

YST A/BB/B JAG Last Ditch June 2-4, 2023

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S23-173

Sponsored By: YST & Eastern Committee

Received by deadline: 5:00 pm, Wed. May 24, 2023

Warm-up: 4:00 pm Friday, 7:00 am Saturday & Sunday

Start of Meet: 5:30 pm Friday, 8:30 am Saturday &

POOL: Crafton Hills College, 11711 Sand Canyon Rd, Yucaipa, CA 92399. Parking lot J.

NO dogs allowed on campus.

Parking info below:

\$10 weekend pass is available online, \$5 daily passes will need to be purchased upon entering, cash only.

COURSE: Outdoor 50 meter x 25 yard with 7 competition lanes and 1 warm up lane. Pool depth: 7'. 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, Paul Szuszkiewicz (pszs@hotmai.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. 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 June 2nd, 2023, to enter this meet. Swimmers competing in the 800 and 1500 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. All coaches and officials must have completed the CANRA Mandatory Reporting Class.

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.

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 2023 USA Swimming Registration. SCS athletes must be a member of an Eastern Committee Team. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age, all athletes 18 years or older 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: 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.

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.**

AWARDS: A/BB/B/C Division: Ribbons 1st - 6th place

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. Returned checks will incur a service fee. [Please make Checks payable to: Yucaipa Swim Team](#)

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 Individual 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 May 24, 2023. 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: [Yucaipa Swim Team](#)
Mail entries to: Julie Fredericks – PO Box 624, Yucaipa, CA 92399
Hand Delivered to: 36609 Park View Terrace, Yucaipa, CA 92399
Electronic entries to: Julie Fredericks – fredies6@hotmail.com
Meet Information: Shelby Hernandez - ystcoachshelby@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.

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 2.0"), 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.

YST Long Course JAG Last Ditch

Hosted by YST June 2-4

Friday Session 1

GIRLS	Min	AGE				STROKE	Min	BOYS
1	6:23.89	11-12	B	400	m	Freestyle	6:15.49	2
3	4:09.39	5-10	B	200	m	IM	4:06.19	4
5	3:24.89	11/up	B	200	m	Butterfly	3:20.49	6
7		13/up		400	m	IM		8
9	25:45.79	11/up	B	1500	m	Freestyle	25:13.59	10

Saturday Session 2

GIRLS	Min	AGE				STROKE	Min	BOYS
11	3:52.59	11-12	B	200	m	Breaststroke	3:44.69	12
13	1:41.99	5-10	B	100	m	Freestyle	1:40.59	14
15	1:24.09	11-12	B	100	m	Freestyle	1:21.29	16
17	1:00.49	5-10	B	50	m	Breaststroke	59.69	18
19	48.99	11-12	B	50	m	Breaststroke	48.99	20
21	1:59.19	5-10	B	100	m	Backstroke	1:55.99	22
23	1:38.69	11-12	B	100	m	Backstroke	1:35.49	24
25	53.39	5-10	B	50	m	Butterfly	51.79	26
27	41.29	11-12	B	50	m	Butterfly	41.89	28
29	3:26.09	11-12	B	200	m	IM	3:23.79	30
31	Deck	5-10		200	m	Free Relay	Deck	32
33	Entered	11-12		200	m	Free Relay	Entered	34
35	13:24.09	11-12	B	800	m	Freestyle	13:11.69	36

Saturday Session 3

GIRLS	Min	AGE				STROKE	Min	BOYS
37		13-14		200	m	Freestyle		38
39		15-up		200	m	Freestyle		40
41		13-14		100	m	Backstroke		42
43		15-up		100	m	Backstroke		44
45		13-14		50	m	Freestyle		46
47		15-up		50	m	Freestyle		48
49		13-14		200	m	Breaststroke		50
51		15-up		200	m	Breaststroke		52
53	Deck	13-14		200	m	Free Relay	Deck	54
55	Entered	15-up		200	m	Free Relay	Entered	56
57		13/up		400	m	Freestyle		58

ENTRIES RECEIVED BY 5:00 PM: May 24th, 2023

Events will be swum fastest to slowest.

Times submitted must be best recorded times short or long course

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

Relays swum time permitting. Maximum 4 individual events per day

Swimmers should provide their own timers and/or lap counters for 800/1500 free .

400, 800, 1500 free will be swum alternating girls and boys

Sunday Session 4

GIRLS	Min	AGE				STROKE	Min	BOYS
59	2:14.79	5-10	B	100	m	Breaststroke	2:09.39	60
61	1:48.89	11-12	B	100	m	Breaststroke	1:46.59	62
63	3:45.79	5-10	B	200	m	Freestyle	3:33.49	64
65	3:02.29	11-12	B	200	m	Freestyle	2:57.49	66
67	54.89	5-10	B	50	m	Backstroke	55.29	68
69	43.99	11-12	B	50	m	Backstroke	43.69	70
71	2:09.99	5-10	B	100	m	Butterfly	2:07.09	72
73	1:36.19	11-12	B	100	m	Butterfly	1:33.99	74
75	44.09	5-10	B	50	m	Freestyle	43.59	76
77	38.39	11-12	B	50	m	Freestyle	37.29	78
79	3:24.49	11-12	B	200	m	Backstroke	3:19.49	80
81	Deck	5-10		200	m	Medley Relay	Deck	82
83	Entered	11-12		200	m	Medley Relay	Entered	84
85	7:19.69	11-12	B	400	m	IM	7:09.89	86

Sunday Session 5

GIRLS	Min	AGE				STROKE	Min	BOYS
87		13-14		100	m	Butterfly		88
89		15-up		100	m	Butterfly		90
91		13-14		200	m	IM		92
93		15-up		200	m	IM		94
95		13-14		100	m	Breaststroke		96
97		15-up		100	m	Breaststroke		98
99		13-14		200	m	Backstroke		100
101		15-up		200	m	Backstroke		102
103		13-14		100	m	Freestyle		104
105		15-up		100	m	Freestyle		106
107	Deck	13-14		200	m	Medley Relay	Deck	108
109	Entered	15-up		200	m	Medley Relay	Entered	110
111		13/up		800	m	Freestyle		112