

# DAY AFTER CIF DECK ENTERED LONG COURSE "DITCH" MEET

Sanctioned by: USA Swimming and SCS  
 Sanction Number: #S15-116  
 Sponsored by: TROJAN SWIM CLUB/USC

DATE OF MEET: **May 17, 2015, Sunday**  
 EARLY ENTRIES DUE: **May 13, 2015, Wednesday**

WARM UP TIME: 7:00 AM  
 MEET START TIME: 8:30 AM

No.	Event	Men		Women		No.	Event	Men		Women	
		LC	SC	LC	SC			LC	SC	LC	SC
1	400 M Free	4:54.00	5:29.50	5:02.90	5:39.40	8	100 M Back	1:15.30	1:06.80	1:17.60	1:08.90
2	200 M IM	2:37.10	2:18.70	2:44.00	2:24.90	9	200 M Fly	2:48.30	2:29.10	2:55.40	2:35.50
3	50 M Free	29.10	25.50	30.80	27.10	10	100 M Free	1:03.70	56.00	1:06.90	58.90
4	400 M IM	5:39.50	5:00.10	4:59.50	5:09.10	11	200 M Breast	3:01.50	2:40.00	3:08.90	2:46.60
5	100 M Fly	1:11.80	1:03.50	1:14.90	1:06.30	12	200 M Back	2:43.10	2:24.80	2:46.90	2:28.20
6	200 M Free	2:18.70	2:02.10	2:24.40	2:07.30	13	800 M Free	10:21.50	11:36.40	10:36.80	11:53.50
7	100 M Breast	1:23.70	1:13.60	1:27.90	1:17.40	14	1500 M Free	20:06.40	19:42.80	20:25.30	20:01.30

**POOL:** UYTENGSU AQUATICS CENTER – University of Southern California 1026 W 34<sup>th</sup> Street Los Angeles, CA 90089

**COURSE:** UYTENGSU AQUATICS CENTER is a 50 meter by 25 yard pool with 8 competitive lanes with warmup/warmdown area available. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End Lanes 1 – 8 = 12' and Turn Ends Lanes 1 – 8 = 7'.

**WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

**MEET REFEREE:** The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

**RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2015 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. SWIMMERS MUST CHECK IN **THIRTY MINUTES** PRIOR TO THE START OF THE SESSION. Swimmers must meet the minimum time standard listed in each event entered.

**CONDUCT OF MEET:** This meet is conducted as a mixed gender competition, swimmers seeded by time only. Swimmers are limited to no more than three events.

**ELIGIBILITY:** This is a deck entered "ditch" meet open to swimmers 14 years and older registered members of USA Swimming. Registration application must be received by WEDNESDAY, MAY 13, 2015 by the meet processor, administrative referee or SCS Office. Swimmers may swim a maximum of TWO events. **Entries are encouraged to be submitted by May 13, 2015 but deck entries will be accepted.** Swimmers in the 800 and 1500 Meter Freestyle are asked to provide their own timers and lap counters. Each team is asked to provide timers for each event their team swims.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, is 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.

**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 and out of swimsuits other than in locker room or other designated areas is prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming member-coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES short course or long course** from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must meet the minimum time standard listed in each event entered. Discrepancy in the submitted times can lead to disciplinary action.

**ENTRY FEE:** **\$10.00 per INDIVIDUAL EVENT.** Team Hy-Tek entries will be submitted to Alina de Armas for meet processing [alina@dearmas.co](mailto:alina@dearmas.co). Mail check to PO X 63, Simi Valley, CA 93062. On Deck Entries will also be accepted with payment. NO REFUNDS will be issued.

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.