

# **Conejo Simi Swim Club 40th Annual ALL WESTERN MEMORIAL DAY LONG COURSE INVITATIONAL Friday, May 26th – Sunday, May 28th, 2017**

**Sanctioned By:** USA-Swimming & Southern California Swimming   **Sanction Number:** S17-187

**Sponsored By:** Conejo Simi Swim Club                   **Entry Deadline:** 5PM May 17th, 2017

**Pool:** California Lutheran University, Samuelson Aquatics Center, 60 W. Olsen, Thousand Oaks, CA

**Eligibility:** Open to 2017 USA Swimming registered swimmers. Registration application must be received by **Wednesday, May 17th at 5pm** 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.

**Facility:** Cal Lutheran University, Samuelson Aquatics Center, 60 West Olsen Rd., Thousand Oaks, CA. Pool is an outdoor 25-yard by 50 meter pool with up to 8 competition lanes. If number of entries warrants, four lanes of a separate 8-lane 25 yard pool will be available for warm-up/warm-down during competition. The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 14 feet, at turn end: 7 feet.

**Directions:** From 101 freeway, take 23 North, exit Olsen Rd and head west toward Thousand Oaks. Pool approximately 3 miles on right.

**Meet Start Times:** Friday Session: 5:00PM. Saturday/Sunday AM session: 9:00 AM. Saturday/Sunday PM session: will not start prior to 12:00PM. Check-in/warm-up 45 minutes prior to start.

**Warm-up Procedures:** Warm-up on Friday will start at 4:00PM. Controlled warm-ups will begin on Sat-Sun at 7:30AM in the competition pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups.

**Meet Referee:** The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

**Rules:** USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first 4 events will close one-half hour prior to the start of the session. Swimmers who check in and fail to swim an event will be scratched from their next individual event. Swimmers must compete in their actual age group as determined by age on the first day of the meet. Swimmers in OPEN events must be 11 years old and have previously achieved the minimum time standard for the event in a meet. Events will be run fast to slow. Swimmers are limited to 4 (FOUR) event per day.

**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.

**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.

**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 defined by the SCS Age Group Suit Restriction List will not be permitted at any time during this competition.**

**DECK CHANGES:** Deck Changes are prohibited.

**Change of Affiliation:** Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

**Submitted/Qualifying Times:** Times submitted must be BEST RECORDED TIMES short course or long course from this or preceding swim season (No work-out times). All non conforming times will be seeded last. "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

**Electronic Entry Procedure:** E-mail entry (entry.zip file) 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. (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.

**Entry Procedure:** NOTE: Electronic entry is preferred! Submit one SCS consolidated entry card per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming registration number. **You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry.** Receipt will not be verified by phone or e-mail. Recommend Postal Service Proof of Mailing. Do NOT use certified, registered or special delivery mail services.

**ENTRY FEES:** \$4 for each individual event along with a \$10.50 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.** 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.

**Scoring/Awards:**

- Blue Division & Open:** 21,19,18,17,16,15. Red Div: 14,12,11,10,9,8. White Div: 7,5,4,3,2,1. No scoring for relays.
- Ribbons will be awarded for 1st-6th place for swimmers 5-8, 9-10 and 11-12.
- Mike O'Brien Award** – winner of the boys and girls 1500 free, to be presented at the end of Friday's session
- Josh Mlakar Award** – fastest 100 butterfly, girl and boy (no age restriction); to be presented after the Saturday PM session
- Team High Point:** top team in each division (small, medium, large), size based on number of splashes. To be presented at end of Sunday PM session.

**Timing Assignments:** Clubs will be assigned lanes for timing; please advise meet processor if this is a team travel trip.

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, May 17<sup>th</sup>, 2017. **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:** CSSC Memorial Day Meet c/o  
Erica Johnson  
321 Cuyler Harbor Drive  
Camarillo, CA 93012

Email team electronic entries or questions to Erica Johnson: EricaJohnson.swim@gmail.com or (805)504-5093  
***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.***

## Order of Events

### FRIDAY SESSION, Start at 5:00PM

| GIRLS | METERS   | YARDS    | AGE     | EVENTS         | METERS   | YARDS    | BOYS |
|-------|----------|----------|---------|----------------|----------|----------|------|
| 1     | 6.31.20  | 5.48.20  | OPEN    | 400 IM         | 6.32.30  | 5.48.90  | 2    |
| 3     | 5.47.30  | 6.24.60  | 11-12** | 400 Freestyle  | 5.46.60  | 6.29.80  | 4    |
| 5     | 22.11.60 | 21.32.10 | OPEN    | 1500 Freestyle | 22.10.90 | 21.51.50 | 6    |

**\*\*11-12 Athletes may choose to swim the 400 free on either Friday OR Saturday**

### SATURDAY AM SESSION, Start at 9:00AM

| GIRLS | METERS  | YARDS   | AGE       | EVENTS          | METERS  | YARDS   | BOYS |
|-------|---------|---------|-----------|-----------------|---------|---------|------|
| 7     | 3.19.30 | 2.56.80 | 5-8*,9-10 | 200 Freestyle   | 3.19.00 | 2.56.50 | 8    |
| 9     | BRW     | BRW     | 11-12     | 200 Freestyle   | BRW     | BRW     | 10   |
| 11    | BRW     | BRW     | 5-8*,9-10 | 100 Backstroke  | BRW     | BRW     | 12   |
| 13    | BRW     | BRW     | 11-12     | 100 Backstroke  | BRW     | BRW     | 14   |
| 15    | BRW     | BRW     | 5-8,9-10  | 50 Breaststroke | BRW     | BRW     | 16   |
| 17    | BRW     | BRW     | 11-12     | 50 Breaststroke | BRW     | BRW     | 18   |
| 19    | BRW     | BRW     | 5-8,9-10  | 50 Freestyle    | BRW     | BRW     | 20   |
| 21    | BRW     | BRW     | 11-12     | 50 Freestyle    | BRW     | BRW     | 22   |
| 23    | 1.49.70 | 1.37.40 | 5-8*,9-10 | 100 Butterfly   | 1.49.80 | 1.37.60 | 24   |
| 25    | BRW     | BRW     | 11-12     | 100 Butterfly   | BRW     | BRW     | 26   |

**\*Requirements for 5-6 swimmers to enter 100 Back, 100 Breast, 100 Fly, 200 Free, 200 IM**

- (a) If swimmer's time meets the 5-8 Red standard for 50 of stroke, may enter 100 of stroke
- (b) If swimmer's time meets the 5-8 Blue standard for 100 free or 100 IM, may enter 200 free or 200 IM
- (c) If swimmer has equaled or bettered the 5-8 Red standard in three events may enter 100 back, breast and or fly
- (d) If swimmer has equaled or bettered the 5-8 Blue standard in three events may enter 200 free or 200 IM

### SATURDAY PM SESSION, Start No Earlier than 12:00 Noon

| GIRLS | METERS  | YARDS   | AGE                            | EVENTS           | METERS  | YARDS   | BOYS |  |
|-------|---------|---------|--------------------------------|------------------|---------|---------|------|--|
| 27    | BRW     | BRW     | 13-14                          | 200 Freestyle    | BRW     | BRW     | 28   |  |
| 29    | BRW     | BRW     | 15&Up                          | 200 Freestyle    | BRW     | BRW     | 30   |  |
| 31    | BRW     | BRW     | 13-14                          | 100 Butterfly    | BRW     | BRW     | 32   |  |
| 33    | BRW     | BRW     | 15&Up                          | 100 Butterfly    | BRW     | BRW     | 34   |  |
| 35    | 3.43.00 | 3.18.20 | 13-14                          | 200 Breaststroke | 3.33.00 | 3.06.40 | 36   |  |
| 35    | 3.41.90 | 3.17.30 | 15&Up                          | 200 Breaststroke | 3.20.40 | 2.57.80 | 36   |  |
| 35    | 3.31.00 | 3.08.80 | 11-12                          | 200 Breaststroke | 3.31.20 | 3.09.00 | 36   |  |
| 37    | BRW     | BRW     | 13-14                          | 50 Freestyle     | BRW     | BRW     | 38   |  |
| 39    | BRW     | BRW     | 15&Up                          | 50 Freestyle     | BRW     | BRW     | 40   |  |
| 41    | 3.19.60 | 2.54.50 | 13-14                          | 200 Backstroke   | 3.09.20 | 2.45.10 | 42   |  |
| 41    | 3.12.70 | 2.56.70 | 15&Up                          | 200 Backstroke   | 3.00.70 | 2.37.30 | 42   |  |
| 41    | 3.09.20 | 2.46.20 | 11-12                          | 200 Backstroke   | 3.11.80 | 2.51.40 | 42   |  |
|       |         |         | Break as Determined by Referee |                  |         |         |      |  |
| 43    | 5.47.30 | 6.24.60 | OPEN                           | 400 Freestyle    | 5.46.60 | 6.29.80 | 44   |  |

**SUNDAY AM SESSION, Start at 9:00AM**

| <b>GIRLS</b> | <b>METERS</b> | <b>YARDS</b> | <b>AGE</b> | <b>EVENTS</b>    | <b>METERS</b> | <b>YARDS</b> | <b>BOYS</b> |
|--------------|---------------|--------------|------------|------------------|---------------|--------------|-------------|
| 45           | 3.49.30       | 3.23.50      | 5-8*,9-10  | 200 IM           | 3.50.40       | 3.24.50      | 46          |
| 47           | BRW           | BRW          | 11-12      | 200 IM           | BRW           | BRW          | 48          |
| 49           | BRW           | BRW          | 5-8,9-10   | 100 Freestyle    | BRW           | BRW          | 50          |
| 51           | BRW           | BRW          | 11-12      | 100 Freestyle    | BRW           | BRW          | 52          |
| 53           | BRW           | BRW          | 5-8,9-10   | 50 Backstroke    | BRW           | BRW          | 54          |
| 55           | BRW           | BRW          | 11-12      | 50 Backstroke    | BRW           | BRW          | 56          |
| 57           | BRW           | BRW          | 5-8,9-10   | 50 Butterfly     | BRW           | BRW          | 58          |
| 59           | BRW           | BRW          | 11-12      | 50 Butterfly     | BRW           | BRW          | 60          |
| 61           | 2.02.40       | 1.49.10      | 5-8*,9-10  | 100 Breaststroke | 2.03.10       | 1.49.70      | 62          |
| 63           | BRW           | BRW          | 11-12      | 100 Breaststroke | BRW           | BRW          | 64          |

**SUNDAY PM SESSION, Start No Earlier than 12:00 Noon**

| <b>GIRLS</b> | <b>METERS</b> | <b>YARDS</b> | <b>AGE</b> | <b>EVENTS</b>    | <b>METERS</b> | <b>YARDS</b> | <b>BOYS</b> |
|--------------|---------------|--------------|------------|------------------|---------------|--------------|-------------|
| 65           | BRW           | BRW          | 13-14      | 200 IM           | BRW           | BRW          | 66          |
| 67           | BRW           | BRW          | 15&Up      | 200 IM           | BRW           | BRW          | 68          |
| 69           | BRW           | BRW          | 13-14      | 100 Breaststroke | BRW           | BRW          | 70          |
| 71           | BRW           | BRW          | 15&Up      | 100 Breaststroke | BRW           | BRW          | 72          |
| 73           | BRW           | BRW          | 13-14      | 100 Freestyle    | BRW           | BRW          | 74          |
| 75           | BRW           | BRW          | 15&Up      | 100 Freestyle    | BRW           | BRW          | 76          |
| 77           | 3.17.40       | 2.55.10      | 13-14      | 200 Butterfly    | 3.08.90       | 2.47.30      | 78          |
| 77           | 3.13.00       | 2.50.90      | 15&Up      | 200 Butterfly    | 2.54.80       | 2.34.40      | 78          |
| 77           | 3.05.70       | 2.43.20      | 11-12      | 200 Butterfly    | 3.24.40       | 2.47.40      | 78          |
| 79           | BRW           | BRW          | 13-14      | 100 Backstroke   | BRW           | BRW          | 80          |
| 80           | BRW           | BRW          | 15&Up      | 100 Backstroke   | BRW           | BRW          | 82          |
| 82           | 11.44.20      | 12.58.60     | OPEN       | 800 Freestyle    | 11.43.70      | 13.09.80     | 84          |

***Relays will be swum, time permitting.***

Swimmers in the 400/800/1500 Free and 400IM are requested to provide a timer for a minimum of 3 heats

Swimmers in the 800/1500 free are requested to supply their own lap counters.

All events will be swum fast to slow. 400 IM, 400/800/1500 Free will alternate girls/boys