



2019 Short Course Metro RED Max Festival Meet
Presented by Commerce Aquatics & Metro Committee
February 9-10, 2019

ENTRIES DUE: Wednesday, January 31

Sanctioned by: USA Swimming & Southern California Swimming
Warm-up: 7:30 a.m. (Sat/Sun)

Sanction No. #S19-019
Start of Meet: 9:00 a.m. (Sat/Sun)

Afternoon warm-up begins immediately following AM session
Session 2-4 will start 45 minutes after the end of the AM Session

SWIMMERS MAY SWIM A TOTAL OF 6 INDIVIDUAL EVENTS, MAXIMUM 3 INDIVIDUAL EVENTS PER DAY
COMMERCE WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

DIRECTIONS: Brenda Villa Aquatic Center 5600 Harbor Street, Commerce CA 90040. From 710 Fwy exit at Washington Blvd. East on Washington approximately 1 mile to Atlantic Blvd. Left on Atlantic Blvd. to Jillson Ave. Right on Jillson to City Hall parking lot. Left into parking lot. From 5 Fwy exit Washington Blvd. West on Washington Blvd. to Commerce Way. Right on Commerce Way to Jillson Ave. Left on Jillson approximately ½ block to parking lot. Right into parking lot. Pool is adjacent to parking lot.

COURSE: BVAC is a 25-yard by 35-meter facility. 8-10 lanes will be used for competition with 3 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7-13 ft, turn end 7-13 ft. A Colorado timing system and display board will be used.

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 upon request 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: Kent Li: kli0302@computerville.com any questions regarding the conduct of the meet should be directed to the referee.

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 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 6 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 2/9/19 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 Freestyle 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 3 individual events per day. Relays will be only be swum if time permits without causing entries to be rejected.** All coaches and officials on deck must complete the CDC or NFHS Concussion online 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 during 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 prohibited at this competition. See SCS "Tech Suit" Policy at www.scs.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 Metro Committee athletes who hold a 2019 USA Swimming Registration. Registration application must be received by **5pm on Wednesday, January 31, 2019** by the 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 **BEST RECORDED TIMES** long course or short course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, non-conforming times will be converted by Meet Administration for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. This meet has a RED Time Maximum for each event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter at minimum (see 2018 Swim Guide for exceptions).

AWARDS: 1st – 8th Place Medals for each Division; Best Time Ribbons for each Best Times in each event.

ENTRY FEES: \$ 4.00 for each individual event along with a \$ 10.50 surcharge **per swimmer must accompany each individual entry card.** Relays will be deck-entered at \$7.00 each, payable on entry. 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. Entry times will not be changed after the entry deadline.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 31, 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.

NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

Make Checks payable to Southern California Swimming

Questions: Kevin Larsen, 323-887-4404 x 2848

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

MAIL AND WALKIN ENTRIES TO: Carol Peña 413 E 212 Th St Carson CA 90745

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

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ENTRIES DUE: Wednesday, January 31

Sanction# Sanction No. #S19-019

Saturday, February 9, 2019 – Session 1

Warm up Time: 7:30am Meet Start Time: 9am

Girl's Events	Red Max	Red Min	Event	Age	Red Min	Red Max	Boy's Events	
1	2:24.11		200 Fr	11-12		2:24.61	2	
3	2:42.01		200 Fr	9-10		2:41.81	4	
5	1:28.41		100 Fr	5-8		1:25.01	6	
7	40.81		50 Br	11-12		41.01	8	
9	45.61		50 Br	9-10		45.61	10	
11	24.01		25 Br	5-8		23.31	12	
13	1:17.91		100 Bk	11-12		1:20.51	14	
15	1:28.61		100 Bk	9-10		1:28.71	16	
17	48.11		50 Bk	5-8		46.81	18	
19	30.71		50 Fr	11-12		30.81	20	
21	33.91		50 Fr	9-10		34.11	22	
23	18.11		25 Fr	5-8		17.61	24	
25	1:16.11		100 Fly	11-12		1:18.21	26	
27	1:29.31		100 Fly	9-10		1:29.41	28	
29	46.31		50 Fly	5-8		47.01	30	
31	1:17.71		100 IM	11-12		1:17.71	32	
33			9-10 200 Medley Relay					34
35			5-8 100 Medley Relay					36
37			11-12 200 Medley Relay					38
39	5:59.61	6:32.30	500 Fr	13-14	6:20.30	5:48.61	40	
41	5:57.41	6:29.90	500 Fr	15-up	6:05.30	5:34.81	42	

Sunday, February 10, 2019 – Session 3

Warm up Time: 7:30am Meet Start Time: 9am

Girl's Events	Red Max	Red Min	Event	Age	Red Min	Red Max	Boy's Events	
67	2:46.21		200 IM	11-12		2:46.51	68	
69	3:06.51		200 IM	9-10		3:07.41	70	
71	1:41.21		100 IM	5-8		1:38.51	72	
73	36.21		50 Bk	11-12		36.61	74	
75	40.51		50 Bk	9-10		40.41	76	
77	22.21		25 Bk	5-8		21.61	78	
79	1:06.71		100 Fr	11-12		1:06.21	80	
81	1:14.71		100 Fr	9-10		1:14.31	82	
83	40.51		50 Fr	5-8		39.41	84	
85	1:28.91		100 Br	11-12		1:29.01	86	
87	1:40.01		100 Br	9-10		1:40.51	88	
89	52.31		50 Br	5-8		51.01	90	
91	34.31		50 Fly	11-12		34.51	92	
93	38.31		50 Fly	9-10		38.21	94	
95	21.31		25 Fly	5-8		21.31	96	
97	1:26.61		100 IM	9-10		1:26.91	98	
99			11-12 200 Free Relay					100
101			5-8 100 Free Relay					102
103			9-10 200 Free Relay					104
105	5:36.61	6:07.30	400 IM	13-14	5:47.30	5:18.21	106	
107	5:22.01	5:51.50	400 IM	15-up	5:28.80	5:01.21	108	

Saturday Afternoon Session 2

Girl's Event	Red Max	Red Min	Event	Age	Red Min	Red Max	Boy's Event	
43	2:36.61		200 IM	13-14		2:29.01	44	
45	2:37.71		200 IM	15-up		2:21.71	46	
47	29.31		50 Fr	13-14		27.51	48	
49	29.31		50 Fr	15-up		26.51	50	
51	3:01.71	3:18.20	200 Br	13-14	3:06.40	2:50.81	52	
53	3:00.81	3:17.30	200 Br	15-up	2:57.80	2:43.01	54	
55	1:11.01		100 Fly	13-14		1:07.71	56	
57	1:11.01		100 Fly	15-up		1:05.11	58	
59	2:39.61	2:54.50	200 Bk	13-14	2:45.10	2:31.01	60	
61	2:33.81	2:48.10	200 Bk	15-up	2:37.30	2:23.91	62	
63			13-14 200 Medley Relay					64
65			15-up 200 Medley Relay					66

Sunday Afternoon Session 4

Boy's Event	Red Max	Red Min	Event	Age	Red Min	Red Max	Boy's Event	
109	1:23.41		100 Br	13-14		1:19.11	110	
111	1:23.91		100 Br	15-up		1:15.81	112	
113	2:16.11		200 Fr	13-14		2:10.91	114	
115	2:16.41		200 Fr	15-up		2:04.81	116	
117	1:14.11		100 Bk	13-14		1:11.31	118	
119	1:14.51		100 Bk	15-up		1:08.21	120	
121	1:03.41		100 Fr	13-14		59.61	122	
123	1:02.81		100 Fr	15-up		57.41	124	
125	2:40.51	2:55.10	200 Fly	13-14	2:47.30	2:33.31	126	
127	2:36.61	2:50.90	200 Fly	15-up	2:34.40	2:21.61	128	
129			13-14 200 Free Relay					130
131			15-up 200 Free Relay					132

This is a RED MAX meet. Swimmers must have times equal or slower than Red Max times

13-14 and 15 & Over swimmers must have at least a Red Minimum Time in the 200 Back, 200 Breast, 200 Fly, 400 IM & 500 Free

Swimmers in the 500 Freestyle & 400 IM must provide their timers.

Relays will ONLY be swum if time permitted without causing any swimmer entries to be rejected.