



2019 Penguin Aquatics Club BRW Long Course Meet

Sanctioned by: Southern California Swimming and USA Swimming
Sponsored By: Penguin Aquatics Club & Pacific Committee
Date of Meet: April 27-28, 2019

Sanction # S19-154
Received by deadline: 5:00 pm, April 17, 2019
Meet start time: 8:30 am- (Sat and Sunday)

DIRECTIONS: San Fernando Regional Pool, 208 Park Avenue, San Fernando, CA 91340. From the 118 Freeway, exit San Fernando Road and turn North toward San Fernando, make a slight right onto Tiffany Avenue, take the first right onto Wolfskill Street, take the first right onto 1st Street/Robert F Kennedy Drive, then take the first left onto Park Avenue.

COURSE: Outdoor 50 meter x 25 yard with 8 LC competition lanes. The competition course has been certified in accordance with 104.2.2(c) on file with USA Swimming. Pool depth: start end 13'0" min, turn end 13'1" min. The meet will be contested using 8 lanes. A separate 4-5 lane warm up and warm down SCY pool will be available.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am on Saturday and Sunday. Diving will be allowed in designated dive lanes only under the supervision of certified coaches. Dive lanes will be assigned. The pool will close 15 minutes before the start of each session. If split warm-up is required the meet referee will notify all clubs no later than April 4, 2018. All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.

MEET REFEREE: The Meet Referee Scot Ranslem <scotranslem@discover.com> will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet 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. Swimmers must be at least 5 years old on April 7, 2018 to enter this meet. Timers are requested to be provided by each team. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 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.

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 Pacific Committee club athletes who hold **2019 USA Swimming Registration.** Registration application must be received by meet entry due date (March 28, 2018) 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.

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). All entered times must have been achieved on or after 09/01/2017. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action.

AWARDS:

Blue Division: Ribbons 1 st – 8 th Place	Red Division: Ribbons 1 st - 8 th place
White Division: Ribbons 1 st - 8 th place	Relays: Ribbons 1 st - 3 rd place
Meet will be awarded 5-8: 9-10; 11-12; 13-14 and 15 & UP	Open events are not scored or awarded.

ENTRY FEES: **\$4.00** for each individual event along with a **\$10.50** surcharge **per swimmer** *must accompany each individual entry card.* NO REFUNDS. Returned checks will incur a service fee. Relays will be deck-entered at **\$10.00 each**, payable on entry.

ENTRY PROCEDURE: **Team Electronic Entry is preferred.** Electronic-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. **Send electronic entries to: Bettie Williams (blwswim@earthlink.net).** Entry on an SCS consolidated entry card will be accepted. Cards must be filled out completely including USA Swimming registration number. No individual meet entries accepted via email.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, April 17, 2019. The meet will be limited to 850 athletes. 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

Mail entries to:
Bettie Williams
PO Box 83538
Los Angeles, CA 90083

For Information contact: Bettie Williams—(blwswim@earthlink.net)
Nick Orozco— (onicolas5@aol.com)
Meet hand delivery—5405 W. Slauson Avenue, Los Angeles, CA 90056

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

It is understood and agreed that USA Swimming shall be free from any liabilities of claims for damages arising by reason of injuries to anyone during the conduct of the event



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April 27-28, 2019

Entries will be limited to comply with 4-hour rule regardless of postmark date.

Registration application must be received, by meet processor, administrative referee, or SCS Office no later than the meet entry due date, 4/17/19. Late application will be considered "on-deck" subject to penalties.

**PLEASE ENTER BEST RECORDED SHORT COURSE TIME –
YOU MAY SWIM A TOTAL OF 3 INDIVIDUAL EVENTS PER DAY PLUS RELAYS**

Warm-Up 7:30 AM

Meet starts 8:30 AM

Warm-Up 7:30 AM

Meet Starts 8:30 AM

Saturday - Morning Session						Sunday - Morning Session					
Girl	Min Time	Event	Age	Min Time	Boy	Girl	Min Time	Event	Age	Min Time	Boy
1	2:46.20	200 M Free	15&O	2:34.70	2	57	3:12.00	200 M IM	15&O	2:55.70	58
3	3:19.30	200 M Free	5-10	3:19.00	4	59	3:49.31	200 M IM	5-10	3:50.40	60
5		50 M Free	15&O		6	61		100 M Back	15&O		62
7		50 M Free	5-10		8	63	1:50.30	100 M Back	5-10	1:50.50	64
9	3:30.20	200 M IM	5-10	3:31.20	10	65	3:41.90	200 M Breast	15&O	3:20.40	66
11	3:12.70	200 M Back	15&O	3:00.70	12	67		50 M Breast	5-10		68
13		50 M Back	5-10		14	69		100 M Free	15&O		70
15		100 M Breast	15&O		16	71		100 M Free	5-10		72
17	2:02.40	100 M Breast	5-10	2:03.10	18	73	3:13.00	200 M Fly	15&O	2:54.80	74
19		100 M Fly	15&O		20	75		50 M Fly	5-10		76
21	1:49.70	100 M Fly	5-10	1:49.80	22	77	Deck	200 M Free Relay	15&O	Deck	78
23	Deck	200 M Medley Relay	15&O	Deck	24	79	Entered	200 Free Relay	5-10	Entered	80
25	Entered	200 M Medley Relay	5-10	Entered	26	81	11:44.20	800 Freestyle	OPEN	11:43.70	82
27	22:11.60	1500 Freestyle	OPEN	22:10.90	28						

**AFTERNOON SESSION, BOTH DAYS, WILL BEGIN 45 MINUTES AFTER THE END OF THE MORNING SESSIONS.
AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION**

Saturday - Afternoon Session						Sunday - Afternoon Session					
Girl	Min Time	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy
29	2:57.70	200 M Free	11-12	2:58.40	30	83	3:25.00	200 M IM	11-12	3:25.30	84
31	2:48.10	200 M Free	13-14	2:42.00	32	85	3:13.40	200 M IM	13-14	3:04.30	86
33	3:07.90	200 M IM	11-12	3:08.20	34	87		100 M Back	11-12		88
35	6:31.20	400 M IM	11-14	6:32.30	36	89		100 M Back	13-14		90
37		50 M Free	11-12		38	91		50 M Fly	11-12		92
39		50 M Free	13-14		40	93	Red for Age	200 M Fly	11-14	Red for Age	94
41		50 M Back	11-12		42	95		100 M Free	11-12		96
43	Red for Age	200 M Back	11-14	Red for Age	44	97		100 M Free	13-14		98
45		100 M Fly	11-12		46	99		50 M Breast	11-12		100
47		100 M Fly	13-14		48	101	Red for Age	200 M Breast	11-14	Red for Age	102
49		100 M Breast	11-12		50	103	Deck	200 M Free Relay	11-12	Deck	104
51		100 M Breast	13-14		52	105	Entered	200 M Free Relay	13-14	Entered	106
53	Deck	200 M Medley Relay	11-12	Deck	54						
55	Entered	200 M Medley Relay	13-14	Entered	56						

- All relays are deck entered and time permitting.
- Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.
- All attending clubs will be responsible for timing in their assigned lanes for the entire meet.
- All 11-14 events will be swum combined, but awarded 11-12 and 13-14.

Event Recap:

Girls				Boys				
5-10	11-12	13-14	15&O	OPEN	5-10	11-12	13-14	15&O
200 FR	200/1500 FR	200/1500 FR	200/1500 FR	SAT- 1500FR	100 FR	800 FR	800 FR	800 FR
200 IM	200/400 IM	400 IM	50 FR		200 IM	200 IM	200 IM	200 IM
50 FR	50 FR	50 FR	100 BR		50 FR	100 BK	100 BK	100 FR
50 BK	50/200 BK	200 BK	100 FL		100 BK	50/200 FL	200 FL	200 BR
100 BR	100 FL	100 FL	200 M. Rel		50 BR	100 FR	100 FR	200 FL
100 FL	100 BR	100 BR	200 BK	50 FL	50/200 BR	200 BR	100 BK	
200 M. Rel	200 M. Rel	200 F. Rel	200 F. Rel	800FR	200 F. Rel	200 F. Rel	200 F. Rel	200 F. Rel.