

# RAA BR SC Swim Meet

October 15-17, 2021

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

**Sanction No.** #S21-198  
**Received by deadline:** 5:00 pm, Wednesday, Oct. 6, 2021

**Start of Meet:** 5:00 pm Friday night @ RAA  
830 am, Saturday & Sunday @ RAA  
**Warm-up:** 4:00 pm Friday, 7:00 am Saturday & Sunday

**POOL:** Sippy Woodhead Pool, 2060 University Ave, Riverside, CA 92507

**DIRECTIONS:** Corner of Kansas and University. Exit the 91 east freeway at University. Go east approximately 1 mile to Kansas. From the 60 west freeway, exit on University and go west approximately 2 miles to Kansas. Pool is adjacent to the ball fields. From the 91 west freeway, exit Mission Inn Ave. Go east to Park Ave. Go south to University. Go east approximately 1 mile to Kansas.

**COURSE:** Outdoor 25-yard x 50 meter pool with **9** competition lanes. Warm-up lanes will be available during the meet. Pool depth: start end 7-9', turn end 7-9'. 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 (jtrothlein@gmail.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 **October 15, 2021**, to enter this meet. Swimmers competing in the 500, 1000 and 1650 freestyle events will be provided lap counters when used. Events will be swum fastest to slowest. All coaches on deck 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:** Please see USA Swimming Rule 102.8 in the 2021 USA Swimming Rule Book (page 32-34). Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. **Tech suits may be worn by athletes 13 years of age or older.**

**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 **2021 or 2022** USA Swimming Registration. SCS athletes must be members of the **Eastern Committee** to participate. 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.**

**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.

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### 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 Limit:** A swimmer may swim no more than **FOUR (4)** individual events per day and (1) Relay. **Entries will be processed in the order of first received, first entered.**

**ENTRY FEES:** \$4.00 for each **INDIVIDUAL EVENT** along with a **\$10.50 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.** 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.**

**Please make Checks payable to: Riverside Aquatics Association**

**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, October 6, 2021. 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.**

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.

**Please make Checks payable to: Riverside Aquatics Association**

**Mail entries to:** Julie Fredericks – PO Box 624 Yucaipa, CA 92399

**Electronic entries to:** Julie Fredericks – fredies6@hotmail.com

**Meet Information:** Kevin Timko – Kevintimkoraa@gmail.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.

## **RAA BR SC Swim Meet**

### **October 15-17, 2021**

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

**MAAP 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 which will remain in place through July 31, 2021.

**MANDATORY WAIVERS/SURVEY:** All athletes, coaches, timers, and volunteers must have the following waiver signed and on file prior to competition:

- Hold Harmless Waiver

As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

**Special COVID 19 Procedures and guidelines in affect:**

- There will be two timers per lane separated by a chair.

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- ENTRIES RECEIVED BY 5:00 PM: Oct 6th, 2021 (Monday)
- 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 RED time to enter)
- Must be at least 11 years of age for open events with 11-12 BLUE minimum time.
- 11-12 may swim 500 Free one-time only, either with the 11-12 age group or the OPEN event at the end of Sunday.
- \*\*\*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. Lap counters will be provided.
- Relays will be swum time permitting.

FRIDAY HOST: RAA								
GIRLS	min/max	age		distance		stroke	min/max	BOYS
1	3:08.80/	OPEN		200	yd	Breaststroke	3:09.00/	2
3	3:23.50/	7-10	BR	200	yd	IM	3:24.50/	4
5	5:48.20/	OPEN		400	yd	IM	5:48.90/	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: RAA								
GIRLS	min/max	age		distance		stroke	min/max	BOYS
		11-12	BR	200	yd	IM	3:01.70/	13
14	2:56.80	7-10	BR	200	yd	Freestyle	2:56.50/	15
16	1:46.10/	5-8	BR	100	yd	Freestyle	1:42.00/	17
		11-12	BR	100	yd	Breaststroke	1:37.10	18
19	49.80/	7-10	BR	50	yd	Breaststroke	49.80/	20
21	1:02.80/	5-8	BR	50	yd	Breaststroke	1:01.20/	22
		11-12	BR	100	yd	Freestyle	1:12.20/	23
24	1:21.50/	7-10	BR	100	yd	Freestyle	1:21.00/	25
26	21.70/	5-8	BR	25	yd	Freestyle	21.10/	27
		11-12	BR	200	yd	Butterfly	3:02.60/	28
29	41.80/	7-10	BR	50	yd	Butterfly	41.60/	30
		11-12	BR	50	yd	Butterfly	37.70/	31
32	55.60/	5-8	BR	50	yd	Butterfly	56.40/	33
		11-12	BR	50	yd	Backstroke	40.00/	34
35	1:36.80/	7-10	BR	100	yd	Backstroke	1:37.00	36
37	26.60/	5-8	BR	25	yd	Backstroke	25.90/	38
	3:01.40/	11-12	BR	200	yd	Backstroke	3:07.30/	39
40	Deck Entered	5-8	BR	200	yd	Freestyle Relay	Deck Entered	41
42		7-10	BR	100	yd	Freestyle Relay		43
		11-12	BR	200	yd	Freestyle Relay		44
	*****Minimum 45 Minute break *****							
45	3:01.40/	11-12	BR	200	yd	Backstroke	3:07.30/	

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*46	2:54.50/	13-up	BR	200	yd	Backstroke	2:45.10/	*47
48	39.60/	11-12	BR	50	yd	Backstroke		
49	1:31.00/	13-14	BR	100	yd	Breaststroke	1:26.30/	50
51	1:37.00/	11-12	BR	100	yd	Breaststroke		
52	1:31.60/	15-up	BR	100	yd	Breaststroke	1:22.70/	53
54	3:01.30/	11-12	BR	200	yd	IM		
55	2:50.90/	13-14	BR	200	yd	IM	2:42.60/	56
57	2:52.10/	15-up	BR	200	yd	IM	2:34.70/	58
59	1:12.70/	11-12	BR	100	yd	Freestyle		
60	1:09.10/	13-14	BR	100	yd	Freestyle	1:05.00/	61
62	1:08.50/	15-up	BR	100	yd	Freestyle	1:02.60/	63
64	2:58.10/	11-12	BR	200	yd	Butterfly	3:02.60/	
*65	2:55.10/	13-up	BR	200	yd	Butterfly	2:47.30/	*66
67	37.40/	11-12	BR	50	yd	Butterfly		
68	Deck Entered	13-14	BR	200	yd	Freestyle Relay	Deck Entered	69
70		15-up	BR	200	yd	Freestyle Relay		71
72		11-12	BR	200	yd	Freestyle Relay		
73	12:58.60/	OPEN		1000	yd	Freestyle	13:09.80/	74

SUNDAY: RAA								
GIRLS	min/max	age		distance		stroke	min/max	BOYS
		11-12	BR	200	yd	Freestyle	2:37.80/	75
76	2:01.40/	5-8	BR	100	yd	IM	1:58.20/	77
78	1:34.40/	7-10	BR	100	yd	IM	1:34.80/	79
		11-12	BR	100	yd	IM	1:24.70/	80
81	48.60/	5-8	BR	50	yd	Freestyle	47.30/	82
83	37.00/	7-10	BR	50	yd	Freestyle	37.20/	84
		11-12	BR	50	yd	Freestyle	33.60/	85
86	25.60/	5-8	BR	25	yd	Butterfly	25.60/	87
88	1:37.40/	7-10	BR	100	yd	Butterfly	1:37.60/	89
		11-12	BR	100	yd	Butterfly	1:25.30/	90
91	57.80/	5-8	BR	50	yd	Backstroke	56.30/	92
93	44.30/	7-10	BR	50	yd	Backstroke	44.20/	94
		11-12	BR	100	yd	Backstroke	1:28.00/	95
96	28:80/	5-8	BR	25	yd	Breaststroke	28:00/	97
98	1:49.10/	7-10	BR	100	yd	Breaststroke	1:49.70/	99
		11-12	BR	50	yd	Breaststroke	44.80/	100
101	Deck Entered	5-8	BR	100	yd	Medley Relay	Deck Entered	102
103		7-10	BR	200	yd	Medley Relay		104
		11-12	BR	200	yd	Medley Relay		105
*****Minimum 45 Minute break *****								

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106	2:37.20/	11-12	BR	200	yd	Freestyle		
107	2:28.40/	13-14	BR	200	yd	Freestyle	2:22.80/	108
109	44.50/	11-12	BR	50	yd	Breaststroke		
110	2:28.80/	15-up	BR	200	yd	Freestyle	2:16.20/	111
112	1:25.20/	11-12	BR	100	yd	Backstroke		
113	1:21.00/	13-14	BR	100	yd	Backstroke	1:18.00/	114
115	1:21.50/	15-up	BR	100	yd	Backstroke	1:14.50/	116
117	33:50/	11-12	BR	50	yd	Freestyle		
118	31.90/	13-14	BR	50	yd	Freestyle	30.00/	119
120	31.90/	15-up	BR	50	yd	Freestyle	28.90/	121
122	1:23.00/	11-12	BR	100	yd	Butterfly		
123	1:17.40/	13-14	BR	100	yd	Butterfly	1:13.80/	124
125	1:17.50/	15-up	BR	100	yd	Butterfly	1:11.00	126
127	1:24.70	11-12	BR	100	yd	IM		
128	Deck Entered	13--14	BR	200	yd	Medley Relay	Deck Entered	129
130		15-up	BR	200	yd	Medley Relay		131
132		11-12	BR	200	yd	Medley Relay		
133	6:24.60	Open		500	yd	Freestyle	6:29.80	134