

**FAC Veterans Day Classic SCY**  
**November 10-12 , 2023**  
**Hosted By Fontana Aquatics Club**

Entries due date: Monday November 1, 2022

Warm Up Time: Fri. 4:30 PM, Meet Start Time: 5:30PM

Warm Up Time: Sat, Sun 7:00AM, Meet Start Time: 8:30AM

Sanctioned by: USA Swimming & So. California Swimming

Sanction # **#S23-308**

**POOL:** FONTANA AQUATICS CENTER, 15610 Summit Ave, Fontana, CA 92336.

**COURSE:** The meet short course will run in an outdoor 14 lane, 25 yards pool. Competition will swim in **8 lanes; 6 lanes** for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 12' 7" and pool depth at turn end is 12' 7".

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will open 45 minutes before the start of the meet. The pool will close 5 minutes before the start of the meet. **All swimmers must use 3-point, slide in entries into the pool.**

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. The Deck Ref will run the deck officials. **charligirl88@yahoo.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 run to meet the "4 Hour" rule.** Swimmers must swim in their actual Age Group as determined by their age on the day of the meet. **Swimmers may swim a maximum of 6 individual events in the meet.** All officials and coaches on deck must have completed the CDC or NFHS Concussion course. **All coaches and officials on deck must have completed the CANRA Mandatory reporting 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, webcasting 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 AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. **Tech suits are not permitted for athletes 12 years old and younger. See the Tech Suit Policy on the SCS website.**

**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 ATHLETES who are 2023 or 2024 USA Swimming REGISTERED. SCS athletes must be members of an Eastern Committee Teams: FAC, DSRT, DUCK, CHS, CHAWP, CCAQ, CROC, FFSC, MBA, SDA, TCC. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or on-deck registration will be accepted. All athletes 18 years and older must complete the online Athlete Protection Training (APT) prior to the start of the meet to compete. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

**CHANGE OF AFFILIATION:** Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0

**SUBMITTED TIMES:** Times submitted must be the best recorded times short course or long course from this or the preceding swim season. All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times.

**ENTRY FEES:** **\$5.50 per each event** will be charged for all swimmers entered in the meet. There is a **swimmer surcharge of \$15.50** at this meet. There is a charge of \$10 for each relay. Returned checks will incur a service fee per SCS policy. **NO REFUNDS.**

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**ENTRY LIMIT:** A swimmer may swim no more than FOUR (4) individual events per day and (1) Relay. Entries will be processed in the order of first received, first entered.

**ENTRY PROCEDURE:** Team Electronic Entry is highly preferred. 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. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Cards must be completely filled out, including the entire USA Swimming registration number. 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). Individual email entry will not be accepted.

**ENTRY DEADLINE:** Entries must be received by the meet processor no later than 5pm Wednesday November 2nd, 2022. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

**ENTRIES:**

**Make checks payable to: Fontana Aquatics Club**  
**Mail to: Julie Fredericks, P.O Box 624, Yucaipa, CA 92399.**  
**Hand delivered: 36609 Park View Terrace, Yucaipa, CA 92399.**  
**Electronic entries should be emailed to [fredies6@hotmail.com](mailto:fredies6@hotmail.com)**

**AWARDS:** A division (includes all As): Medals 1st - 3rd place, Ribbons 4th - 6th place, B Division (includes B and BB): Ribbons 1st - 6th place, C Division (includes all C and NT): Ribbons 1st - 6th place, Relays: Medals 1st place, Ribbons 2nd - 3rd place

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**Officials:** Staffing for this meet is in compliance with the SCS published staffing Guidelines of April 2011 for a 7-8 lane “timed finals” meet with less than 500 swimmers.

Lisa Frederick, Head official  
Julie Fredericks, Administrative Referee & Meet Processor  
Laurel Fast, Meet Director

**This meet will be streamed and links will be sent out to all attending. Results will be available through Meet mobile app.**

- ENTRIES RECEIVED BY 5:00 PM: November 2nd, 2022 (Wednesday)
- This meet is subject to the 4-hour rule per session.
- Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.
- Timed Finals Events will be swum fastest to slowest, with (\*) events swum together and are awarded separately.
- 7-8 year old swimmers MAY swim 5-8 or 7-10 or a combination
- 7-10 Use 200 Freestyle Time to enter 500 Freestyle
- You must be at least 11 years of age for OPEN events with 11-12 **BB** minimum
- 400 IM and 500, 1000, 1650 Freestyle alternate girls and boy’s heats.
- Swimmers in the 500, 1000, 1650 Freestyle must provide their own timers. Lap counters will be provided.
- Relays will be swum time permitting.

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**FRIDAY**

<b>SESSION 1</b>						
<b>Girls</b>			<b>Age</b>	<b>Boys</b>		
<b>1</b>	2:47.19Y	200 Butterfly	open	200 Butterfly	2:40.79Y	<b>2</b>
<b>3</b>	3:15.59Y	200 IM	7-10	200 IM	3:13.19Y	<b>4</b>
<b>5</b>	3:06.59Y	200 Breaststroke	open	200 Breaststroke	3:00.19Y	<b>6</b>
<b>7</b>	3:18.99Y	500 Freestyle	7-10	500 Freestyle	3:06.69Y	<b>8</b>
<b>9</b>	6:38.19Y	500 Freestyle	11-12	500 Freestyle	6:27.49Y	<b>10</b>
<b>11</b>	23:07.29Y	1650 Freestyle	open	1650 Freestyle	22:37.49Y	<b>12</b>

**SATURDAY**

<b>SESSION 2</b>						
<b>Girls</b>			<b>Age</b>	<b>Boys</b>		
<b>13*</b>	5:56.79Y	400 IM	11-12 mixed	400 IM	5:46.39Y	<b>13*</b>
<b>14</b>		100 Freestyle	5-8	100 Freestyle		<b>15</b>
<b>16</b>		100 Freestyle	11-12	100 Freestyle		<b>17</b>
<b>18</b>		100 Freestyle	7-10	100 Freestyle		<b>19</b>
<b>20</b>		25 Freestyle	5-8	25 Freestyle		<b>21</b>
<b>22</b>		50 Butterfly	11-12	50 Butterfly		<b>23</b>
<b>24</b>		50 Butterfly	7-10	50 Butterfly		<b>25</b>
<b>26</b>		50 Butterfly	5-8	50 Butterfly		<b>27</b>
<b>28</b>		100 Breaststroke	11-12	100 Breaststroke		<b>29</b>
<b>30</b>		100 Breaststroke	7-10	100 Breaststroke		<b>31</b>
<b>32</b>		50 Backstroke	5-8	50 Backstroke		<b>33</b>
<b>34</b>		50 Backstroke	11-12	50 Backstroke		<b>35</b>
<b>36</b>		50 Backstroke	7-10	50 Backstroke		<b>37</b>
<b>38</b>		25 Backstroke	5-8	25 Backstroke		<b>39</b>
<b>40</b>		200 IM	11-12	200 IM		<b>41</b>
<b>42</b>		100 IM	5-8	100 IM		<b>43</b>
<b>44</b>		200 Freestyle Relay	11-12	200 Freestyle Relay		<b>45</b>
<b>46</b>		200 Freestyle Relay	7-10	200 Freestyle Relay		<b>47</b>
<b>48</b>		100 Freestyle Relay	5-8	100 Freestyle Relay		<b>49</b>
<b>50*</b>	13:44.69Y	1000 Freestyle	11-12 mixed	1000 Freestyle	13:30.19Y	<b>50*</b>

<b>SESSION 3</b>						
<b>Girls</b>			<b>Age</b>	<b>Boys</b>		
<b>51*</b>	5:37.59Y	400 IM	13 and over	400 IM	5:17.09Y	<b>52*</b>
<b>53</b>		50 Freestyle	13-14	50 Freestyle		<b>54</b>
<b>55</b>		50 Freestyle	15 and over	50 Freestyle		<b>56</b>
<b>57</b>		100 Backstroke	13-14	100 Backstroke		<b>58</b>
<b>59</b>		100 Backstroke	15 and over	100 Backstroke		<b>60</b>
<b>61</b>		200 Freestyle	13-14	200 Freestyle		<b>62</b>
<b>63</b>		200 Freestyle	15 and over	200 Freestyle		<b>64</b>
<b>65</b>		200 Freestyle Relay	13-14	200 Freestyle Relay		<b>66</b>
<b>67</b>		200 Freestyle Relay	15 and over	200 Freestyle Relay		<b>68</b>
<b>69*</b>	13:01.79Y	1000 Freestyle	13 and over	1000 Freestyle	12:23.89Y	<b>70*</b>

## SUNDAY

<b>SESSION 4</b>						
<b>Girls</b>			<b>Age</b>	<b>Boys</b>		
<b>71</b>		200 Freestyle	11-12	200 Freestyle		<b>72</b>
<b>73</b>	3:18.99Y	200 Freestyle	7-10	200 Freestyle	3:06.69Y	<b>74</b>
<b>75</b>		50 Breaststroke	5-8	50 Breaststroke		<b>76</b>
<b>77</b>		50 Breaststroke	11-12	50 Breaststroke		<b>78</b>
<b>79</b>		50 Breaststroke	7-10	50 Breaststroke		<b>80</b>
<b>81</b>		25 Breaststroke	5-8	25 Breaststroke		<b>82</b>
<b>83</b>		50 Freestyle	11-12	50 Freestyle		<b>84</b>
<b>85</b>		50 Freestyle	7-10	50 Freestyle		<b>86</b>
<b>87</b>	2:43.99Y	200 Backstroke	11-12	200 Backstroke	2:39.69Y	<b>88</b>
<b>89</b>		50 Freestyle	5-8	50 Freestyle		<b>90</b>
<b>91</b>		100 Butterfly	11-12	100 Butterfly		<b>92</b>
<b>93</b>		100 Butterfly	7-10	100 Butterfly		<b>94</b>
<b>95</b>		25 Butterfly	5-8	25 Butterfly		<b>96</b>
<b>97</b>		100 Backstroke	11-12	100 Backstroke		<b>98</b>
<b>99</b>		100 Backstroke	7-10	100 Backstroke		<b>100</b>
<b>101</b>		100 IM	11-12	100 IM		<b>102</b>
<b>103</b>		100 IM	7-10	100 IM		<b>104</b>
<b>105</b>		200 Medley Relay	11-12	200 Medley Relay		<b>106</b>
<b>107</b>		200 Medley Relay	7-10	200 Medley Relay		<b>108</b>
<b>109</b>		100 Medley Relay	5-8	100 Medley Relay		<b>110</b>

<b>SESSION 5</b>						
<b>Girls</b>		<b>Age</b>	<b>Boys</b>			
<b>111</b>		200 IM	13-14	200 IM		<b>112</b>
<b>113</b>		200 IM	15 and over	200 IM		<b>114</b>
<b>115</b>		100 Freestyle	13-14	100 Freestyle		<b>116</b>
<b>117</b>		100 Freestyle	15 and over	100 Freestyle		<b>118</b>
<b>119</b>		100 Breaststroke	13-14	100 Breaststroke		<b>120</b>
<b>121</b>		100 Breaststroke	15 and over	100 Breaststroke		<b>122</b>
<b>123*</b>	2:34.89Y	200 Backstroke	13 and over	200 Backstroke	2:25.09Y	<b>124*</b>
<b>125</b>		100 Butterfly	13-14	100 Butterfly		<b>126</b>
<b>127</b>		100 Butterfly	15 and over	100 Butterfly		<b>128</b>
<b>129</b>		200 Medley Relay	13-14	200 Medley Relay		<b>130</b>
<b>131</b>		200 Medley Relay	15 and over	200 Medley Relay		<b>132</b>
<b>133*</b>	6:18.69Y	500 Freestyle	13 and over	500 Freestyle	5:58.99Y	<b>134*</b>