

RST Swimtember BRW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: RST & Eastern Committee
2018 Date of Meet: September 21-23, 2018

Sanction No. S18-250
Received by deadline: 5:00 pm, September 12,

Friday warm up at 4:00 pm; Meet start at 5:00 pm

Friday night session ONLY - POOL: Riverside Aquatics Complex. 4800 Magnolia Ave. Riverside. PARKING PERMITS REQUIRED. Permits can be purchased in the following ways: (1) parking attendants (2) at the RAA program booth (3) online at <https://www.credentialsops.com/CGI-BIN/gacqjord.pgm?ALUMPPD01270>; (4) from parking meters onsite; (4) via ParkNOW! mobile phone app.

DIRECTIONS: Exit 14th St. from the 91 Freeway. Go West to Olivewood & turn left. Turn Right on Saunders/City College Dr. and turn right on Saunders (First street on right). The pool is at the end of Saunders.

Saturday & Sunday Warm-up: 7:00 am; Start of Meet: 8:30 am, Saturday & Sunday at RHS

All other sessions at: POOL: Redlands High School - 840 E Citrus, Redlands, CA 92373

DIRECTIONS: From the East: Take I-10 to Cypress exit. Turn Left on Cypress to Roosevelt. Turn right on Roosevelt to the pool. From the West: Take I-10 to University exit. Turn right on University to Cypress. Turn right on Cypress to Roosevelt. Turn right on Roosevelt to the pool. A large parking lot is available west of the pool. The parking area is accessed most easily from Roosevelt Ave. **No parking is allowed inside the gated area.**

COURSE: Redlands High School has two outdoor, 25 yard pools with six swimming lanes in each. A warm up/cool down lane will remain open during the meet under coaches supervision. The competition course is SCS certified for semi-automatic and manual timing only. Pool depth: Deep Pool: start end 8.0 ft., turn end 8.68 ft; Shallow Pool: start end 4.11 ft, turn end 4.04 ft.

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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Andrew Jones awljones@sbcglobal.net.

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 September 21, 2018 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and longer freestyle events and 13/up 400 IM are requested to furnish their own timers for three heats and lap counters when used. 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 .** **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 the following Eastern Committee teams athletes who hold 2018 or 2019 USA Swimming Registration: RST, BLSC, CHS, CHWP, CROC, DSRT, DUCK, FAC, HDA, JET, LLF, MBA, TCC, TMEC, TPST, USMA, YST. 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**). 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.

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 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. (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.** 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, September 12, 2018. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED or transferred to alternate site if space available). 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 Fredricks

Email for team electronic entries only: fredies6@hotmail.com

P O Box 624

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

Yucaipa, CA 92399

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.

RST Swimtember SC Meet

September 21-23, 2018

****Friday Night session at RAA site only - Riverside City College**

ENTRIES MUST BE RECEIVED BY 5:00 PM: September 12, 2018 (Wednesday)

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

Relays swum time permitting.

Events will be swum fastest to slowest, starred events swum together awarded separately.

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

FRIDAY ONLY both meets at Riverside City College

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/	MIXED 7-10	BR 200 yd	IM	3:24.50/	3
4	5:48.20/	OPEN	400 yd	IM	5:48.90/	5
6	**2:42.00/	MIXED 7-10	B 500 yd	Freestyle	**2:41.80/	6
7	6:24.60/	11-12	B 500 yd	Freestyle	6:29.80/	8
9	12:58.60/	OPEN	1000 yd	Freestyle	13:09.80/	10

Session 2 - 10 & Under events run in shallow pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
11		7-10 MIXED	BRW 200 yd	Freestyle		11
12	1:46.10/	5-8 MIXED	BR 100 yd	Freestyle	1:42.00/	12
13		7-10 MIXED	BRW 50 yd	Breaststroke		13
14	1:02.80/	5-8 MIXED	BR 50 yd	Breaststroke	1:01.20/	14
15		7-10 MIXED	BRW 100 yd	Freestyle		15
16		5-8 MIXED	BRW 25 yd	Freestyle		16
17		7-10 MIXED	BRW 50 yd	Butterfly		17
18	55.60/	5-8 MIXED	BR 50 yd	Butterfly	56.40/	18
19		7-10 MIXED	BRW 100 yd	Backstroke		19
20		5-8 MIXED	BRW 25 yd	Backstroke		20
21	Deck	7-10 MIXED	BRW 200 yd	Freestyle Relay	Deck	21
22	Entered	5-8 MIXED	BRW 100 yd	Freestyle Relay	Entered	22

Session 3 - 11-12 events run in deep pool concurrent with session 2

23		11-12	BRW 200 yd	IM		24
25		11-12	BRW 50 yd	Backstroke		26
27		11-12	BRW 100 yd	Breaststroke		28
29	2:58.10/	11-12	BR 200 yd	Butterfly	3:02.60/	30
31		11-12	BRW 50 yd	Butterfly		32
33		11-12	BRW 100 yd	Freestyle		34
35	3:01.40/	11-12	BR 200 yd	Backstroke	3:07.30/	36
37	Deck Entered	11-12	BRW 200 yd	Freestyle Relay	Deck Entered	38

*****Minimum 45 Minute break *****

Session 4 - 13 and over events run in deep pool

39	2:54.50/	13-up	BR 200 yd	Backstroke	2:45.10/	40
41		13-14	BRW 100 yd	Breaststroke		42
43		15-up	BRW 100 yd	Breaststroke		44
45		13-14	BRW 200 yd	IM		46
47		15-up	BRW 200 yd	IM		48
49		13-14	BRW 100 yd	Freestyle		50
51		15-up	BRW 100 yd	Freestyle		52
53	2:55.10/	13-up	BR 200 yd	Butterfly	2:47.30/	54
55	Deck	13-14	BRW 200 yd	Freestyle Relay	Deck	56
57	Entered	15-up	BRW 200 yd	Freestyle Relay	Entered	58

FRIDAY NIGHT ONLY:

POOL: Riverside Aquatics Complex, 4800 Magnolia Ave, Riverside. PARKING PERMITS REQUIRED.

Permits can be purchased in the following ways: (1) parking attendants (2) at the RAA program booth

(3) online at <https://www.credentialsops.com/CGI-BIN/gacgiord.pgm?ALUMPPD01270>; (4) from parking meters onsite; (4) via ParkNOW! mobile phone app.

Must be at least 11 for open events with 11-12 blue minimum time.

7/8 year old swimmers may enter either 5-8 or 7-10 events

but not any combination of age groups.

10/under events will be run mixed gender

** 7-10 Use 200 Free Time to enter 500 Free

***400 IM and 500, 1000 frees will alternate girls and boys heats and swimmers provide own timers and/or lap counters.

Session 5 - 10 & Under events run in shallow pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
59		7-10 MIXED	BRW 100 yd	IM		59
60		5-8 MIXED	BRW 100 yd	IM		60
61		7-10 MIXED	BRW 50 yd	Freestyle		61
62	48.60/	5-8 MIXED	BR 50 yd	Freestyle	47.30/	62
63		7-10 MIXED	BRW 100 yd	Butterfly		63
64		5-8 MIXED	BRW 25 yd	Butterfly		64
65		7-10 MIXED	BRW 50 yd	Backstroke		65
66	57.80/	5-8 MIXED	BR 50 yd	Backstroke	56.30/	66
67		7-10 MIXED	BRW 100 yd	Breaststroke		67
68		5-8 MIXED	BRW 25 yd	Breaststroke		68
69	Deck	7-10 MIXED	BRW 200 yd	Medley Relay	Deck	69
70	Entered	5-8 MIXED	BRW 100 yd	Medley Relay	Entered	70

Session 6 - 11-12 events run in deep pool concurrent with session 5

71		11-12	BRW 200 yd	Freestyle		72
73		11-12	BRW 100 yd	Backstroke		74
75		11-12	BRW 50 yd	Breaststroke		76
77		11-12	BRW 50 yd	Freestyle		78
79		11-12	BRW 100 yd	IM		80
81		11-12	BRW 100 yd	Butterfly		82
83	Deck Entered	11-12	BRW 200 yd	Medley Relay	Deck Entered	84

*****Minimum 45 Minute break *****

Session 7- 13 and over events run in deep pool

85		13-14	BRW 200 yd	Freestyle		86
87		15-up	BRW 200 yd	Freestyle		88
89		13-14	BRW 100 yd	Backstroke		90
91		15-up	BRW 100 yd	Backstroke		92
93		13-14	BRW 50 yd	Freestyle		94
95		15-up	BRW 50 yd	Freestyle		96
97		13-14	BRW 100 yd	Butterfly		98
99		15-up	BRW 100 yd	Butterfly		100
101	Deck	13-14	BRW 200 yd	Medley Relay	Deck	102
103	Entered	15-up	BRW 200 yd	Medley Relay	Entered	104
105	6:32.30/	13-up	BR 500 yd	Freestyle	6:20.30/	106