

SAN CLEMENTE AQUATICS MARCH "RED/BLUE" LONG COURSE AGE GROUP SWIM MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S18-081
Sponsored by: San Clemente Aquatics
Orange Committee

DATE OF MEET: March 3 & 4, 2018
ENTRIES RECEIVED BY 5:00PM: FEBRUARY 21, 2018 (WEDNESDAY)

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter this meet: BGST, CMAC, COTO, DA, GSC, GWSC, JCCW, LTSC, RAYS, RIPT, SACA, SCAC, SCAT, SEAL, SET, SPLA, STOP, WASC
Afternoon Session will begin no sooner than 11:00am or 60 minutes after the conclusion of the Morning Session

- POOL:** VISTA HERMOSA SPORTS PARK, 987 Vista Hermosa, San Clemente, CA. From the North; south on Highway 5 exit Vista Hermosa and go East 1.8 miles on the right you will see the pool and the Vista Hermosa Sports Complex (Target is on the left) Drop off in front of complex only, ample parking in the 3 lots.
- COURSE:** VISTA HERMOSA SPORTS PARK POOL is a 25 yard by 50 meter pool with 8 swimming lanes and a warmup area. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Start End = 10', Turn End = 10'.
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.
- MEET REFEREE:** Cami Stein shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to camster1@flash.net.
- RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2017 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers **MAY NOT CHECK IN OR SCRATCH.** Swimmers in the first FOUR events must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on March 4, 2017.
- SPECIAL NOTICE:** Swimmers may swim a maximum of FOUR (4) events per day. **San Clemente Aquatics will limit entries to meet the "4 Hour" rule for each session.** Each team is asked to provide timers. Out of District swimmers/teams are welcome, however, their entry into the meet will only be allowed once all entered Orange Committee members are accommodated and the "4 hour" rule is met. Swimmers in the 400 Freestyle, 800 Freestyle and 400 IM are asked to provide timers for three heats and your own lap counters. **Please note: Swimmers may enter a stroke and distance only once even if it is offered twice. 11/12 Year Old swimmers who meet the minimum time standard may enter 11/12 or 11 & Up events but not a combination. 7-8 swimmers may enter 5-8 or 7-10 events, but not a combination. SUBMIT BEST RECORDED SHORT COURSE YARD TIMES. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- 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 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 are open ceiling locker rooms) anytime 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 with bonded seams, kinetic tape, or meshed seams are not permitted at this meet. Please see the Tech Suit Policy on the SCS website.
- DECK CHANGING:** Deck changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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. 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 2018 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration application must be received by **WEDNESDAY, FEBRUARY 21, 2018** by the 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 APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2018 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.
- CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). All non conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.
- QUALIFYING TIMES:** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2018 Swim Guide for exceptions).
- AWARDS:** INDIVIDUAL EVENTS: RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 5-8, 7-10, 11/12, OPEN events will not be awarded.
- ENTRY FEE:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card.** E-mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM 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. 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.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, FEBRUARY 21, 2018. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	suzshep@roadrunner.com
And MAIL TO:	SUSIE SHEPPARD
(Include Swimmer's name and SCS Number)	11110 Davis St.
	Moreno Valley, CA 92557

For Further Information visit www.scatswim.org Receipt of entry **will not** be verified by phone or email.

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.

SAN CLEMENTE AQUATICS MARCH RED/BLUE LONG COURSE AGE GROUP SWIM MEET

Date of Meet: March 3 & 4, 2018

ENTRIES RECEIVED BY 5:00PM: FEBRUARY 21, 2018 (WEDNESDAY)

SUBMIT BEST RECORDED SHORT COURSE YARD TIMES

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Afternoon Session will begin no sooner than 11:00am or 60 minutes after the conclusion of the Morning Session

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

SAN CLEMENTE AQUATICS WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE

Swimmers may enter a stroke and distance only once even if it is offered twice.

Times submitted must be Best Recorded Times short course or long course.

7-8 swimmers may enter 5-8 or 7-10 events, but not a combination.

11/12 Year Old swimmers who meet the minimum time standard may enter 11/12 or 11 & Up Events but not a combination.

The following Orange Committee Teams may attend this meet: BGST, CMAC, COTO, DA, GSC, GWSC, JCCW, LTSC, RAYS, RIPT, SACA, SCAC, SCAT, SEAL, SET, SPLA, STOP, WASC

Girls		Saturday, March 3, 2018			9:00am		Boys	
No.	Minimum	Age	Event	Minimum	No			
1	3:01.30	11/12	200 Meter Individual Medley	3:01.70	2			
3	3:23.50	7-10	200 Meter Individual Medley	3:24.50	4			
5	1:12.70	11/12	100 Meter Freestyle	1:12.20	6			
7	1:21.50	7-10	100 Meter Freestyle	1:21.00	8			
9	1:46.10	5-8	100 Meter Freestyle	1:42.00	10			
11	1:36.80	7-10	100 Meter Backstroke	1:37.00	12			
13	1:25.20	11/12	100 Meter Backstroke	1:28.00	14			
15	49.80	7-10	50 Meter Breaststroke	49.80	16			
17	44.50	11/12	50 Meter Breaststroke	44.80	18			
19	1:02.80	5-8	50 Meter Breaststroke	1:01.20	20			
21	33.50	11/12	50 Meter Freestyle	33.60	22			
23	44.30	7-10	50 Meter Backstroke	44.20	24			
25	57.80	5-8	50 Meter Backstroke	56.30	26			
27	1:23.00	11/12	100 Meter Butterfly	1:25.30	28			
29	1:37.40	7-10	100 Meter Butterfly	1:37.60	30			
31	6:59.50	11/12	400 Meter Freestyle	7:05.30	32			

Afternoon session will begin no sooner than 11:00am or 60 minutes after the conclusion of the AM Session

33	2:50.90	11 & Up	200 Meter Individual Medley	2:42.60	34
35	1:09.10	11 & Up	100 Meter Freestyle	1:05.00	36
37	2:55.10	11 & Up	200 Meter Butterfly	2:47.30	38
39	1:31.00	11 & Up	100 Meter Breaststroke	1:26.30	40
41	2:54.50	11 & Up	200 Meter Backstroke	2:45.10	42
43	31.90	11 & Up	50 Meter Freestyle	30.00	44

10 Minute Break at the discretion of the Meet Referee

45	6:32.30	11 & Up	400 Meter Freestyle	6:20.30	46
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Girls		Sunday, March 4, 2018			9:00am		Boys	
No.	Minimum	Age	Event	Minimum	No			
47	5:48.20	11/12	400 Meter Individual Medley	5:48.90	48			
49	2:56.80	7-10	200 Meter Freestyle	2:56.50	50			
51	2:37.20	11/12	200 Meter Freestyle	2:37.80	52			
53	1:46.10	5-8	100 Meter Freestyle	1:42.00	54			
55	39.60	11/12	50 Meter Backstroke	40.00	56			
57	41.80	7-10	50 Meter Butterfly	41.60	58			
59	55.60	5-8	50 Meter Butterfly	56.40	60			
61	37.40	11/12	50 Meter Butterfly	37.70	62			
63	37.00	7-10	50 Meter Freestyle	37.20	64			
65	48.60	5-8	50 Meter Freestyle	47.30	66			
67	1:37.00	11/12	100 Meter Breaststroke	1:37.10	68			
69	1:49.10	7-10	100 Meter Breaststroke	1:49.70	70			
71	12:58.60	11/12	800 Meter Freestyle	13:09.80	72			

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73	2:28.40	11 & Up	200 Meter Freestyle	2:22.80	74
75	6:07.30	11 & Up	400 Meter Individual Medley	6:20.30	76
77	1:17.40	11 & Up	100 Meter Butterfly	1:13.80	78
79	1:21.00	11 & Up	100 Meter Backstroke	1:18.00	80
81	3:18.20	11 & Up	200 Meter Breaststroke	3:06.40	82

10 Minute Break at the discretion of the Meet Referee

83	13:45.80	11 & Up	800 Meter Freestyle	13:30.70	84
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Swimmers in the 400 and 800 Meter Freestyles are asked to provide timers for three heats and the 800 Freestyle and own lap counters. The 400 IM, 400 and 800 Freestyle will be swum alternating girls and boys.