

THE SWIM TEAM "BB MAX" SHORT COURSE AGE GROUP MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S23 - 105
Sponsored by: The Swim Team
Orange Committee

DATE OF MEET: May 20 & 21, 2023
ENTRIES RECEIVED BY 5:00 PM: May 10, 2023 (WEDNESDAY)

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 8:30 AM (Sat/Sun)

The Afternoon Session will begin no sooner than 10:30 AM or 35 minutes after the conclusion of Morning Session

- POOL:** EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA.
- COURSE:** EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with ten (10) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".
- 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 a 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.** All swimmers must use 3-point, slide in entries into the pool for warmup, no jumping or diving in.
- MEET REFEREE:** Jason Rothlein shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to jtrothlein@gmail.com
- 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 2023 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 in the first four events of each session must check in **THIRTY MINUTES** prior to the start of the session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on **May 20, 2023. All coaches and officials on deck must complete the CDC or NFHS Concussion course, CAT and CANRA.** Current USA Swimming Rules including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet.
- SPECIAL NOTICE:** **SWIMMERS MAY SWIM A MAXIMUM OF FIVE (5) EVENTS PER DAY** TST will limit entries to meet the "4 Hour" rule for each session. Each Team is asked to provide timers. The 400 IM and 500 Freestyle will be swum alternating girls and boys and are asked to provide timers and lap counters. RELAYS WILL BE SWUM TIME PERMITTING. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. High School swimmers are responsible for ensuring they are unattached at this meet.
- RECORDING DEVICES MEDIA:** 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.
- 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 with bonded seams, kinetic tape, or meshed seams are not permitted at this meet.** Please see the Tech Suit Policy on the SCS website.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming 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. 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 ATHLETES WHO ARE 2023 USA SWIMMING REGISTERED. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. NO late or deck registration will be accepted. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING within 30 days of turning 18 in order to compete.
- CHANGE OF AFFILIATION:** Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, meet admin will convert non-conforming times 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.
- QUALIFYING TIMES:** Swimmers must not exceed the time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet. (See 2023 Swim Guide for times and exceptions).
- AWARDS:** RIBBONS 1-8TH WILL BE AWARDED FOR 5/6, 7/8, 5-10, 11/12, RELAYS 1-3RD
- ENTRY FEES:** **\$5.50 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry card.** \$10.00 per Deck entered Relay. E-mail entry (entry.zipfile) 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.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, MAY 10, 2023. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

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

MAKE CHECKS PAYABLE TO:	SET WATERPOLO CLUB
EMAIL TO:	divanj@cox.net
And MAIL TO:	JUDI DIVAN
	33561 Calle Miramar
Please include Swimmer's name and SCS Number	San Juan Capistrano, CA 92675

For further meet information call: Tim Teeter 949-923-7981 or email: coachteeter@gmail.com Receipt of entry will not be verified by phone or email.

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.

THE SWIM TEAM "BB MAX" SHORT COURSE AGE GROUP MEET

Date of Meet: May 20 & 21, 2023

ENTRIES RECEIVED BY 5:00 PM: May 10, 2023 (Wednesday)

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

TST WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

Times submitted must be Best Recorded Times short course or long course.

YOU MAY SWIM A MAXIMUM OF 5 EVENTS PER DAY

"TECH" SUITS ARE NOT PERMITTED AT THIS MEET

400 IM & 500 Free will swim alternating girls and boys and are asked to provide timers and lap counters.

Girls		Saturday, May 20, 2023		8:30am		Boys	
No.	Maximum	Age	Event	Maximum	No.		
1	2:57.20	7-10	200 Yard Freestyle	2:48.00	2		
3	1:28.41	5-8	100 Yard Freestyle	1:25.01	4		
5	1:45.00	7-10	100 Yard Breaststroke	1:41.70	6		
7	52.31	5-8	50 Yard Breaststroke	51.01	8		
9	41.90	7-10	50 Yard Backstroke	42.30	10		
11	22.21	5-8	25 Yard Backstroke	21.61	12		
13	1:31.70	7-10	100 Yard Individual Medley	1:28.90	14		
15	46.31	5-8	50 Yard Butterfly	47.01	16		
17	41.80	7-10	50 Yard Butterfly	40.50	18		
19	18.11	5-8	25 Yard Freestyle	17.61	20		
21	1:20.00	7-10	100 Yard Freestyle	1:18.80	22		
23	Deck	5-8	100 Yard Medley Relay	By	24		
25	Entered	7-10	200 Yard Medley Relay	Coach	26		

Second session will begin no sooner than 10:30 am or 35 minutes after the conclusion of the 1st Session

27	1:18.10	11/12	100 Yard Individual Medley	1:15.00	28		
29	1:05.50	13 & Up	100 Yard Freestyle	1:00.90	30		
31	1:08.30	11/12	100 Yard Freestyle	1:05.90	32		
33	2:57.30	13 & Up	200 Yard Breaststroke	2:44.00	34		
33	3:06.60	11/12	200 Yard Breaststroke	3:00.20	34		
35	40.00	11/12	50 Yard Breaststroke	39.50	36		
37	1:11.20	13 & Up	100 Yard Backstroke	1:06.40	38		
39	1:18.10	11/12	100 Yard Backstroke	1:15.70	40		
41	2:21.30	13 & Up	200 Yard Freestyle	2:12.80	42		
43	2:29.00	11/12	200 Yard Freestyle	2:23.50	44		
45	1:10.90	13 & Up	100 Yard Butterfly	1:06.10	46		
47	1:17.60	11/12	100 Yard Butterfly	1:16.10	48		
49	Coaches	13 & Up	200 Yard Medley Relay	On	50		
51	Enter	11/12	200 Yard Medley Relay	Deck	52		
53	5:37.60	13 & Up	400 Yard Individual Medley	5:17.10	54		

RELAYS WILL BE SWUM, TIME PERMITTING

Girls		Sunday, May 21, 2023		8:30 am		Boys	
No.	Maximum	Age	Event	Maximum	No.		
55	3:15.60	7-10	200 Yard Individual Medley	3:13.20	56		
57	1:41.21	5-8	100 Yard Individual Medley	1:38.51	58		
59	1:39.10	7-10	100 Yard Butterfly	1:37.10	60		
61	21.31	5-8	25 Yard Butterfly	21.31	62		
63	1:30.70	7-10	100 Yard Backstroke	1:29.30	64		
65	48.11	5-8	50 Yard Backstroke	46.81	66		
67	47.50	7-10	50 Yard Breaststroke	46.60	68		
69	24.01	5-8	25 Yard Breaststroke	23.31	70		
71	35.20	7-10	50 Yard Freestyle	34.50	72		
73	40.51	5-8	50 Yard Freestyle	39.41	74		
75	Deck	7-10	200 Yard Freestyle Relay	By	76		
77	Entered	5-8	100 Yard Freestyle Relay	Coach	78		
79	2:57.20	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:48.00	80		

Fourth session will begin no sooner than 10:30 am or 35 minutes after the conclusion of the 3rd Session

81	2:47.30	11/12	200 Yard Individual Medley	2:44.00	82		
83	2:37.60	13 & Up	200 Yard Individual Medley	2:28.50	84		
85	31.30	11/12	50 Yard Freestyle	30.30	86		
87	30.20	13 & Up	50 Yard Freestyle	27.80	88		
89	35.40	11/12	50 Yard Backstroke	35.00	90		
91	2:44.00	11/12	200 Yard Backstroke	2:39.70	92		
91	2:34.90	13 & Up	200 Yard Backstroke	2:25.10	92		
93	1:27.20	11/12	100 Yard Breaststroke	1:24.50	94		
95	1:21.70	13 & Up	100 Yard Breaststroke	1:15.50	96		
97	33.90	11/12	50 Yard Butterfly	34.20	98		
99	2:36.90	13 & Up	200 Yard Butterfly	2:26.90	100		
99	2:47.20	11/12	200 Yard Butterfly	2:40.80	100		
101	Coaches	11/12	200 Yard Freestyle Relay	On	102		
103	Enter	13 & Up	200 Yard Freestyle Relay	Deck	104		
105	7:08.79	11/12	500 Yard Freestyle	6:57.29	106		
107	6:47.79	13 & Up	500 Yard Freestyle	6:26.59	108		

