTRY FILE (entry.zip): meetprocessor@gmail.com

**For further information, contact Coach Tracy Maurer, GWSC,
e-mail: coach.tracy@goldenwestswimclub.org**

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November 20, 2022

Entries: Due received by 5 PM, Wednesday, November 16



Start Times: SUN AM Session 9:00 AM
SUN PM Session 1:00 PM

Warm-up Times: SUN AM Session 7:30 AM
SUN PM Session 11:30 PM

Event #	Automatic Time		Sunday AM Events	Automatic Time		Event #
	Meters	Yards		Yards	Meters	
1	1:22.39	1:12.09	100 BREASTSTROKE	1:04.69	1:14.29	2
3	2:33.89	2:18.09	200 BUTTERFLY	2:04.99	2:20.59	4
5	2:19.69	2:02.99	200 FREESTYLE	1:52.39	2:08.49	6
7	2:38.39	2:18.69	200 INDIVIDUAL MEDLEY			**
**			400 INDIVIDUAL MEDLEY	4:29.09	5:06.79	8
9	29.89	26.39	50 FREESTYLE	23.59	26.99	10
11	1:12.39	1:03.39	100 BACKSTROKE	57.19	1:06.09	12
**			500 FREESTYLE	5:36.29		13
14		12:47.19	1000 FREESTYLE			**

Event #	Automatic Time		Sunday PM Events	Automatic Time		Event #
	Meters	Yards		Yards	Meters	
15	1:10.19	1:02.79	100 BUTTERFLY	56.19	1:03.49	16
17	2:57.79	2:36.59	200 BREASTSTROKE	2:20.99	2:40.99	18
19	1:04.79	56.69	100 FREESTYLE	51.29	58.49	20
21	5:33.89	4:55.39	400 INDIVIDUAL MEDLEY			**
**			200 INDIVIDUAL MEDLEY	2:05.99	2:24.19	22
23	2:35.39	2:15.89	200 BACKSTROKE	2:03.99	2:22.69	24
25		6:07.39	500 FREESTYLE			**
**			1650 FREESTYLE	21:10.69		26

A swimmer can swim no more than 6 individual events per day. A swimmer may enter any event for which the time standard has been met and can be verified. A swimmer who meets the automatic time standard for 1, 2 or 3 individual events may enter the event(s) and up to 2 bonus; a swimmer who meets the automatic time standard for four events may enter one additional bonus event; a swimmer meeting the automatic time standard in five or more events must prove all events entered. All events are timed final events and will be swum slow to fast. The 1000 Freestyle and the 1650 freestyle will be swum fastest to slowest Swimmers in the 1000 Freestyle and 1650 Freestyle should be prepared to supply a timer for three heats as well as providing their own lap counter.