



Southern California Swimming Regional Championships

Refer to event page for minimum time standards for each event.
There are no maximum time standards for this meet.

December 20-22, 2019 Hosted by Lakewood Aquatics

ENTRIES DUE: Must be received by 5:00 Wednesday, Dec 11, 2019

PRELIMINARIES FRI/SAT/SUN 9:00 AM

FINALS FRI/SAT 5:00 PM, SUN 4:00 PM

GIRLS	Automatic Time		Friday Events	Automatic Time		BOYS
	Meters	Yards		Yards	Meters	
1	2:23.10	2:06.00	200 FREESTYLE	1:55.20	2:11.10	2
3	3:10.90	2:48.30	200 BREASTSTROKE	2:33.40	2:54.30	4
5	1:16.40	1:07.70	100 BACKSTROKE	1:01.40	1:09.30	6
7	10:31.80	11:47.80	1000 FREESTYLE			**
**			1650 FREESTYLE	18:56.20	19:19.00	8
9	5:35.10	4:56.30	200 MEDLEY RELAY	4:29.40	5:05.30	10
11	2:15.60	1:58.80	200 FREESTYLE RELAY	1:46.00	2:00.80	12
13	10:18.80	9:05.60	800 FREESTYLE RELAY	7:44.50	9:27.70	14

GIRLS	Automatic Time		Saturday Events	Automatic Time		BOYS
	Meters	Yards		Yards	Meters	
15	4:57.70	5:33.50	500 FREESTYLE	5:15.00	4:41.40	16
17	1:28.10	1:17.50	100 BREASTSTROKE	1:09.40	1:19.10	18
19	30.70	26.90	50 FREESTYLE	24.20	27.70	20
21	2:54.00	2:34.20	200 BUTTERFLY	2:18.30	2:36.40	22
23	2:42.30	2:23.30	200 INDIVIDUAL MEDLEY			**
**			400 INDIVIDUAL MEDLEY	4:52.00	5:30.60	24
25	5:35.10	4:56.30	400 MEDLEY RELAY	4:29.40	5:05.30	26

GIRLS	Automatic Time		Sunday Events	Automatic Time		BOYS
	Meters	Yards		Yards	Meters	
27	1:14.50	1:05.80	100 BUTTERFLY	58.30	1:06.20	28
29	1:06.40	58.30	100 FREESTYLE	52.70	1:00.10	30
31	5:49.30	5:08.90	400 INDIVIDUAL MEDLEY			**
**			200 INDIVIDUAL MEDLEY	2:11.00	2:28.70	32
33	2:47.70	2:28.90	200 BACKSTROKE	2:17.20	2:34.70	34
35	20:09.10	19:45.40	1650 FREESTYLE			**
**			1000 FREESTYLE	11:20.20	10:07.10	36
37	4:49.60	4:15.20	400 FREESTYLE RELAY	3:49.60	4:21.60	38

A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer can swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for one or two individual events may enter the event(s) and up to three **total** events; a swimmer who meets the automatic time standard for three or four events may enter the events and up to five **total** events; a swimmer meeting the automatic time standard in five or more events must prove **all** events entered. **Label bonus events "B"**. Please enter bonus events with the best short course time available in SWIMS.

All events will be swum fastest to slowest. . The 1000/1650 Freestyle events will be swum fastest to slowest with alternating heats of Women and Men. The fastest heat of the 1000/1650 will swim with Finals in event order. Remaining heats of the 1000 Free and 1650 Free will be swum after Prelims, fastest to slowest. Swimmers in the 1000 Freestyle and 1650 Freestyle should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lapcounters.

USA SWIMMING DISCLAIMER: 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 meet.



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December 20-22, 2019

Hosted by Lakewood Aquatics

DATE OF MEET: December 20-22, 2019

Entries due Wednesday, December 11, 2019 by 5:00 pm

SANCTIONED BY: USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING.

SANCTION NO: ## S19-351

SPONSORED BY: Southern California Swimming & Lakewood Aquatics

Time Trial NO: #S19-352

START TIMES: Friday, Saturday and Sunday prelims 9:00 am.

HEATS & FINALS (A & B Finals)

Friday and Saturday finals, 5:00 pm. Sunday finals 4:00 pm.

WARM-UP TIMES: Pool will be open for prelim warm-up sessions at 7:30 am on Friday, Saturday and Sunday. Warm-ups for finals begin at 3:30 pm on Saturday and 2:30 pm on Sunday.

POOL: Cerritos College Aquatic Center, is located on the campus of Cerritos College, 11110 Alondra Blvd Norwalk, CA 90650. Parking is \$2.00/day - purchase parking passes daily. **DIRECTIONS:** Exit the 605 Freeway at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd and Studebaker Road in the City of Norwalk. The Aquatic Center faces North on Alondra Blvd. Pool is outdoor, all deep 25-yard pool with 8 or 10 competition lanes; separate 25 yard (6 lanes) warm up pool; Colorado scoreboard. Course is 7 feet deep at start and turn ends. This competition course has been certified in accordance with 104.2.2(C).

MEET CONDUCT

WARM-UP: USA-S warm-up policies will be enforced by the officials. There will be no diving into the warm-up or competition pools except into a designated sprint lane or lanes as directed by the Meet Referee. Any additional warm-up rules will be announced and/or posted. Marshals from Lakewood Aquatics will oversee all warm-up areas. **All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.** **MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Omar de Armas: omarswimref@gmail.com

RULES: USA-S Rules will govern. Current SCS meet procedure for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. In accordance with the 2019 SCS Swim Guide (Part Two, Section II, B), the Timed Finals check-in procedure is required for all events. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, a swimmer may not check-in or scratch. All events will be run fastest to slowest. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee. **All coaches and officials must have completed the CDC or NFHS online 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 acknowledgment 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 or out of swimsuits, other than in locker rooms or other designated areas, is prohibited.

DRONES: Operations of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coaches areas, spectator area and open ceiling locker rooms, patio at 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.

ENTRY INFORMATION

EVENT LIMIT: A swimmer may enter all events for which the time standard has been met and can be verified.

A swimmer can swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for one or two individual events may enter the event(s) and up to three total events; a swimmer who meets the automatic time standard for three or four events may enter the events and up to five total events; a swimmer meeting the automatic time standard in five or more events must prove all events entered. **Label bonus events "B"**. There is no bonus time standard. Please enter bonus events with the best short course time available in SWIMS.

ELIGIBILITY AND AFFILIATION: This meet is open to athletes who hold current 2019 or 2020 USA-S registration cards. **USA-S registration applications must be received by the meet host or SCS office by the meet entry deadline: 5:00 PM on Wednesday, December 11, 2019.** Registration may be submitted together with the athlete entry. There are substantial penalties to a swimmer and his or her club if USA-S registration is completed at the meet. Late applications will be considered "On-Deck" and subject to the SCS relevant penalties (2019 SCSSwimGuide, Part One, III, B).

CHANGE OF AFFILIATION: Before the meet, a swimmer may change his or her affiliation by submitting a Club Transfer Form and the appropriate fee to the SCS office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. **Swimmers may not attach or re-attach at a meet.**

SUBMITTED TIMES: Submit actual times achieved for each event. Swimmers must have achieved the time standard after 9/1/17
No workout times will be accepted. Do not submit NT (No Time) or ET (Estimated Time) entries.

All entry times will be verified in the USA-S SWIMS database.

Times not in SWIMS are provable only with official results and are subject to approval by SCS. Discrepancies in submitted times may lead to disciplinary action. If a standard is achieved in Long Course Meters, enter that event with the Long Course Meters time which should be indicated on the entry by "L". If a standard is achieved in Short Course Yards, enter that event with the Short Course Yards time which should be indicated on the entry by "Y". "L" or "Y" must be indicated on the proof of time sheet. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day. NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USASwimming sanctioned competition, (b) a USASwimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time. **As of June 23, 2019, all athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (within 30 days of turning 18), in order to compete.**

AWARDS: This will be a team scored event and there will be team awards for first, second and third place teams (Individual scoring top sixteen: 20,17,16,15,14,13,12,11, 9,7,6, 5,4,3,2,1. Relay scoring top eight: 30,24,22,20,18,16,14,12. There will be no individual awards.

ENTRY FORMAT: Club electronic entry is encouraged. Individual event fee of \$7.50 per individual event, \$21.00 per relay plus \$14.00 surcharge per athlete

must accompany each entry in the form of a single check per team. Full payment must be postmarked within 48 hours of an e-mail entry. Full payment must accompany all manual entries. Returned checks will incur a service fee per SCS policy. If submitting a Southern California Consolidated Entry Card for a swimmer, the card must be completely filled out including the entire USA-S registration number. Checks should be made payable to Southern California Swimming (SCS) Meet Administrator at the address below, not to the SCS. Teams are advised to enclose a self-addressed and stamped envelope or postcard for return receipt. **Please note that no certified, registered, or special delivery mail will be accepted.** Receipt of entry will not be confirmed by phone or e-mail.

ELECTRONIC ENTRY: E-mail entry (entry.zipfile) will be accepted **ONLY** when received with an attached Word or .pdf file including electronic signature of the coach and will be dated at that time (i.e., 5PM postmark would queue before a 10PM electronic). Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the Meet Administrator by the entry deadline. Added events for entered swimmers may be submitted by hard copy (including e-mail) **ONLY**. New swimmers will be accepted on a SPACE AVAILABLE basis. **DO NOT RESEND AN ENTRY FILE.** A replacement file for any team will **NOT** be processed. Deletions will **NOT** be refunded.

TIME TRIALS WILL BE OFFERED EACH DAY TIME PERMITTING, \$20 per entry

MAKE CHECKS PAYABLE TO: Southern California Swimming

Mail To: Alina deArmas

PO Box 63

Simi Valley, CA

ELECTRONIC ENTRY FILE (entry.zip): meetprocesor@gmail.com

MEET HOTEL INFORMATION

Sheraton Cerritos
Hotel 12725 Center Court
Cerritos, CA 90703 (562) 809-1500

Doubletree Hotel
13111 Sycamore Dr..
Norwalk, CA 90650 562-863-5555

Holiday Inn
14299 Firestone Blvd 90623
La Mirada, CA. 90638 714-690-2128