

SET "LAST CHANCE" BLUE LONG COURSE AGE GROUP MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S19-145
Sponsored by: SET Swim Team
Orange Committee

DATE OF MEET: July 5, 6 & 7, 2019
ENTRIES RECEIVED BY 5:00 PM: **June 26, 2019 (Wednesday)**
WARM UP TIME: 3:00 PM Fri, 7:30 AM (Sat/Sun)
MEET START TIME: 4:30 PM Fri, 9:00 AM (Sat/Sun)

*Afternoon Session will begin no earlier than 10:30 am or 45 min. after the conclusion of the morning session

- POOL:** POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North:
- COURSE:** EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with ten (10) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".
- 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 a 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:** Richard Davis shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to Richard.e.davis@gte.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 2019 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 of each session must check in **THIRTY MINUTES** prior to the start of the session. Swimmers entering OPEN events must be 11 or older and have achieved the stated time standard. Swimmers must swim in their actual Age Group as determined by their age on **July 5, 2019. All coaches on deck must complete the CDC of NFHS Concussion course.**
- SPECIAL NOTICE:** Swimmers may swim a maximum of THREE (3) Individual events per day. Entries will be limited to meet the "4 Hour" rule for the 5-12 sessions. Each team is asked to provide timers. 7-8 year old swimmers may swim in 5-8 or 7-10 events but not a combination. 7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle time that meets the stated minimum time standard. The 400 Meter IM, 400, 800 and 1500 Meter Freestyle events will be swum alternating girls and boys. Swimmers in the 400, 800 and 1500 Meter Freestyle and 400 Meter IM are requested to provide timers for three heats and their own lap counters. Relays will be swum time permitting. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.
- 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.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming 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. 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 2019 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration applications must be received by Wednesday, June 26, 2019 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. In SCS age group meets, swimmers 18 & younger must provide birth dates prior to competition.
- 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**). 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 the minimum (see 2019 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:**
- | | |
|-------------------|---|
| INDIVIDUAL EVENTS | RIBBONS 1 st through 8 th |
| RELAYS | RIBBONS 1 st through 3 rd |
- Ribbons will be awarded to the following age groups: 5/6, 7/8, 9/10, 11/12
- ENTRY FEES:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card. Relays \$10.00.** 0E-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. (5PM 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.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JUNE 26, 2019. 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.
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD--PLEASE.**

**MAKE CHECKS PAYABLE TO:
EMAIL :
And MAIL TO:
(Include Swimmer's name and SCS Number)**

**SOUTHERN CALIFORNIA SWIMMING
divanj@cox.net
Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675**

For further meet Information email Tim Teeter at coachteeter@gmail.com Receipt of entry will not be verified by phone.

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.

SET "LAST CHANCE" LONG COURSE BLUE AGE GROUP SWIM MEET

Date of Meet: **JULY 5, 6 & 7, 2019**

Entries Due: **JUNE 27, 2018 (Wednesday)**

SUBMIT BEST RECORDED LONG COURSE METER TIMES

SET WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE

Swimmers will be limited to a maximum of 3 events per day

RELAYS WILL BE SWUM TIME PERMITTING.

11/12 swimmers entering the 200's of stroke must have achieved the stated 13/14 time standard.

Swimmers entering OPEN events must be 11 or older and have met the stated time standard.

7-8 year old swimmers may swim in 5-8 or 7-10 events but not a combination.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls		Friday, July 5, 2019 4:30 pm			Boys	
No.	Age	Minimum	Event	Minimum	Age	No.
1	11/12	3:07.90	200 Meter Individual Medley	3:08.20	11/12	2
3	OPEN	6:20.40	400 Meter Individual Medley	6:00.20	OPEN	4
5	11/12	5:47.30	400 Meter Freestyle	5:46.60	11/12	6
7	13 & Up	Blue for Age	400 Meter Freestyle	Blue for Age	13 & Up	8

Girls		Saturday, July 6, 2019 8:30 am			Boys	
No.	Age	Minimum	Event	Minimum	Age	No.
9	7-10	3:02.70	200 Meter Freestyle	3:02.40	7-10	10
11	11/12	2:42.90	200 Meter Freestyle	2:43.60	11/12	12
13	5-8	45.60	50 Meter Freestyle	44.40	5-8	14
15	7-10	1:40.50	100 Meter Butterfly	1:40.70	7-10	16
17	11/12	1:27.30	100 Meter Butterfly	1:28.10	11/12	18
19	7-10	46.40	50 Meter Backstroke	46.30	7-10	20
21	5-8	54.40	50 Meter Backstroke	53.20	5-8	22
23	11/12	41.60	50 Meter Backstroke	42.00	11/12	24
25	7-10	38.40	50 Meter Freestyle	38.10	7-10	26
27	11/12	34.90	50 Meter Freestyle	34.40	11/12	28
29	7-10	51.40	50 Meter Breaststroke	51.40	7-10	30
31	5-8	58.60	50 Meter Breaststroke	57.10	5-8	32
33	11/12	46.00	50 Meter Breaststroke	45.60	11/12	34
35	5-10	By Coach	200 Meter Medley Relay	By Coach	5-10	36
37	11/12	Deck Entered	400 Meter Freestyle Relay	Deck Entered	11/12	38

Second Session will begin no sooner than 10:30am

39	13 & Up	Blue for Age	200 Meter Freestyle	Blue for Age	13 & Up	40
41	13 & Up	Blue for Age	100 Meter Butterfly	Blue for Age	13 & Up	42
43	13 & Up	Blue for Age	200 Meter Breaststroke	Blue for Age	13 & Up	44
43	OPEN	3:24.40	200 Meter Breaststroke	3:15.20	OPEN	44
45	13 & Up	Blue for Age	50 Meter Freestyle	Blue for Age	13 & Up	46
47	13 & Up	Blue for Age	200 Meter Backstroke	Blue for Age	13 & Up	48
47	OPEN	3:02.80	200 Meter Backstroke	2:53.30	OPEN	48
49	13 & Up	Deck Entered	400 Meter Medley Relay	By Coach	13 & Up	50

10 Minute Break at the discretion of the referee

			800 Meter Freestyle	11:01.20	OPEN	51
52	OPEN	21:17.20	1500 Meter Freestyle			

Girls		Sunday, July 7, 2019 8:30 am			Boys	
No.	Age	Minimum	Event	Minimum	Age	No.
53	7-10	3:30.20	200 Meter Individual Medley	3:31.20	7-10	54
55	11/12	1:40.00	100 Meter Breaststroke	1:40.10	11/12	56
57	7-10	1:52.20	100 Meter Breaststroke	1:52.90	7-10	58
59	11/12	38.40	50 Meter Butterfly	39.20	11/12	60
61	7-10	43.20	50 Meter Butterfly	43.10	7-10	62
63	5-8	52.00	50 Meter Butterfly	52.70	5-8	64
65	11/12	1:29.40	100 Meter Backstroke	1:30.70	11/12	66
67	7-10	1:41.00	100 Meter Backstroke	1:41.30	7-10	68
69	11/12	1:15.60	100 Meter Freestyle	1:15.10	11/12	70
71	7-10	1:24.40	100 Meter Freestyle	1:23.90	7-10	72
73	5-8	1:39.30	100 Meter Freestyle	1:35.50	5-8	74
75	7-10	3:02.70	400 Meter Freestyle	3:02.40	7-10	76
Enter with 200 Meter Freestyle Time						
77	11/12	Deck Entered	200 Meter Freestyle Relay	Deck Entered	11/12	78
79	5-10	By Coach	200 Meter Freestyle Relay	By Coach	5-10	80

Second Session will begin no sooner than 10:30am

81	13 & Up	Blue for Age	200 Meter Individual Medley	Blue for Age	13 & Up	82
83	13 & Up	Blue for Age	100 Meter Freestyle	Blue for Age	13 & Up	84
85	13 & Up	Blue for Age	100 Meter Backstroke	Blue for Age	13 & Up	86
87	13 & Up	Blue for Age	200 Meter Butterfly	Blue for Age	13 & Up	88
87	OPEN	3:00.90	200 Meter Butterfly	2:53.10	OPEN	
89	13 & Up	Blue for Age	100 Meter Breaststroke	Blue for Age	13 & Up	90
91	13 & Up	Deck Entered	400 Meter Freestyle Relay	By Coach	13 & Up	92

10 Minute Break at the discretion of the referee

93	OPEN	11:29.00	800 Meter Freestyle			
			1500 Meter Freestyle	20:57.40	OPEN	95

The 400 Meter IM and the 400, 800 & 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle are requested to provide timers for three heats.

Swimmers in the 800 and 1500 Meter Freestyle are requested to provide their own lap counters

7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle Time that meets the minimum time standard.