

YST November BRW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-345

Sponsored By: YST & Eastern Committee

Received by deadline: 5:00 pm, Wednesday October 30, 2019

Date of Meet: November 8-10, 2019

Friday - Fontana only: Warm up at 4:00 pm, Start of meet 5:00pm

Saturday and Sunday both sites: Warm-up: 7:00 am Start of meet 8:30 am

Friday session only - POOL: Fontana Park Aquatics Center, 15556 Summit Ave. Fontana 92336. (at the corner of Knox Ave)

DIRECTIONS: From the 15 fwy, exit Summit Ave and go east. Turn north at Knox then left into the Aquatic Center parking. From the 210 fwy eastbound, turn north onto the 15 fwy and exit Summit as above; from the 210 westbound, exit Citrus and turn right, then left at Summit, right at Knox.

COURSE: Outdoor 25 yd x 44 meter pool with 8 competition lanes and 4 warm-up lanes. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming. Pool depth: start end In 1: 12' In 8 7', turn end In 1 12' in 8 7'.

Saturday & Sunday Sessions POOL: Crafton Hills College Aquatics Center - 11711 Sand Canyon Road, Yucaipa, CA 92399

CLOSED DECK - only athletes, officials, coaches, and volunteer workers will be permitted on deck. **NO FOOD ALLOWED ON DECK.** Teams may set up tarps/EZ Ups in grass area only, no folding chairs or tarps/EZ Ups in spectator bleachers. **PARKING PERMIT REQUIRED,** <https://secure.rec1.com/CA/san-bernardino-community-college-district/catalog?filter=c2VhcmNoPTk0MzUwNg==>

Additional meet parking in lots I & H. **NO RV, TRAILERS, OR CAMPERS** allowed in the aquatic parking lot. All RVs, trailers, or campers must park in Lot H.

DIRECTIONS: From I-10 W, exit Yucaipa Blvd, turn left. From I-10 E, exit Yucaipa Blvd, turn right. At Sand Canyon Rd/14th St, turn left. College entrance is on the right.

COURSE: Outdoor 50 meter x 25 yard with 8 competition lanes plus additional lanes will be open for warm-up/cool-down throughout the meet. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming. Pool depth: start end 7', turn end 7'.

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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Jason Rothlein jtrothlein@gmail.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 November 8, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 400y or longer are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day. All coaches and officials must complete the CDC or NFHS concussion course.**

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 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.**

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: Athletes who hold 2019 USA Swimming Registration. **The following teams from the Eastern Committee: CHS, CROC, HVDA, IEAQ, MESA, MMST, MYAQ, OTTR, PASS, PST,RAA, RIVR, RST, PDSC, STAR, TMEC, TPST, USMC,** VA. 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. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. All athletes 18 years of age and older must complete the online Athlete Protection Training (APT), to compete in the meet**

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**). For seeding purposes only, after entries close Meet Administration will convert non-conforming 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.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$4.00 for each individual event along with a **\$10.00 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. (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 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. Prior to entry deadline 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 \$10.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, October 30, 2019. 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
Julie Fredericks
P.O. Box 624
Yucaipa, CA 92399

Email for team electronic entries only: fredies6@hotmail.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

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.

YST November BRW SC Meet

November 8 - 10, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM: October 30, 2019 (Wednesday)

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

***400 IM and 500/1000/1650 free will be swum alternating girls and boys. Swimmers should provide their own timers and/or lap counters.

FRIDAY night session only will be hosted by FAC only for both meets at Fontana Aquatics Center

| GIRLS | min/max | age | distance | stroke | min/max | BOYS |
|-------|------------|-------|-----------|------------|------------|------|
| 1 | 2:43.20/ | OPEN | 200 yd | Butterfly | 2:47.40/ | 2 |
| 3 | 3:23.50/ | 7-10 | BR 200 yd | IM | 3:24.50/ | 4 |
| 5 | 2:46.20/ | OPEN | 200 yd | Backstroke | 2:51.40/ | 6 |
| 7 | **2:56.80/ | 7-10 | BR 500 yd | Freestyle | **2:56.50/ | 8 |
| 9 | 6:24.60/ | 11-12 | B 500 yd | Freestyle | 6:29.80/ | 10 |
| 11 | 21:32.10/ | OPEN | 1650 yd | Freestyle | 21:51.50/ | 12 |

SATURDAY

| GIRLS | min/max | age | distance | stroke | min/max | BOYS |
|-------|--------------|-------|------------|-----------------------|--------------|------|
| 13 | 1:46.10/ | 5-8 | BR 100 yd | Freestyle Mixed | 1:42.00/ | 13 |
| | | 11-12 | BRW 100 yd | Freestyle | | 14 |
| 15 | | 7-10 | BRW 100 yd | Freestyle | | 16 |
| 17 | | 5-8 | BRW 25 yd | Freestyle Mixed | | 17 |
| | | 11-12 | BRW 50 yd | Butterfly | | 18 |
| 19 | | 7-10 | BRW 50 yd | Butterfly | | 20 |
| 21 | 55.60/ | 5-8 | BR 50 yd | Butterfly Mixed | 56.40/ | 21 |
| | | 11-12 | BRW 100 yd | Breaststroke | | 22 |
| 23 | | 7-10 | BRW 100 yd | Breaststroke | | 24 |
| 25 | 57.80/ | 5-8 | BR 50 yd | Backstroke Mixed | 56.30/ | 25 |
| | | 11-12 | BRW 50 yd | Backstroke | | 26 |
| 27 | | 7-10 | BRW 50 yd | Backstroke | | 28 |
| 29 | | 5-8 | BRW 25 yd | Backstroke Mixed | | 29 |
| | 3:01.30/ | 11-12 | BR 200 yd | IM | 3:01.70/ | 30 |
| 31 | | 5-8 | BRW 100 yd | IM | | 31 |
| 32 | | 7-10 | BRW 200 yd | Freestyle Relay | | 33 |
| | Deck Entered | 11-12 | BRW 200 yd | Freestyle Relay | Deck Entered | 34 |
| 35 | | 5-8 | BRW 100 yd | Mixed Freestyle Relay | | 35 |

*****Minimum 45 Minute break*****

| | | | | | | |
|----|-----------|-------|------------|-----------------|--------------|----|
| 36 | 5:48.20/ | OPEN | 400 yd | IM | 5:48.90/ | 37 |
| 38 | | 11-12 | BRW 50 yd | Backstroke | | |
| 39 | 3:08.80/ | OPEN | 200 yd | Breaststroke | 3:09.00/ | 40 |
| 41 | | 11-12 | BRW 50 yd | Freestyle | | |
| 42 | | 13-14 | BRW 50 yd | Freestyle | | 43 |
| 44 | | 15-up | BRW 50 yd | Freestyle | | 45 |
| 46 | | 11-12 | BRW 50 yd | Breaststroke | | |
| 47 | | 13-14 | BRW 100 yd | Breaststroke | | 48 |
| 49 | | 15-up | BRW 100 yd | Breaststroke | | 50 |
| 51 | | 11-12 | BRW 200 yd | Freestyle | | |
| 52 | | 13-14 | BRW 200 yd | Freestyle | | 53 |
| 54 | | 15-up | BRW 200 yd | Freestyle | | 55 |
| 56 | | 11-12 | BRW 100 yd | IM | | |
| 57 | | 13-14 | BRW 200 yd | Freestyle Relay | | 58 |
| 59 | | 11-12 | BRW 200 yd | Freestyle Relay | Deck Entered | |
| 60 | | 15-up | BRW 200 yd | Freestyle Relay | | 61 |
| 62 | 12:58.60/ | OPEN | 1000 yd | Freestyle | 13:09.80/ | 63 |

Events will be swum fastest to slowest.

Relays swum time permitting.

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

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

** 7-10 Use 200 Free Time to enter 500 Free

11-12s may swim either event 9-10 or 116-117, not both

No awards for open events.

SUNDAY

| GIRLS | min/max | age | distance | stroke | min/max | BOYS |
|-------|----------|-------|------------|--------------------|--------------|------|
| | | 11-12 | BRW 200 yd | Freestyle | | 64 |
| 65 | 2:56.80/ | 7-10 | BR 200 yd | Freestyle | 2:56.50/ | 66 |
| 67 | 1:02.80/ | 5-8 | BR 50 yd | Breaststroke Mixed | 1:01.20/ | 67 |
| | | 11-12 | BRW 50 yd | Breaststroke | | 68 |
| 69 | | 7-10 | BRW 50 yd | Breaststroke | | 70 |
| 71 | | 5-8 | BRW 25 yd | Breaststroke Mixed | | 71 |
| | | 11-12 | BRW 50 yd | Freestyle | | 72 |
| 73 | | 7-10 | BRW 50 yd | Freestyle | | 74 |
| 75 | 48.60/ | 5-8 | BR 50 yd | Freestyle Mixed | 47.30/ | 75 |
| | | 11-12 | BRW 100 yd | Butterfly | | 76 |
| 77 | | 7-10 | BRW 100 yd | Butterfly | | 78 |
| 79 | | 5-8 | BRW 25 yd | Butterfly Mixed | | 79 |
| | | 11-12 | BRW 100 yd | Backstroke | | 80 |
| 81 | | 7-10 | BRW 100 yd | Backstroke | | 82 |
| | | 11-12 | BRW 100 yd | IM | | 83 |
| 84 | | 7-10 | BRW 100 yd | IM | | 85 |
| | | 11-12 | BRW 200 yd | Medley Relay | | 86 |
| 87 | | 7-10 | BRW 200 yd | Medley Relay | Deck Entered | 88 |
| 89 | | 5-8 | BRW 100 yd | Mixed Medley Relay | | 89 |

*****Minimum 45 Minute break*****

| | | | | | | |
|-----|----------|-------|------------|--------------|--------------|-----|
| 90 | 3:01.30/ | 11-12 | BR 200 yd | IM | 3:01.70/ | |
| 91 | | 13-14 | BRW 200 yd | IM | | 92 |
| 93 | | 15-up | BRW 200 yd | IM | | 94 |
| 95 | | 11-12 | BRW 100 yd | Freestyle | | |
| 96 | | 13-14 | BRW 100 yd | Freestyle | | 97 |
| 98 | | 15-up | BRW 100 yd | Freestyle | | 99 |
| 100 | | 11-12 | BRW 50 yd | Butterfly | | |
| 101 | | 13-14 | BRW 100 yd | Backstroke | | 102 |
| 103 | | 11-12 | BRW 100 yd | Backstroke | | |
| 104 | | 15-up | BRW 100 yd | Backstroke | | 105 |
| 106 | | 11-12 | BRW 100 yd | Butterfly | | |
| 107 | | 13-14 | BRW 100 yd | Butterfly | | 108 |
| 109 | | 15-up | BRW 100 yd | Butterfly | | 110 |
| 111 | | 11-12 | BRW 100 yd | Breaststroke | | |
| 112 | | 13-14 | BRW 200 yd | Medley Relay | | 113 |
| 114 | | 15-up | BRW 200 yd | Medley Relay | Deck Entered | 115 |
| 116 | | 11-12 | BRW 200 yd | Medley Relay | | |
| 117 | 6:24.60/ | OPEN | 500 yd | Freestyle | 6:29.80/ | 118 |