



Meet Name

Empty box for Meet Name

Sanctioned by USA Swimming & Southern California Swimming

Sanction No.

Empty box for Sanction No.

SPONSORED BY:	Team	Committee	Entries Received by 5:00 pm on Date:
	<input type="text"/>	<input type="text"/>	<input type="text"/>

MEET DATES:	Start Date of Meet:	End Date of Meet	No of Days	Start Time of Meet:	Start Time of Warm-up:
	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

POOL ADDRESS:	<input type="text"/>			City	<input type="text"/>	Zip Code	<input type="text"/>
	<input type="text"/>						

DIRECTIONS:

COURSE:	Pool Dimensions	No. of competition lanes	No. of warm up lanes	The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.	Yes <input type="checkbox"/>	Pool depth:	
	<input type="text"/>	<input type="text"/>	<input type="text"/>		No <input type="checkbox"/>	Start end	Turn end

WARM-UP PROCEDURES:

All lanes will be open for USA Swimming Member Coach supervised warm-up between and . 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.

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, unless Championship meet.**

RULES: Swimmers must check in with the clerk of course minutes prior to the start of each session for the first 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 years old on Start Date of the meet to enter. Timers are requested to be provided by each team.

Swimmers competing in the event are requested to furnish their own timers for three heats and lap counters.

Events will be swum fast to slow slow to fast Swimmer may swim a maximum of events per day.

All coaches and officials on deck 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: Open to

Athletes who hold 2019 / 2020 USA Swimming Registration. 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. **All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.**

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:				
	Each individual event		Surcharge per swimmer	Relays (if offered)

*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 may be pre-entered or deck-entered, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN

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.)*

E-MAIL ENTRIES TO:

Mail checks and entries to: **Make Checks payable to Southern California Swimming**

Meet Processor Phone Number

Mailing Address: Hand Deliver:

Meet Director (Name and phone number)

QUESTIONS:			
Meet Referee		Admin. Referee	
Meet Referee e-mail		Admin Referee e-mail	

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.

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

Concussion Informed Consent Acknowledgment: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

Individual, COVID Specific Waiver (see below): The document should be completed and submitted electronically. It is required for participation in this event.

MAAP Statement: 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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), govern this meet.

COVID 19 Acknowledgement. We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals which will remain in place through July 31, 2021.

MANDATORY WAIVERS/SURVEY: All athletes, coaches, timers, and volunteers must have the following waiver signed and on file prior to competition:

- Hold Harmless Waiver

As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

Special COVID 19 Procedures and guidelines in affect:

- There will be two timers per lane separated by a chair.
- Meet sessions will be electronically pre-entered and pre-seeded. All check in and scratch protocols will be handled as follows:
 - o Scratches for Saturday session are to be electronically filed to meet processor by 6:00 PM Friday.
 - o Scratches for Sunday session to be filed with the meet processor by 6:00 PM Saturday.
 - o After scratch deadlines meet will be seeded and posted on Meet Mobile.

**TMEC October "White" Meet
October 9, 2021
Murrieta Mesa High School**

Session #1 starts @ 9:00 AM

Girls	Age	Max	Event	Max	Age	Boys
1	5-8	2:01.41	100 IM	1:58.21	5-8	2
3	7-10	1:34.41	100 IM	1:34.81	7-10	4
			100 IM	1:25.31	11-12	5
6	5-8	21.71	25 Backstroke	25.91	5-8	7
			50 Backstroke	40.01	11-12	8
9	7-10	44.31	50 Backstroke	44.21	7-10	10
11	5-8	28.81	25 Breaststroke	28.01	5-8	12
			50 Breaststroke	44.81	11-12	13
14	7-10	49.81	50 Breaststroke	49.81	7-10	15
16	5-8	21.71	25 Freestyle	21.11	5-8	17
18	7-10	37.01	50 Freestyle	37.21	7-10	19
			50 Freestyle	33.61	11-12	20
21	5-8	25.61	25 Butterfly	25.61	5-8	22
			50 Butterfly	37.71	11-12	23
24	7-10	41.81	50 Butterfly	41.61	7-10	25
26	5-8	48.61	50 Freestyle	47.31	5-8	27
28	7-10	1:21.51	100 Freestyle	1:21.01	7-10	29
			100 Freestyle	1:12.21	11-12	30
31	5-8		100 Mixed Freestyle Relay		5-8	31
32	7-10		200 Freestyle Relay		7-10	33
34	7-10		200 Mixed Freestyle Relay		7-10	34
			200 Freestyle Relay		11-12	35

Session #2 Starts 45 min after session #1 ends

Girls	Age	Max	Event	Max	Age	Boys
36	11-12	1:24.71	100 IM			
37	13-14	2:50.91	200 IM	2:42.61	13-14	38
39	15-18	2:52.11	200 IM	2:37.41	15-18	40
41	11-12	39.61	50 Backstroke			
42	13-14	1:21.01	100 Backstroke	1:18.01	13-14	43
44	15-18	1:21.51	100 Backstroke	1:14.51	15-18	45
46	11-12	44.51	50 Breaststroke			
47	13-14	1:31.01	100 Breaststroke	1:26.31	13-14	48
49	15-18	1:31.06	100 Breaststroke	1:22.71	15-18	50
51	11-12	33.51	50 Freestyle			
52	13-14	31.91	50 Freestyle	30.01	13-14	53
54	15-18	31.91	50 Freestyle	28.91	15-18	55
56	11-12	37.41	50 Butterfly			
57	13-14	1:17.41	100 Butterfly	1:13.81	13-14	58
59	15-18	1:17.51	100 Butterfly	1:11.01	15-18	60

61	11-12	1:12.71	100 Freestyle			
62	13-14	1:09.11	100 Freestyle	1:05.01	13-14	63
64	15-18	1:08.51	100 Freestyle	1:02.61	15-18	65
66	11-12		200 Freestyle Relay			
67	13-14		200 Freestyle Relay		13-14	68
69	15-18		200 Freestyle Relay		15-18	70
71	13&Over		200 Mixed Freestyle Relay		13&Over	71