

RST April Pool's Day RW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming Sanction No. S17-083
Sponsored By: RST & Eastern Committee Received by deadline: 5:00 pm, Wednesday, March 22, 2017
Date of Meet: April 1-2, 2017 Start of Meet: 8:30 am, Saturday & Sunday

Warm-up: 7:00 am, Saturday & Sunday

***Please note, site for meet has been changed, sessions will run consecutively, not concurrently.**

POOL: Redlands East Valley High School - 31000 E. Colton Ave., Redlands, CA 92374 .

DIRECTIONS: From the I-10 going east, take University exit left on University, right on E Colton.. From the I-10 west, take the Cypress Ave. exit, right on Cypress, right on E Citrus, left on Judson, right on E Colton. Parking lot at the front of the school.

COURSE: Redlands East Valley High School has one outdoor, 25 yard pool with eight competition lanes. A warm up/cool down lane will remain open during the meet under coaches supervision. The competition course has been certified in accordance with 104.2.2 (c), on file with USA Swimming. Pool depth: both ends 6.5'.

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. 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.

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 April 1, 2017 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 lap counters and timers for three heats. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day.**

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.

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 all Eastern Committee athletes who hold 2017 USA Swimming Registration. 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 may not enter events in which they have achieved the MAXIMUM time listed or faster. 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: Red Division: Ribbons 1st - 6th place White Division: Ribbons: 1st - 6th place Relays: Ribbons 1st - 3rd place

ENTRY FEES: **\$3.50** for each individual event along with a **\$8.00** 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 \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, March 22, 2017. 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.)**

Make Checks payable to Southern California Swimming
Email for team electronic entries only: fredies6@hotmail.com
Questions: SCS Office (800) 824-6206

MAIL ENTRIES TO: Julie Fredericks
PO Box 624
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.

High School swimmers are responsible for making sure they are UN at this meet.

RST April Pool's Day RW SC MEET

April 1-2, 2017

**** PLEASE NOTE: due to change in site, AM EVENTS will run as two consecutive sessions using a single pool, not concurrently.**

ENTRIES MUST BE RECEIVED BY 5:00 PM: March 22, 2017 (Wednesday)

Meet subject to the 4 hour rule per session

Events will be swum fastest to slowest.

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

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

Swimmers in 500 FR please provide own timers and lap counters.

SATURDAY Morning - Session 1

GIRLS	min/max	Age	Distance	Stroke	min/max	BOYS
1	/2:24.11	11-12	RW 200 yd	Freestyle	/2:24.61	2
3	/1:17.71	11-12	RW 100 yd	IM	/1:17.71	4
5	/1:17.91	11-12	RW 100 yd	Backstroke	/1:20.51	6
7	/30.71	11-12	RW 50 yd	Freestyle	/30.81	8
9	/1:28.91	11-12	RW 100 yd	Breaststroke	/1:29.01	10
11	/34.31	11-12	RW 50 yd	Butterfly	/34.51	12
13	Deck Entry	11-12	RW 200 yd	Medley Relay	Deck Entry	14

45 minute break between sessions

SATURDAY Midday - Session 2

GIRLS	min/max	Age	Distance	Stroke	min/max	BOYS
15	3:23.50/3:06.51	7-10	R 200 yd	IM	3:24.50/3:07.41	16
17	/1:41.21	5-8	RW 100 yd	IM	/1:38.51	18
19	1:36.80/1:28.61	7-10	R 100 yd	Backstroke	1:37.00/1:28.71	20
21	/22.21	5-8	RW 25 yd	Backstroke	/21.61	22
23	/45.61	7-10	RW 50 yd	Breaststroke	/45.61	24
25	/52.31	5-8	RW 50 yd	Breaststroke	/51.01	26
27	/1:14.71	7-10	RW 100 yd	Freestyle	/1:14.31	28
29	/18.11	5-8	RW 25 yd	Freestyle	/17.61	30
31	1:37.40/1:29.31	7-10	R 100 yd	Butterfly	1:37.60/1:29.41	32
33	/46.31	5-8	RW 50 yd	Butterfly	/47.01	34
35	Deck	7-10	RW 200 yd	Mixed Medley Relay	Deck	35
36	Entry	5-8	RW 100 yd	Mixed Medley Relay	Entry	36

45 minute break between sessions

Saturday Afternoon - Session 3

37	/2:33.81	13-up	RW 200 yd	Backstroke	/2:23.91	38
39	/2:16.11	13-14	RW 200 yd	Freestyle	/2:10.91	40
41	/2:16.41	15-up	RW 200 yd	Freestyle	/2:04.81	42
43	/1:11.01	13-14	RW 100 yd	Butterfly	/1:07.71	44
45	/1:11.01	15-up	RW 100 yd	Butterfly	/1:05.11	46
47	/2:36.61	13-14	RW 200 yd	IM	/2:29.01	48
49	/2:37.71	15-up	RW 200 yd	IM	/2:21.71	50
51	/1:23.41	13-14	RW 100 yd	Breaststroke	/1:19.11	52
53	/1:23.91	15-up	RW 100 yd	Breaststroke	/1:15.81	54
55	Deck	13-14	RW 200 yd	Medley Relay	Deck	56
57	Entry	15-up	RW 200 yd	Medley Relay	Entry	58

SUNDAY Morning - Session 4

GIRLS	min/max	Age	Distance	Stroke	min/max	BOYS
59	/2:46.21	11-12	RW 200 yd	IM	/2:46.51	60
61	/1:06.71	11-12	RW 100 yd	Freestyle	/1:06.21	62
63	/40.81	11-12	RW 50 yd	Breaststroke	/41.01	64
65	/1:16.11	11-12	RW 100 yd	Butterfly	/1:18.21	66
67	/36.21	11-12	RW 50 yd	Backstroke	/36.61	68
69	Deck Entry	11-12	RW 200 yd	Freestyle Relay	Deck Entry	70
71	6:59.50/6:24.61	11-12	R 500 yd	Freestyle	7:05.30/6:29.81	72

45 minute break between sessions

SUNDAY Midday - Session 5

GIRLS	min/max	Age	Distance	Stroke	min/max	BOYS
73	/2:42.01	7-10	RW 200 yd	Freestyle	/2:41.81	74
75	1:46.10/1:28.41	5-8	R 100 yd	Freestyle	1:42.01/1:25.01	76
77	1:49.10/1:40.01	7-10	R 100 yd	Breaststroke	1:49.70/1:40.51	78
79	/24.01	5-8	RW 25 yd	Breaststroke	/23.31	80
81	/40.51	7-10	RW 50 yd	Backstroke	/40.41	82
83	/48.11	5-8	RW 50 yd	Backstroke	/46.81	84
85	/38.31	7-10	RW 50 yd	Butterfly	/38.21	86
87	/21.31	5-8	RW 25 yd	Butterfly	/21.31	88
89	/33.91	7-10	RW 50 yd	Freestyle	/34.11	90
91	/40.51	5-8	RW 50 yd	Freestyle	/39.41	92
93	/1:26.61	7-10	RW 100 yd	IM	/1:26.91	94
95	Deck	5-8	RW 100 yd	Mixed Free Relay	Deck	95
96	Entry	7-10	RW 200 yd	Mixed Free Relay	Entry	96

45 minute break between sessions

Sunday Afternoon - Session 6

97	/2:36.61	13-up	RW 200 yd	Butterfly	/2:21.61	98
99	/1:02.81	13-14	RW 100 yd	Freestyle	/59.61	100
101	/1:02.81	15-up	RW 100 yd	Freestyle	/57.41	102
103	/1:14.11	13-14	RW 100 yd	Backstroke	/1:11.31	104
105	/1:14.51	15-up	RW 100 yd	Backstroke	/1:08.21	106
107	/29.31	13-14	RW 50 yd	Freestyle	/27.51	108
109	/29.31	15-up	RW 50 yd	Freestyle	/26.51	110
111	/3:00.81	13-up	RW 200 yd	Breaststroke	/2:43.01	112
113	Deck	13-14	RW 200 yd	Freestyle Relay	Deck	114
115	Entry	15-up	RW 200 yd	Freestyle Relay	Entry	116
117	/5:57.41	13-up	RW 500 yd	Freestyle	/5:34.81	118