

**2016  
Southern California Swimming  
Winter Age Group  
Championships**

**December 9-11, 2016**

**Open to:**

**DESERT COMMITTEE: DSS**

**EASTERN COMMITTEE: CCAQ, CHA, CROC, DSRT, HCOR, HAD, IEAQ,  
MVAQ, MBA, MESA, PASS, PDSC, PST, STAR, TMEC, TPST**

**METRO COMMITTEE: CAA, FROG, LKWD, PASA, RFSH, RMDA, TRID**

**ORANGE COMMITTEE: CMAC, COTO, GSC, MVN, NOVA, ORCA,**

**SOKA, SPLA, SEAL, STOP, RAYS, TD**

**PACIFIC COMMITTEE: BRUN/UCLA, LACT, TROJ, USC, WEST, ZAP**



**Palm Springs Swim Center  
Palm Springs, CA**

**Hosted by:**

**Southern California Swimming  
and Piranhas Swim Team**

# 2016 SOUTHERN CALIFORNIA SWIMMING Winter Age Group Championship hosted by PST

Friday, Saturday, Sunday – December 9-11, 2016

**Sanctioned By:** USA-Swimming & Southern California Swimming  
**Sponsored By:** Piranhas Swim Team

**Sanction Number:** S16-333  
**Entries Due:** 5:00PM, Wed, Nov 30, 2016.

**Eligibility:** Open to 2016 or 2017 USA Swimming registered swimmers registered in Desert Committee: DSS, Eastern Committee: CCAQ, CHA, CROC, DSRT, HCOR, HAD, IEAQ, MVAQ, MBA, MESA, PASS, PDSC, PST, STAR, TMEC, TPST. Metro Committee: CAA, FROG, LKWD, PASA, RFSH, RMDA, TRID. Orange Committee: CMAC, COTO, GSC, MVN, NOVA, ORCA, SOKA, SPLA, SEAL, STOP, RAYS, TD. Pacific Committee: BRUN/UCLA, LACT, TROJ, USC, WEST, ZAP who have met and can prove the posted "2016 Dec AG" time standards. No swimmers from outside SCS will be accepted. Swimmers who are unattached and not practicing with an SCS member club are assigned to the Santa Barbara meet. Registration application must be received by **Wednesday, Nov 30, 2016 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.

**Pool:** Palm Springs Swim Center, 405 S. Pavilion Way, Palm Springs, CA 92262. Outdoor 50m x 25yd pool with 10 competition lanes and 10 warm-up warm-down lanes. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool Depth Measurements at Start End Lane 1 = 4'9" Lane 10=7'0", Turn End Lane 1 = 4'8", lane 10=7'8".

**Directions:** Take I-10 East, exit Highway 111, Left (east) on Ramon Rd. Turn left (south) on Sunrise to Baristo. Right (east) on Baristo to Pavilion Way. Pool is located at the end of the street.

**Meet Start Times:** Preliminary sessions will begin at 8:30 A.M. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 5-12 timed finals events each day. 5-12 timed finals will begin 45 minutes after the last preliminary heat of the day (Sun after the 1650).

**Warm-up times:** Controlled warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:15 a.m. with supervised warm-up/warm-down available in the adjoining 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.

**Meet Referee:** The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

**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 2 events (prelims) or 4 events (timed finals) will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on Dec 9, 2016, determines age for the meet. Prelims and timed finals sessions 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 6 individual events during the meet, nor more than 3 individual events per day.

**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.

**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 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 1000 / 1650 yard freestyle events (age groups combined) will be swum:

- All heats of 1000 and 1650 at end of prelims on Friday and Sunday, respectively.
- Fastest to slowest alternating girls' & boys' heats.
- 1000 check in closes at 9:00 AM Friday.
- 1650 check in to swim by seeded time closes 5 PM Saturday; check in to swim closes 9:00AM Sunday
- Swimmers in the 1000 and 1650 freestyle should be prepared to supply their own timers and lap counters.

**Submitted/Qualifying Times:** This is a proof-of-time meet. **Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time.** Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. 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, 2015 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.

**Entry Procedure: Team Electronic Entry is highly preferred.**

- Electronic entry will be accepted ONLY when received with:
  1. Entry file (.zip or .sd3)
  2. Proof of time report showing meet and dates for each entry (.pdf or Word)
  3. 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: Mail (not email) a completed individual entry form with payment. You should enclose a self-addressed, stamped envelope or postcard to confirm receipt of your entry. Entry will not be confirmed by telephone or by email.

**Updates and Late Qualification:**

- Entry updates (added events) will be processed when received by the processor by the entry deadline. Deletions will NOT be refunded.
- Entry of new events achieved between Nov. 30 and Dec. 4 can be made only by the administrative official/referee at the qualified meet. Entries must be e-mailed to the WAG meet processor by midnight, Dec. 4. No updated times or previously qualified events will be accepted. An event already entered with a qualifying meter time cannot be updated to a yard time.

**Fees:** Individual surcharge (including relay-only swimmers): \$14.00. Event fee: \$5.50 per event. Relays: \$20.00 per relay. Returned checks will incur a service fee per SCS policy

**Scoring/Awards:**

- Individual scoring: 1-16 (USA Swimming Rules); relay scoring: double individual points.
- Distinctive custom medals will be awarded for 1-10 places in individual events and 1-3 places in relay events.
- Certificates are available on request for places 11-20.
- Awards for the 11/12 age groups will be given for the Timed Finals events only.
- 19&over are not eligible for scoring or awards.

**Relays:** A club may enter one relay in an event without proof of time provided it enters only that one relay. A club entering more than one relay in an event must provide proof of time (meeting 2014 Dec AG time standard) for each relay entered. Coaches must pre-enter relays and relay only swimmers. Relays for 13-14, 15-18 will be swum as timed-final events in the finals sessions following the individual events.

**Finals:** A single championship final (10 swimmers) will be offered for 11-12/13-14 events, 13-14 events, and 15-18 events. 11-12/13-14 events are combined finals; there are no separate 11-12 finals. **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

**Hotel Information:** See [www.pirahnasswimteam.org](http://www.pirahnasswimteam.org) for hotel and meet information.

**ALL CERTIFIED, REGISTERED, OR SPECIAL DELIVERY MAIL WILL BE REJECTED. IF SENDING VIA EXPRESS MAIL, FEDEX, UPS, OR OTHER CARRIER, YOU MUST WAIVE SIGNATURE OR THE ENTRY WILL BE REJECTED.**

Make checks payable to: **Southern California Swimming**

Mail entries to: PST "Winter Age Group Invite"  
c/o Alina de Armas  
PO Box 63  
Simi Valley, CA 93062  
Email entries to: [alina@dearmas.co](mailto:alina@dearmas.co) (not com)

**FOR INFORMATION:** Call Southern California Swimming at (805) 682-0135 or Alina de Armas (805) 444-0317.

**SCS All Star Team:** The combined results from all sites of the Winter Age Group Championships plus CA-NV Sectionals will be used to select the SCS All Star team for the Pacific Coast Meet at Pacifica HS (San Francisco), January 7-8, and the SCS Festival teams, January 29, at East Los Angeles College.. Eight girls and eight boys in the 11-12 and 13-14 age groups will be selected for the Pacific Coast meet; Festival selects 32 per gender in 5-10, 11-12 and 13-14 age groups.

**The SCS All Star Team Application is available online at <http://www.socalswim.org/> by clicking on the All Star Team logo.**

**Deadline for applications is Dec. 11, 2016.**

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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 meet.

Friday – Dec 9, 2016 - Preliminary Session, Start Time 8:30 AM							
Event No.	GIRLS		EVENT	AGE	BOYS		Event No.
	YARDS	METERS			YARDS	METERS	
1	5:08.90	5:49.30	400 IM	15/UP	4:52.00	5:30.60	2
	5:15.00	5:56.10	400 IM	11-12/13-14	5:06.20	5:46.30	
3	2:28.90	2:47.70	200 BACKSTROKE	15/UP	2:17.20	2:34.70	4
	2:28.00	2:46.70	200 BACKSTROKE	11-12/13-14	2:24.70	2:43.10	
5	1:17.50	1:28.10	100 BREASTSTROKE	15/UP	1:09.40	1:19.10	6
	1:18.30	1:29.00	100 BREASTSTROKE	13-14	1:14.80	1:25.10	
7	58.30	1:06.40	100 FREESTYLE	15/UP	52.70	1:00.10	8
	59.40	1:07.60	100 FREESTYLE	13-14	56.30	1:04.10	
9*	11:47.80	10:31.80	1000 FREESTYLE	15/UP	11:20.20	10:07.10	10*
	12:06.30	10:48.30	1000 FREESTYLE	11-12/13-14	11:53.00	10:36.40	
11	9:05.60	10:18.80	800 FREE RELAY	15-18	8:26.80	9:27.20	12
	9:04.40	10:16.40	800 FREE RELAY	13-14	8:43.60	9:54.00	
Friday – Dec 9, 2016 - Timed Finals Session							
13	6:05.40	5:26.20	500 FREESTYLE	11-12	6:19.00	5:38.30	14
15	1:35.50	1:48.10	100 BREASTSTROKE	7-10	1:39.50	1:52.50	16
17	1:22.00	1:33.10	100 BREASTSTROKE	11-12	1:25.20	1:36.60	18
19	32.90	37.40	50 FREESTYLE	7-10	33.30	37.80	20
21	29.10	33.10	50 FREESTYLE	11-12	29.30	33.40	22
23	1:28.80	1:40.00	100 BUTTERFLY	7-10	1:30.90	1:42.30	24
25	1:12.40	1:21.80	100 BUTTERFLY	11-12	1:14.70	1:24.40	26
27	4:26.80	5:02.40	400 FREE RELAY	11-12	4:24.80	5:00.40	28

**\*All heats of the 1000 Freestyle will be swum at the end of the prelims session**

Saturday – Dec 10, 2016 - Preliminary Session, Start Time 8:30 AM							
29	5:33.50	4:57.70	500 FREESTYLE	15/UP	5:15.00	4:41.20	30
	5:43.70	5:06.80	500 FREESTYLE	13-14	5:32.80	4:57.10	
31	1:07.70	1:16.40	100 BACKSTROKE	15/UP	1:00.90	1:08.80	32
	1:08.00	1:16.70	100 BACKSTROKE	13-14	1:06.20	1:14.70	
33	2:34.20	2:54.00	200 BUTTERFLY	15/UP	2:18.30	2:36.40	34
	2:34.80	2:54.70	200 BUTTERFLY	11-12/13-14	2:29.00	2:48.20	
35	2:23.30	2:42.30	200 IM	15/UP	2:11.00	2:28.70	36
	2:25.10	2:44.30	200 IM	13-14	2:19.20	2:37.80	
37	1:58.80	2:15.60	200 FREE RELAY	15-18	1:46.00	2:00.80	38
	1:57.20	2:13.20	200 FREE RELAY	13-14	1:50.00	2:00.80	
39	4:56.30	5:35.10	400 MEDLEY RELAY	15-18	4:29.40	5:05.30	40
	4:53.70	5:31.80	400 MEDLEY RELAY	13-14	4:39.50	5:16.50	
Saturday – Dec 10, 2016 - Timed Finals Session							
41	2:16.60	2:34.90	200 FREESTYLE	11-12	2:18.30	2:36.80	42
43	2:40.80	3:01.70	200 FREESTYLE	7-10	2:40.90	3:01.80	44
45	34.00	38.40	50 BACKSTROKE	11-12	35.00	39.50	46
47	39.40	44.50	50 BACKSTROKE	7-10	40.00	45.00	48
49	1:12.20	-----	100 IM	11-12	1:13.70	-----	50
51	1:23.00	-----	100 IM	7-10	1:24.20	-----	52
53	32.20	36.50	50 BUTTERFLY	11-12	32.80	37.20	54
55	37.70	42.60	50 BUTTERFLY	7-10	38.40	43.40	56
57	2:22.60	2:40.90	200 MEDLEY RELAY	11-12	2:23.50	2:41.20	58
59	2.15.60	2.33.60	200 FREE RELAY	7-10	2.16.40	2.32.40	60
61	2.02.80	2.19.60	200 FREE RELAY	11-12	2.03.20	2.17.60	62

Sunday – Dec 11, 2016 - Preliminary Session, Start Time 8:30 AM							
Event No.	GIRLS		EVENT	AGE	BOYS		Event No.
	YARDS	METERS			YARDS	METERS	
63	2:06.00	2:23.10	200 FREESTYLE	15/UP	1:55.20	2:11.10	64
	2:08.00	2:25.30	200 FREESTYLE	13-14	2:02.20	2:18.90	
65	2:48.30	3:10.90	200 BREASTSTROKE	15/UP	2:33.40	2:54.30	66
	2:48.20	3:10.70	200 BREASTSTROKE	11-12/13-14	2:41.90	3:03.80	
67	26.90	30.70	50 FREESTYLE	15/UP	24.20	27.70	68
	27.50	31.40	50 FREESTYLE	13-14	26.00	29.70	
69	1:05.80	1:14.50	100 BUTTERFLY	15/UP	58.30	1:06.20	70
	1:07.10	1:15.90	100 BUTTERFLY	13-14	1:04.20	1:12.70	
71**	19:37.00	20:00.60	1650 FREESTYLE	15/UP	18:56.20	19:19.00	72**
	20:11.60	20:35.90	1650 FREESTYLE	11-12/13-14	19:52.30	20:16.20	
73	4:56.30	5:35.10	200 MED RELAY***	15-18	4:29.40	5:05.30	74
	4:53.70	5:31.80	200 MED RELAY***	13-14	4:39.50	5:16.50	
75	4:15.20	4:49.60	400 FREE RELAY	15-18	3:49.60	4:21.60	76
	4:13.60	4:47.60	400 FREE RELAY	13-14	3:58.40	4:31.60	
Sunday – Dec 11, 2016 - Timed Finals Session							
77	2:34.20	2:54.40	200 IM	11-12	2:37.90	2:58.50	78
79	3:00.90	3:24.00	200 IM	7-10	3:02.90	3:26.30	80
81	1:12.70	1:21.90	100 BACKSTROKE	11-12	1:14.70	1:24.20	82
83	1:25.30	1:35.90	100 BACKSTROKE	7-10	1:27.50	1:38.40	84
85	38.20	43.40	50 BREASTSTROKE	11-12	39.50	44.90	86
87	44.20	50.10	50 BREASTSTROKE	7-10	45.40	51.40	88
89	1:02.10	1:10.60	100 FREESTYLE	11-12	1:02.10	1:10.60	90
91	1:13.10	1:22.80	100 FREESTYLE	7-10	1:13.60	1:23.30	92
93	5.11.40	5.52.90	400 MEDLEY RELAY	11-12	5.15.70	5.54.60	94
95	2.38.90	2.59.40	200 MED RELAY	7-10	2.38.90	2.58.90	96

**\*\*All heats of the 1650 Freestyle will be swum at the end of the prelims session**

\*\*\* Events 73-74: enter with qualifying 400 medley relay times

Sunday: 13-14, 15/Up Relays: Based on entries/timeline Meet Referee may offer an option to swim after Event 70 prior to the start of the 1650

THERE ARE NO TIME TRIALS AT THIS MEET