

## CCAQ JO Qualifier BR/W SC Meet

Sanctioned by: USA Swimming & Southern California Swimming Sanction No. S18-058  
Sponsored By: MESA Aquatics & Eastern Committee Received by deadline: 5:00 pm, Wednesday, February 21, 2018  
Date of Meet: March 3-4, 2018

Warm-up: 7:00 am, Saturday & Sunday Start of Meet: 8:30 am, Saturday & Sunday

**POOL:** Eleanor Roosevelt High School - 7447 Scholar Way, Eastvale, CA 92507

**DIRECTIONS:** From the north, take I15 S to Limonite. Turn right onto Limonite, left onto Scholar Way, school is on the right. From the South, take I15 N to Sixth St and turn left to Hamner, right onto Hamner to Citrus. Left onto Citrus to Scholar Way, school will be on left. Use of additional parking lot off Citrus recommended.

**COURSE:** Outdoor 25 yard x 50 meters pool with 10 competition lanes. 6 warm-up lanes will be available during the meet. Pool depth: start end 7.0', turn end 7.0'. 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. The competition course has been certified in accordance with 104.2.2(C).

**WARM-UP Procedures:** Safety Rule: All swimmers must use a three point slide in entries when entering the pool for warm up or warm down. 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, Dave Edoff - swimoff53@msn.com

**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 March 3, 2018 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and longer freestyle events and 13/up 400 IM are requested to furnish their own timers for three heats and lap counters when used. 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. **Tech suits are not (or are) permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: [www.socalswim.org](http://www.socalswim.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 Eastern Committee teams athletes who hold 2018 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 must have achieved time standards listed for an event. 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:** Blue Division: Medals 1<sup>st</sup> - 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> - 6<sup>th</sup> place Red Division: Ribbons 1<sup>st</sup> - 6<sup>th</sup> place  
White Division: Ribbons: 1<sup>st</sup> - 6<sup>th</sup> place Relays: Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> 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, February 21, 2018. 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: ruszim@hotmail.com  
Questions: Meet Processor or SCS Office (310-684-1151)

MAIL ENTRIES TO: Jan Szuskiewicz  
23283 Sonnet Dr  
Moreno Valley, CA 92557

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.

## CCAQ March JO Last Ditch Meet

March 3-4, 2018

ENTRIES MUST BE RECEIVED BY 5:00 PM: February 21, 2018 (Wednesday)

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

\*\*\*400 IM and 500/1000/1650 frees will be swum alternating girls and boys, swimmers should provide own timers and/or lap counters.

\*\* 5-10 Use 200 Free Time to enter 500 Free (requires 5-10 200 Free red time to enter)

Events will be swum fastest to slowest.

Must be at least 11 for open events with 11-12 blue minimum time.

Relays swum time permitting.

**This meet is subject to the 4 hour rule per session.**

**No awards for open events.**

### Saturday

GIRLS	min/max	age		distance	stroke	min/max	BOYS
		11-12	BRW	200 yd	Freestyle		1
2	2:56.80/	5-10	BR	200 yd	Freestyle	2:56.50/	3
		11-12	BRW	100 yd	IM		4
5	1:34.40/	5-10	BR	100 yd	IM	1:34.80/	6
		11-12	BRW	50 yd	Backstroke		7
8	44.30/	5-10	BR	50 yd	Backstroke	44.20/	9
		11-12	BRW	100 yd	Butterfly		10
11	1:37.40/	5-10	BR	100 yd	Butterfly	1:37.60/	12
		11-12	BRW	100 yd	Freestyle		13
14	1:21.50/	5-10	BR	100 yd	Freestyle	1:21.00/	15
		11-12	BRW	50 yd	Breaststroke		16
17	49.80/	5-10	BR	50 yd	Breaststroke	49.80/	18
	Deck	11-12		200 yd	Medley Relay	Deck	19
20	Entered	5-10		200 yd	Medley Relay	Entered	21
*****Minimum 45 MINUTE BREAK*****							
22	2:46.20/		OPEN	200 yd	Butterfly	2:47.40/	23
24		11-12	BRW	100 yd	IM		
25	3:08.80/		OPEN	200 yd	Breaststroke	3:09.00/	26
27		11-12	BRW	100 yd	Freestyle		
28		13-14	BRW	100 yd	Freestyle		29
30		15-up	BRW	100 yd	Freestyle		31
32		11-12	BRW	50 yd	Breaststroke		
33		13-14	BRW	100 yd	Breaststroke		34
35		15-up	BRW	100 yd	Breaststroke		36
37		11-12	BRW	200 yd	Freestyle		
38		13-14	BRW	200 yd	Freestyle		39
40		15-up	BRW	200 yd	Freestyle		41
42		11-12	BRW	100 yd	Butterfly		43
44		13-14	BRW	100 yd	Butterfly		
45		15-up	BRW	100 yd	Butterfly		46
47		11-12	BRW	50 yd	Backstroke		
48	Deck	13-14		200 yd	Freestyle Relay	Deck	49
50	Entered	15-up		200 yd	Freestyle Relay	Entered	51
52		11-12		200 yd	Freestyle Relay		
53	5:48.20/		OPEN	400 yd	IM	5:48.90/	54

### Sunday

GIRLS	min/max	age		distance	stroke	min/max	BOYS
		11-12	BR	200 yd	IM	3:01.70/	55
56	3:23.50/	5-10	BR	200 yd	IM	3:24.50/	57
		11-12	BRW	50 yd	Butterfly		58
59	41.80/	5-10	BR	50 yd	Butterfly	41.60/	60
		11-12	BRW	100 yd	Breaststroke		61
62	1:49.10/	5-10	BR	100 yd	Breaststroke	1:49.70/	63
		11-12	BRW	50 yd	Freestyle		64
65	37.00/	5-10	BR	50 yd	Freestyle	37.20/	66
		11-12	BRW	100 yd	Backstroke		67
68	1:36.80/	5-10	BR	100 yd	Backstroke	1:37.00/	69
	Deck	11-12		200 yd	Freestyle Relay	Deck	70
71	Entered	5-10		200 yd	Freestyle Relay	Entered	72
*****Minimum 45 MINUTE BREAK*****							
73	6:24.60/	OPEN		500 yd	Freestyle	6:29.80/	74
75		11-12	BRW	100 yd	Breaststroke		
76	2:46.20/	OPEN		200 yd	Backstroke	2:51.40/	77
78		11-12	BRW	50 yd	Freestyle		
79		13-14	BRW	50 yd	Freestyle		80
81		15-up	BRW	50 yd	Freestyle		82
83	3:01.30/	11-12	BR	200 yd	IM	3:01.70/	
84		13-14	BRW	200 yd	IM		85
86		15-up	BRW	200 yd	IM		87
88		11-12	BRW	100 yd	Backstroke		
89		13-14	BRW	100 yd	Backstroke		90
91		15-up	BRW	100 yd	Backstroke		92
93		11-12	BRW	50 yd	Butterfly		
94	Deck	13-14		200 yd	Medley Relay	Deck	95
96	Entered	15-up		200 yd	Medley Relay	Entered	97
98		11-12		200 yd	Medley Relay		
99	21:32.10/	OPEN		1650 yd	Freestyle	21:51.50/	100