

HILLSIDE Start of the Summer RW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: Hillside & Eastern Committee
Date of Meet: Sunday, May 6, 2018

Sanction No. S18-139
Received by deadline: 5:00 pm, Wednesday, April 26, 2017
Start of Meet: 8:30 am

Warm-up: 7:00 am

POOL: Chaffey Community College Pool, 5885 Haven Ave., Rancho Cucamonga, CA

DIRECTIONS: from the East: Take the 210 West to Haven Ave. Turn right, 1/2 mile to the campus. From the the South: Take the 15 North to the 210. Go west to Haven Ave. Turn right 1/2 mile to the campus.

COURSE: 10 lane, 25 yard pool. Start and turn end depth from 7'-13'. 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, no jumping or diving in. 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, Jack Argue - argue5@earthlink.net

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 May 6, 2018 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 Freestyle are requested to furnish their own lap counters and timers for three heats. 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.**

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 the following Eastern Committee teams athletes who hold 2018 USA Swimming Registration: BLSC, CCCC, CHS, FSON, HILL, HVDA, MESA, MMST, PASS, PDSC, PST, RAA, RIVR, STAR, TPST, USMA, YST. 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 may not enter events in which they have achieved the MAXIMUM time listed or faster. 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: Red Division: Ribbons 1st - 6th place White Division: Ribbons: 1st - 6th place Relays: Ribbons 1st - 3rd 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, April 26, 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: fredies6@hotmail.com

Questions: SCS Office (800) 824-6206

MAIL ENTRIES TO: Julie Fredericks

P O Box 624

Yucaipa, CA 92399

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.

High School swimmers are responsible for making sure they are UN at this meet.

**HILL Start of the Summer RW SC Meet
May 6, 2018**

ENTRIES MUST BE RECEIVED BY 5:00 PM: April 25, 2018 (Wednesday)

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

Events will be swum fastest to slowest, starred events swum together awarded separately.

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

500 yd events will be swum alternating girls and boys, swimmers are requested to provide own timers, and lap counters.

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

GIRLS	MAX/MIN	AGE		Distance		STROKE	MAX/MIN	BOYS
1	1:14.71/	7-10	RW	100	yd	Freestyle	1:14.31/	2
3	1:28.41/1:46.10	5-8	R	100	yd	Freestyle	1:25.01/1:42.00	4
5	38.31/	7-10	RW	50	yd	Butterfly	38.21/	6
7	46.31/55.60	5-8	R	50	yd	Butterfly	47.01/56.40	8
9*	21.31/	5-8	RW	25	yd	Butterfly	21.31/	10*
11	1:26.61/	7-10	RW	100	yd	IM	1:26.91/	12
13	1:41.21/	5-8	RW	100	yd	IM	1:38.51/	14
15	45.61/	7-10	RW	50	yd	Breaststroke	45.61/	16
17	52.31/1:02.80	5-8	R	50	yd	Breaststroke	51.01/1:01.20	18
19*	24.01/	5-8	RW	25	yd	Breaststroke	23.31/	20*
21	Deck Entered Time	7-10	RW	200	yd	Mixed, boys, girls Free Relay	Deck Entered Time	21
22	Permitting	5-8	RW	100	yd	Mixed, boys, girls Free Relay	Permitting	22
23	33.91/	7-10	RW	50	yd	Freestyle	34.11/	24
25	40.51	5-8	RW	50	yd	Freestyle	39.41	26
27*	18.11/	5-8	RW	25	yd	Freestyle	17.61/	28*
29	40.51/	7-10	RW	50	yd	Backstroke	40.41/	30
31	48.11/57.80	5-8	R	50	yd	Backstroke	46.81/56.30	32
33*	22.21/	5-8	RW	25	yd	Backstroke	21.61/	34*
35	2:42.01/2:56.80	7-10	R	200	yd	Freestyle	2:41.81/2:56.50	36
*****45 Minute Break before Afternoon session*****								
37*	1:03.41/	13-14	RW	100	yd	Freestyle	59.61/	38*
	1:02.81/	15-up	RW	100	yd	Freestyle	57.41/	
39	1:06.71/	11-12	RW	100	yd	Freestyle	1:06.21/	40
41*	1:11.01/	13-14	RW	100	yd	Butterfly	1:07.71/	42*
	1:11.01/	15-up	RW	100	yd	Butterfly	1:05.11/	
43	34.31/	11-12	RW	50	yd	Butterfly	34.51/	44
45*	2:36.61/	13-14	RW	200	yd	IM	2:29.01/	46*
	2:37.71/	15-up	RW	200	yd	IM	2:21.71/	
47	1:17.71/	11-12	RW	100	yd	IM	1:17.71/	48
49*	1:23.41/	13-14	RW	100	yd	Breaststroke	1:19.11/	50*
	1:23.91/	15-up	RW	100	yd	Breaststroke	1:15.81/	
51	40.81/	11-12	RW	50	yd	Breaststroke	41.01/	52
53	Deck Entered Time	13-up	RW	200	yd	Mixed/boys/girls Free Relay	Deck Entered Time	53
54	Permitting	11-12	RW	200	yd	Mixed/boys/girls Free Relay	Permitting	54
55*	2:16.11/	13-14	RW	200	yd	Freestyle	2:10.91/	56*
	2:16.41/	15-up	RW	200	yd	Freestyle	2:04.81/	
57	2:24.11/2:37.20	11-12	R	200	yd	Freestyle	2:24.61/2:37.80	58
59*	29.31/	13-14	RW	50	yd	Freestyle	27.51/	60*
	29.31/	15-up	RW	50	yd	Freestyle	26.51/	
61	30.71/	11-12	RW	50	yd	Freestyle	30.81/	62
63*	1:14.11/	13-14	RW	100	yd	Backstroke	1:11.31/	64*
	1:14.51/	15-up	RW	100	yd	Backstroke	1:08.21/	
65	36.21/	11-12	RW	50	yd	Backstroke	36.61/	66
67*	5:59.61/	13-14	RW	500	yd	Freestyle	5:48.61/	68*
	5:57.41/	15-up	RW	500	yd	Freestyle	5:34.81/	