



ORCA LCM BRW Summer Sizzler

Friday – Saturday – Sunday – June 28-30, 2019

Sanctioned By: USA-Swimming & Southern California Swimming
Sponsored By: ORCA
Warm-up Time: 7:30am

Sanction Number: #S19-001
Entries Due: 5:00 p.m., Wed, June 19, 2019
Start of Meet: 9:00 a.m.

Pool: Fullerton College, 321 E. Chapman Avenue, Fullerton, CA 92832. 50 meter by 25 yd pool. Competition course will be up to 7 lanes with eight (8) 50 Meter lanes for warm-up (During meet one (1) 50 Meter lane will be available for warm-up. Depth of competition lanes is 13 ft to 7 ft. All events will be swum fast-to-slow.

Directions:

From 57 freeway
Exit at Chapman Ave and head west on Chapman for 1.9 miles. College is on northwest corner of Chapman Ave and Berkeley Ave.

From 91 freeway
Exit at Lemon St and head north on Lemon for 1.7 miles. College is on northeast corner of Chapman Ave and Lemon St.

Meet Start Times: Friday session will start at 5 p.m. Saturday and Sunday morning sessions will begin at 9:00 A.M. Saturday and Sunday afternoon sessions will start no sooner than 45 minutes after conclusion of the morning session.

Warm-ups: Controlled warm-ups will begin on Friday afternoon at 3:30 PM and Sat-Sun at 7:30 AM in the competition pool. The competition pool will be closed at 8:45 AM with supervised warm-up/warm-down available in the adjoining area of pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. Based on entries, warm-up may be split and teams may be assigned to specific warm-up times. All swimmers must use 3-point, slide-in entries into the pool during warm up, no jumping or diving.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to **Joyce Phelps, e-mail: joycephelps@gmail.com**

Rules: USA Swimming Rules govern; Current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; After each event is closed, a swimmer may not check-in or scratch. The first 4 events (timed finals) of each session will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on June 28, 2019 determines age for the meet. All events will be swum fast to slow. A swimmer may enter all events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 4 individual events per day. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

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 acknowledgment 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.

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 2019 FINA and USA Swimming registered swimmers. Registration application must be received by **Wednesday, June 19, 2019 at 5pm** by meet processor, administrative official/referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

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 (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 at www.socalswim.org

Deck Changes: Deck changes are prohibited.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

Distance Events: The **400/800 LCM Freestyle and 400 IM** events will be swum fastest to slowest alternating girls and boys heats. Swimmers are asked to provide their own timers and counters for the 400 and 800 Freestyle and their own timers for the 400 IM.

Submitted/Qualifying Times: Submit ACTUAL times achieved for each event. 9-10 year olds swimming the 400 LCM Free are asked to submit a 200 LCM time. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". When entering electronically, "L" or "Y" must be specified. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2017 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) -- refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action. **For Seeding purposes ONLY: after entries close, non-conforming times will be converted by meet administration.**

Entry Procedure: Team Electronic Entry is highly preferred.

Team electronic entry: (will be accepted ONLY when received with):

- Entry file (.zip or .sd3)
- Proof of time report showing meet and dates for each entry (.pdf or Word)
- Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.

Individual entry: Submit a completed individual SCS entry form with payment via **snail mail**. Individuals may not e-mail, scan, or text entries. Entry form and payment must be received together.

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

Fees: Individual surcharge (including relay--only swimmers): \$10.00. Event fee: \$4.00 per event. Relays: \$10.00 per relay. Returned checks will incur a service fee per SCS policy

Scoring/Awards: Ribbons: Individual Events: Blue 1-6, Red 1-6, White 1-6, Relays: 1-3

Relays: Once a relay has been checked in and the event closed, failure of the relay to report will result in the disqualification of the club's relay from the next relay event for that age group and gender, as well as removal of each relay swimmer from their subsequent event.

Entries must be received by Wednesday, June 19, 2019 at 5:00 p.m.

Make checks payable to: Southern California Swimming

Mail entries to: ORCA SCY Summer Sizzler
c/o Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675

Email: divanj@cox.net

Hand delivered to: Same as mail entries to

FOR ADDITIONAL INFORMATION:

Contact Jerry Olszewski, e-mail: jaolszewski@hotmail.com -or- tel: (602) 740-8338
Receipt of entry will not be confirmed by phone or by e-mail.

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



FRIDAY AFTERNOON, JUNE 28, 2019						
GIRLS			BOYS			
EVENT #	AGE	MINIMUM	EVENT	MINIMUM	AGE	EVENT #
1	9-10	BR ONLY	400 LCM FREE	BR ONLY	9-10	2
3	11-12	B ONLY	800 LCM FREE	B ONLY	11-12	4
3	13-14/15-UP	BR ONLY	800 LCM FREE	BR ONLY	13-14/15-UP	4

SATURDAY MORNING, JUNE 29, 2019						
GIRLS			BOYS			
EVENT #	AGE	MINIMUM	EVENT	MINIMUM	AGE	EVENT #
5	11-12	BR ONLY	200 LCM FLY			
6	7-10	BRW	200 LCM FREE	BRW	7-10	7
8	11-12	BRW	200 LCM FREE			
9	5-8	BRW	50 LCM BACK	BRW	5-8	10
11	7-10	BRW	50 LCM BACK	BRW	7-10	12
13	11-12	BRW	50 LCM BACK			
14	5-8	BRW	50 LCM BREAST	BRW	5-8	15
16	7-10	BRW	50 LCM BREAST	BRW	7-10	17
18	11-12	BRW	50 LCM BREAST			
19	7-10	BRW	100 LCM FLY	BRW	7-10	20
21	11-12	BRW	50 LCM FLY			
22	5-8	BRW	100 LCM FREE	BRW	5-8	23
24	7-10	BRW	100 LCM FREE	BRW	7-10	25
26	11-12	BRW	100 LCM FREE			
27	5-10	BRW	200 LCM FREE RELAY	BRW	5-10	28
29	11-12	BRW	200 LCM FREE RELAY			
--10 MIN BREAK--						
30	11-12	B ONLY	400 LCM IM			

SATURDAY AFTERNOON, JUNE 29, 2019						
GIRLS			BOYS			
EVENT #	AGE	MINIMUM	EVENT	MINIMUM	AGE	EVENT #
			200 FREE	BRW	11-12	31
32	13-14/15-UP	BRW	200 FREE	BRW	13-14/15-UP	33
			50 FLY	BRW	11-12	34
35	13-14/15-UP	BRW	100 FLY	BRW	13-14/15-UP	36
			50 BACK	BRW	11-12	37
38	13-14/15-UP	BRW	100 BACK	BRW	13-14/15-UP	39
			50 BREAST	BRW	11-12	40
41	13-14/15-UP	BRW	100 BREAST	BRW	13-14/15-UP	42
			100 FREE	BRW	11-12	43
44	13-14/15-UP	BRW	100 FREE	BRW	13-14/15-UP	45
			200 FLY	BR ONLY	11-12	46
47	13-14/15-UP	BRW	200 FLY	BRW	13-14/15-UP	48
			100 BACK	BRW	11-12	49
50	13-14/15-UP	BRW	200 FREE RELAY	BRW	13-14/15-UP	51
			200 FREE RELAY	BRW	11-12	52
--10 MIN BREAK--						
53	13-14/15-UP	BRW	400 IM	BRW	13-14/15-UP	54
			400 IM	B ONLY	11-12	55

SUNDAY MORNING, JUNE 30, 2019						
GIRLS				BOYS		
EVENT #	AGE	MINIMUM	EVENT	MINIMUM	AGE	EVENT #
56	11-12	BRW	100 BACK			
57	7-10	BRW	100 BACK	BRW	7-10	58
59	11-12	BR ONLY	200 BACK			
---10 MIN BREAK---						
60	11-12	BRW	100 BREAST			
61	5-8	BRW	50 FREE	BRW	5-8	62
63	7-10	BRW	50 FREE	BRW	7-10	64
65	11-12	BRW	50 FREE			
66	7-10	BRW	200 IM	BRW	7-10	67
68	11-12	BRW	200 IM			
69	5-8	BRW	50 FLY	BRW	5-8	70
71	7-10	BRW	50 FLY	BRW	7-10	72
73	11-12	BRW	100 FLY			
74	7-10	BRW	100 BREAST	BRW	7-10	75
76	11-12	BR ONLY	200 BREAST			
77	5-10	BRW	200 MEDLEY RELAY	BRW	5-10	78
79	11-12	BRW	200 MEDLEY RELAY			
---10 MIN BREAK---						
80	11-12	BR ONLY	400 FREE			

SUNDAY AFTERNOON, JUNE 30, 2019						
GIRLS				BOYS		
EVENT #	AGE	MINIMUM	EVENT	MINIMUM	AGE	EVENT #
			200 BREAST	BR ONLY	11-12	81
82	13-14/15-UP	BRW	200 BREAST	BRW	13-14/15-UP	83
			100 FLY	BRW	11-12	84
85	13-14/15-UP	BRW	50 FREE	BRW	13-14/15-UP	86
			50 FREE	BRW	11-12	87
88	13-14/15-UP	BRW	200 IM	BRW	13-14/15-UP	89
			200 IM	BRW	11-12	90
91	13-14/15-UP	BRW	200 BACK	BRW	13-14/15-UP	92
			200 BACK	BR ONLY	11-12	93
94	13-14/15-UP	BRW	200 MEDLEY RELAY	BRW	13-14/15-UP	95
			200 MEDLEY RELAY	BRW	11-12	96
---10 MIN BREAK---						
			100 BREAST	BRW	11-12	97
98	13-14/15-UP	BRW	400 FREE	BRW	13-14/15-UP	99
			400 FREE	BR ONLY	11-12	100