

# SWIM TEAM OF PLACENTIA's 'ABC' SHORT COURSE METER INVITATIONAL

DATE OF MEET: JULY 6-7 2024

Sanctioned by: USA Swimming and SCS  
Sanction Number: #S24-173  
Sponsored by: Swim Team of Placentia  
Orange Committee

**ENTRIES RECEIVED BY 5:00 PM: WEDNESDAY, JUNE 26TH, 2024**

WARM UP TIME: 7:30 AM (Sat/Sun)  
MEET START TIME: 9:00 AM (Sat/Sun)

**PM Session will begin no sooner than 11:00 AM or 45 minutes after the conclusion of the AM Session**

- POOL:** VALENCIA HIGH SCHOOL, 500 Bradford, Placentia, CA 92870. 57 Freeway North, exit Chapman Avenue in Fullerton.
- COURSE:** VALENCIA HIGH SCHOOL pool is an outdoor 25 Meter pool with eight (8) 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 Measurement at Start (6.5' – 13.5') and Turn End (4'0')
- 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.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.
- MEET REFEREE:** Lisa Frederick shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to charlgirl88@yahoo.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 2024 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 their respective session. Swimmers must swim in their actual Age Group as determined by their age on **April 20th, 2024.** All Coaches and Officials on deck must complete the CDC or NFHS Concussion course, CAT and CANRA. Meet Check-in may or may not be available depending on the site's guidelines. 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 FOUR (4) INDIVIDUAL EVENTS PER DAY.** STOP will limit entries to meet the "4 Hour" rule for each session. Each team is asked to provide timers. Relays will be swum, time permitting. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- 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.
- DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas are open ceiling locker rooms) anytime 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.**
- 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 2024 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. In order to compete, all athletes 18 or older must complete the free online **ATHLETE PROTECTION TRAINING** prior to the start of the meet.
- 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 times to SCM 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:** If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2024 Swim Guide for exceptions). After entries close, non-conforming times will be converted by meet admin for seeding purposes only.
- AWARDS:** RIBBONS FOR 1-8<sup>TH</sup> PLACE FOR 10 & UNDER AND 11-12 AGE GROUP ONLY
- ENTRY FEE:** **\$6.00 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry car.** \$10.00 per Deck Entered Relay. E-mail entry (entry.zip file) 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 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.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, June 26th, 2024. 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.  
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

|   |                        |
|---|------------------------|
| MAKE CHECKS PAYABLE TO:                 | SWIM TEAM OF PLACENTIA |
| EMAIL:                                  | MADISONMCHO@GMAIL.COM  |
| And MAIL TO:                            | MADISON CHO            |
| (Include Swimmer's name and SCS Number) | 23622 SHADY LANE PLACE |
|   | VALENCIA, CA 91354     |

For further meet Information email Devon Ames at swimcoachdevon@yahoo.com Receipt of entry *will not* be verified by phone.

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.

# SWIM TEAM OF PLACENTIA's 'ABC' SHORT COURSE METER INVITATIONAL

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

DATE OF MEET: JULY 6-7 2024  
**ENTRIES RECEIVED BY 5:00 PM: WEDNESDAY, JUNE 26TH, 2024**

WARM UP TIME: 7:30 AM (Sat/Sun)  
MEET START TIME: 9:00 AM (Sat/Sun)

**PM Session will begin no sooner than 11:00 AM or 45 minutes after the conclusion of the AM Session**

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## **USA Swimming Meet 360:**

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587- 7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

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.

# Swim Team of Placentia's 2024 'ABC' Short Course Meters Invitational

Date of Meet: JULY 6-7, 2024

**ENTRIES RECEIVED BY 5:00 PM: JUNE 26th, 2024 (Wednesday)**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.  
**SWIMMERS MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY**

ENTRIES MAY BE LIMITED TO MEET THE 4 HOUR RULE FOR EACH SESSION.  
**Times submitted must be Best Recorded Short Course YARD times.**

Swimmers entering 200's must have achieved the Minimum Short Course Time Listed  
 Swimmers entering the 400 Meter Free Must Enter with their 500 Yard Time  
 11-12 Swimmers may swim in the morning or afternoon session, but not a combination of both.

| Girls  |               |         |                             |               |     | Boys   |               |         |                                   |               |     |
|--|---------------|---------|-----------------------------|---------------|-----|--|---------------|---------|-----------------------------------|---------------|-----|
| Saturday, JULY 6TH, 2024   |               |         |                             |               |     | Sunday, JULY 7TH, 2024   |               |         |                                   |               |     |
| 9:00 am  |               |         |                             |               |     | 9:00am   |               |         |                                   |               |     |
| No.  | Minimum       | Age     | Event                       | Minimum       | No. | No.  | Minimum       | Age     | Event                             | Minimum       | No. |
| 1  | 3:00.19 Yards | 11-12   | 200 Meter Individual Medley | 2:57.29 Yards | 2   | 41   |               | 10 & Un | 100 Meter Individual Medley       |               | 42  |
| 3  | 3:38.49 Yards | 10 & Un | 200 Meter Individual Medley | 3:35.49 Yards | 4   | 43   | 2:40.39 Yards | 11-12   | 200 Meter Freestyle               | 2:34.59 Yards | 44  |
| 5  |               | 11-12   | 100 Meter Butterfly         |               | 6   | 45   | 3:18.99 Yards | 10 & Un | 200 Meter Freestyle               | 3:06.69 Yards | 46  |
| 7  |               | 10 & Un | 100 Meter Butterfly         |               | 8   | 47   |               | 11-12   | 50 Meter Breaststroke             |               | 48  |
| 9  |               | 11-12   | 50 Meter Backstroke         |               | 10  | 49   |               | 10 & Un | 50 Meter Breaststroke             |               | 50  |
| 11   |               | 10 & Un | 50 Meter Backstroke         |               | 12  | 51   |               | 11-12   | 100 Meter Backstroke              |               | 52  |
| 13   |               | 11-12   | 100 Meter Breaststroke      |               | 14  | 53   |               | 10 & Un | 100 Meter Backstroke              |               | 54  |
| 15   |               | 10 & Un | 100 Meter Breaststroke      |               | 16  | 55   |               | 11-12   | 50 Meter Butterfly                |               | 56  |
| 17   |               | 11-12   | 50 Meter Freestyle          |               | 18  | 57   |               | 10 & Un | 50 Meter Butterfly                |               | 58  |
| 19   |               | 10 & Un | 50 Meter Freestyle          |               | 20  | 59   |               | 11-12   | 100 Meter Freestyle               |               | 60  |
| 21   |               | 11-12   | 100 Meter Individual Medley |               | 22  | 61   |               | 10 & Un | 100 Meter Freestyle               |               | 62  |
| 23   | Deck Entered  | 10 & Un | 200 Mixed Free Relay        | By Coach      |     | 63   | Deck Entered  | 11-12   | 200 Mixed Medley Relay            | By Coach      |     |
| 24   | Deck Entered  | 11-12   | 200 Mixed Free Relay        | By Coach      |     | 64   | Deck Entered  | 10 & Un | 200 Mixed Medley Relay            | By Coach      |     |
| Second session will begin no sooner than 11:00am or 45 minutes after the end of the AM Session |               |         |                             |               |     | Second session will begin no sooner than 11:00am or 45 minutes after the end of the AM Ses |               |         |                                   |               |     |
| 25   | 3:00.19 Yards | 11 & Up | 200 Meter Individual Medley | 2:57.29 Yards | 26  | 65   | 2:40.39 Yards | 11 & Up | 200 Meter Freestyle               | 2:34.59 Yards | 66  |
| 27   |               | 11 & Up | 100 Meter Backstroke        |               | 28  | 67   |               | 11 & Up | 100 Meter Butterfly               |               | 68  |
| 29   |               | 11 & Up | 50 Meter Breaststroke       |               | 30  | 69   |               | 11 & Up | 50 Meter Backstroke               |               | 70  |
| 31   | 2:59.99 Yards | 11 & Up | 200 Meter Butterfly         | 2:53.19 Yards | 32  | 71   | 3:20.89 Yards | 11 & Up | 200 Meter Breaststroke            | 3:14.09 Yards | 72  |
| 33   |               | 11 & Up | 100 Meter Breaststroke      |               | 34  | 73   |               | 11 & Up | 100 Meter Individual Medley       |               | 74  |
| 35   |               | 11 & Up | 100 Meter Freestyle         |               | 36  | 75   | 2:56.59 Yards | 11 & Up | 200 Meter Backstroke              | 2:51.99 Yards | 76  |
| 37   |               | 11 & Up | 50 Meter Butterfly          |               | 38  | 77   |               | 11 & Up | 50 Meter Freestyle                |               | 78  |
| 39   | Deck Entered  | 11 & Up | 200 Meter Mixed Free Relay  | By Coach      |     | 79   | Deck Entered  | 11 & Up | 200 Meter Mixed Medley Relay      | By Coach      |     |
| 40   | 7:08.79 Yards | 11 & Up | 400 Meter Mixed Freestyle   | 6:57.29 Yards |     | 80   | 6:24.19 Yards | 11 & Up | 400 Meter Mixed Individual Medley | 6:13.09 Yards |     |

**ALL SWIMMERS MUST SUBMIT THEIR BEST SHORT COURSE (YARDS) TIME**

Short Course Times will be converted to Short Course Meters for seeding purposes.

Swimmers entering the 200's, 400 IM, and 400 Free must meet 'B' Minimum Time

Swimmers entering the 400 IM, 400 Free, and Relays are asked to provide timers.

Relays will be swum time permitting. Relays may be made up of any combination of girls and boys