

## YST 'SPRING FLING' LONG COURSE MEET

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. #S19-074

Sponsored By: YST & Eastern Committee

Received by deadline: 5:00 pm, Wednesday, March 27, 2019

Date of Meet: April 5-7, 2019

Start of Meet: 5:00 pm Friday, 8:30 am Saturday & Sunday

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

**POOL:** Crafton Hills College Aquatics Center - 11711 Sand Canyon Road, Yucaipa, CA 92399 **CLOSED DECK** - only athletes, officials, coaches, and volunteer workers will be permitted on deck. Teams are allowed one team photographer per session who must see YST & College Administrator prior to each session. **NO FOOD ALLOWED ON DECK.** Teams may set up tarps/EZ Ups in grass area only, no folding chairs or tarps/EZ Ups in spectator bleachers. Additional meet parking in lots I & H.

**DIRECTIONS:** From I-10 W, exit Yucaipa Blvd, turn left. From I-10 E, exit Yucaipa Blvd, turn right At Sand Canyon Rd/14th St, turn left. College entrance is on the right.

**COURSE:** Outdoor 50 meter x 25 yard with 7 competition lanes plus one lane will be open for warm-up/down throughout the meet. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming. Pool depth: start end 7', turn end 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.

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**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 April 5, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 400m 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 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](http://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 Eastern Committee athletes who hold 2019 USA Swimming Registration. 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.

**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 1<sup>st</sup> - 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> - 6<sup>th</sup> place Red Division: Ribbons 1<sup>st</sup> - 6<sup>th</sup> place  
Relays: Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> 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, March 27, 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: Julie Fredericks  
PO Box 624  
Yucaipa CA 92399

Email for team electronic entries only: [fredies6@hotmail.com](mailto:fredies6@hotmail.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.

## YST April Long Course Meet

**ENTRIES MUST BE RECEIVED BY 5:00 PM: March 27, 2019 (Wednesday)**

This meet is subject to the 4 hour rule per session. Relays swum time permitting.  
 Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.  
 Events will be swum fastest to slowest, starred events swum together awarded separately.  
 7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups  
 No awards for open events - swimmers must be at least 11 years old and meet time standard to compete in open events.

### Friday

GIRLS	MIN	AGE				STROKE	MIN	BOYS
1	3:49.30	7-10	BR	200	m	Medley	3:50.40	2
3	6:31.20	11-12	B	400	m	Medley	6:32.30	4
5*	6:55.11	13-14	BR	400	m	Medley	5:47.30	6*
5*	6:37.70	15-up	BR	400	m	Medley	1:03.80	6*
7	6:18.80	11-12	BR	400	m	Freestyle	6:18.10	8
9*	5:55.80	13-14	BR	400	m	Freestyle	5:44.30	10*
9*	5:47.60	15-up	BR	400	m	Freestyle	5:26.40	10*

### Saturday

GIRLS	MIN	AGE				STROKE	MIN	BOYS
		11-12	BR	200	m	Freestyle	2:58.40	11
12	3:19.30	7-10	BR	200	m	Freestyle	3:19.00	13
		11-12	B	200	m	Butterfly	3:07.20	14
15	1:05.30	5-8	BR	50	m	Backstroke	1:03.80	16
		11-12	BR	50	m	Backstroke	45.80	17
18	50.60	7-10	BR	50	m	Backstroke	50.50	19
		11-12	BR	50	m	Freestyle	37.60	20
21	41.90	7-10	BR	50	m	Freestyle	41.50	22
23	54.70	5-8	BR	50	m	Freestyle	53.30	24
		11-12	BR	100	m	Breaststroke	1:49.20	25
26	2:02.40	7-10	BR	100	m	Breaststroke	2:03.10	27
		11-12	B	200	m	Backstroke	3:11.80	28
29	Deck Entered	5-8		200	m	Free Relay	Deck Entered	30
31		7-10		200	m	Free Relay		32
		11-12		200	m	Free Relay		33
*****45 MINUTE BREAK*****								
34	3:09.20	11-12	B	200	m	Backstroke		
35*	3:19.60	13-14	BR	200	m	Backstroke	3:09.20	36*
35*	3:12.70	15-up	BR	200	m	Backstroke	3:00.70	36*
37	3:05.70	11-12	B	200	m	Butterfly		
38		13-14	BRW	100	m	Butterfly		39
40		15-up	BRW	100	m	Butterfly		41
42	45.40	11-12	BR	50	m	Backstroke		
43		13-14	BRW	50	m	Freestyle		44
45	38.00	11-12	BR	50	m	Freestyle		
46		15-up	BRW	50	m	Freestyle		47
48	2:57.70	11-12	BR	200	m	Freestyle		
49		13-14	BRW	200	m	Freestyle		50
51		15-up	BRW	200	m	Freestyle		52
53	1:49.10	11-12	BR	100	m	Breaststroke		
54		13-14	BRW	100	m	Breaststroke		55
56		15-up	BRW	100	m	Breaststroke		57
58	50.20	11-12	BR	50	m	Breaststroke		
59	Deck Entered	13-14		200	m	Free Relay	Deck Entered	60
61		15-up		200	m	Free Relay		62
63		11-12		200	m	Free Relay		

### Sunday

GIRLS	MIN	AGE				STROKE	MIN	BOYS
		11-12	B	200	m	Breaststroke	3:31.20	64
65	1:02.40	5-8	BR	50	m	Butterfly	1:03.20	66
		11-12	BR	50	m	Butterfly	42.70	67
68	47.20	7-10	BR	50	m	Butterfly	47.00	69
		11-12	BR	200	m	IM	3:25.30	70
71	1:59.20	5-8	BR	100	m	Freestyle	1:54.60	72
		11-12	BR	100	m	Freestyle	1:22.00	73
74	1:32.00	7-10	BR	100	m	Freestyle	1:31.60	75
76	1:10.30	5-8	BR	50	m	Breaststroke	1:08.50	77
		11-12	BR	50	m	Breaststroke	49.80	78
79	56.00	7-10	BR	50	m	Breaststroke	56.00	80
		11-12	BR	100	m	Backstroke	1:39.00	81
82	1:50.30	7-10	BR	100	m	Backstroke	1:50.50	83
		11-12	BR	100	m	Butterfly	1:36.10	84
85	1:49.70	7-10	BR	100	m	Butterfly	1:49.80	86
	Deck Entered	11-12		200	m	Medley Relay	Deck Entered	87
88		7-10		200	m	Medley Relay		89
90		5-8		200	m	Medley Relay		91
*****45 MINUTE BREAK*****								
92	41.90	11-12	BR	50	m	Butterfly		
93*	3:17.40	13-14	BR	200	m	Butterfly	3:08.90	94*
93*	3:13.00	15-up	BR	200	m	Butterfly	2:54.80	94*
95	1:37.60	11-12	BR	100	m	Backstroke		
96		13-14	BRW	100	m	Backstroke		97
98		15-up	BRW	100	m	Backstroke		99
100	3:31.00	11-12	B	200	m	Breaststroke		
101*	3:43.00	13-14	BR	200	m	Breaststroke	3:33.00	102*
101*	3:41.90	15-up	BR	200	m	Breaststroke	3:20.40	102*
103	1:35.30	11-12	BR	100	m	Butterfly		
104		13-14	BRW	100	m	Freestyle		105
106		15-up	BRW	100	m	Freestyle		107
108	1:22.40	11-12	BR	100	m	Freestyle		
109		13-14	BRW	200	m	IM		110
111		15-up	BRW	200	m	IM		112
113	3:25.00	11-12	BR	200	m	IM		
114	Deck Entered	13-14		200	m	Medley Relay	Deck Entered	115
116		15-up		200	m	Medley Relay		117
118		11-12		200	m	Medley Relay		