

# Day of **RED HOT SPRINTS!**

## Red /White -Long Course

June 28, 2014

Hosted by: John C. Argue Swim Team

Sanctioned by: Southern California Swimming  
Sanction No. 14-176  
Entries due: June 18, 2014

Warm-up: 7:30 am  
Start of Meet: 8:30 am Saturday

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, June 18, 2014. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). MEET ENTRY AND REJECTIONS ARE SUBJECT TO PACIFIC COMMITTEE ENTRY PROCEDURE (See Pacific Committee Resolution dated October 25, 2012).

**POOL:** LA84 Foundation/John C. Argue Swim Stadium, 3980 Bill Robertson Lane, Los Angeles, CA 90037

**DIRECTIONS:** Harbor Freeway (110) to Martin Luther King Blvd; west on Martin Luther King Blvd to Bill Robertson Lane; north on Bill Robertson Lane to Parking Lot 1. Pool is directly across from the parking lot. Please enter pool complex through the side entrance. The entrance will be marked clearly.

**COURSE:** Outdoor 50 meter x 25 yard with 8 fully automated competition LCM lanes and a separate 5-lane warm-up warm-down pool. **The competition course has been certified in accordance with 104.2.2©. South end start depth 5'6" and turn depth 16'. North end start depth 16' and turn depth 5'6".**

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 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 30 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. A swimmer must be at least 7 years old on June 28, 2014 to participate in this meet per Los Angeles City Recreation and Parks regulations. All attending clubs will be responsible for timing in their assigned lanes for the entire meet. **Swimmers may swim a maximum of 4 events per day plus relays.**

**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.

**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:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**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 Pacific Committee athletes who hold 2014 USA Swimming Registration. Registration application must be received by the meet entry due date 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 short or long** course from this or the preceding swim season (NO WORK OUT TIMES). Times achieved from 9/1/12 to 6/18/14 are to be submitted. All nonconforming times will be seeded last. 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.

**AWARDS:** Red and White Divisions: 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 -  
13+ events will be awarded 13-14 and 15+; OPEN events Ribbons 1<sup>st</sup> - 6<sup>th</sup> place.

**SNACK BAR:** A full-service snack bar will be located near the pool area.

**ENTRY PROCEDURE:** : Electronic entry is the preferred method of 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 (5PM 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 email entry. **Failure to comply will be referred to the SCS 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. Electronic entries are to be sent to – [blwswim@earthlink.net](mailto:blwswim@earthlink.net) **Entry on an SCS consolidated entry card will be accepted. Card must be completely filled out completely including USA Swimming registration number.**

**No individual meet entry accepted via email.**

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.) No individual meet entry accepted via email.**

**ENTRY FEES:** \$3.25 for each individual event along with a \$7.50 surcharge **per swimmer must accompany each individual entry card.** NO REFUNDS. \$7.00 for each relay when entered on deck. Returned checks will incur a service fee.

**MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING**

Mail entries: Bettie Williams  
PO Box 83583

Los Angeles, CA 90083-0538

For Information contact : Marcellus Beaird (310) 707-7770

Bettie Williams—310 338-8776 ([blwswim@earthlink.net](mailto:blwswim@earthlink.net))

Meet Hand Delivery – 5405 W. Slauson Avenue, Los Angeles, CA 90056

**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.**

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## Hosted by – John C Argue Swim Team

Meet Date: 6/28/14 - Meet Entry Due Date: 6/18/2014

**PLEASE ENTER BEST RECORDED TIME - YOU MAY SWIM 4 INDIVIDUAL EVENTS PLUS RELAYS**

GIRLS	MAX Standard	AGE	EVENT	Max Standard	BOYS
1	DECK	7-10	200 Medley RELAY	DECK ENTERED	2
3	ENTERED	11-12			
4	1:40.51M	7-10	100 Butterfly	1:40.71M	5
6	1:37.31M	11-12			
7	46.41M	7-10	50 Backstroke	46.31M	8
9	41.61M	11-12			
10	3:02.71M	7-10	200 Freestyle	3:02.41M	11
12	2:42.91M	11-12			
13	1:52.21M	7-10	100 Breaststroke	1:52.91M	14
15	1:40.01M	11-12			
16	38.41M	7-10	50 Freestyle	38.11M	17
18	34.91M	11-12			
19	1:41.01M	7-10	100 Backstroke	1:41.31M	20
21	1:29.41M	11-12			
22	3:30.21M	7-10	200 IM	3:31.21M	23
24	3:07.91M	11-12			
25	43.21M	7-10	50 Butterfly	43.11M	26
27	38.41M	11-12			
28	1:24.41M	7-10	100 Freestyle	1:23.91M	29
30	1:15.61M	11-12			
31	51.41M	7-10	50 Breaststroke	51.41M	32
33	46.01M	11-12			
34	DECK	7-10	200 Freestyle RELAY	DECK ENTERED	35
36	ENTERED	11-12			
37	BLUE for Age	13 and UP	200 Backstroke	BLUE for Age	38
39	BLUE for Age	13 and UP	200 Breaststroke	BLUE for Age	40

\*Swimmers aged 7-8 years must meet the stated max entry time standard for 7-10 events.

ALL RELAYS ARE DECK ENTERED AND TIME PERMITTING

AFTERNOON SESSION WILL START NO EARLIER THAN 11:30 AM. WARM-UP WILL BEGIN IMMEDIATELY FOLLOWING THE END OF THE MORNING SESSION.

GIRLS	Max Standard	AGE	EVENT	Max Standard	BOYS
41	BLUE for Age	13 and UP	200 Butterfly	BLUE for Age	42
	DECK	11-12	400 Medley RELAY	DECK ENTERED	43
44	ENTERED	13 and UP			45
		11-12	100 Breaststroke	1:40.11M	46
47	BLUE for Age	13 and UP			48
		11-12	50 Backstroke	45.80M	49
50	Blue for Age **	13 and UP			51
		11-12	200 Freestyle	2:43.61M	52
53	BLUE for Age	13 and UP			54
		11-12	100 Butterfly	1:28.11M	55
56	BLUE for Age	13 and UP			57
		11-12	50 Freestyle	34.41M	58
59	BLUE for Age	13 and UP			60
		11-12	100 Backstroke	1:30.71M	61
62	BLUE for Age	13 and UP			63
		11-12	200 IM	3:08.21M	64
65	BLUE for Age	13 and UP			66
		11-12	50 Butterfly	39.21M	67
68	Blue for Age **	13 and UP			69
		11-12	100 Freestyle	1:15.11M	70
71	BLUE for Age	13 and UP			72
		11-12	50 Breaststroke	45.61M	73
74	Blue for Age **	13 and UP			75
	DECK	11-12	200 Freestyle RELAY	DECK ENTERED	76
77	ENTERED	13 and UP			78

13 and UP events will be swum by entered time, but awarded 13-14 and 15 and Up.

\*\* 13 and UP please enter 100 M times for purposes of seeding. Entry time must be Max Blue time for age.

**If entries do not warrant 2 sessions the meet will be contested as a single session in the following order: 4-5-6-55-56-57-1-2-3-43-44-45-7-8-9-49-50-51-10-11-12-52-53-54-13-14-15-46-47-48-16-17- 18-58-59-60-19-20-21-61-62-63-22-23-24-64-65-66-25-26-27-67-68-69-37-39-28-29-30-70-71-72-31-32-33-73-74-75-39-40-34-35-36-76-77-78-41-42**