

CSSC Last Chance March BRW

March 9-10, 2019



SANCTIONED BY: Southern California Swimming, USA Swimming
SPONSORED BY: Conejo Simi Swim Club and Coastal Committee.
DATE: March 9-10, 2019
WARM-UP: 8:30 AM

SANTION No: S19-070
RECEIVED BY DEADLINE: 5:00 pm, February 27, 2019
START OF THE MEET: 10:00 am

POOL: Ranch Simi Community Pool, 1765 Royal Ave., Simi Valley, CA 93065

DIRECTIONS: From the 118: Exit Erringer Ave. Head South on Erringer. Turn right on Royal Ave. The pool will be on the right hand side. Parking is limited, but additional parking is on the other side of the soccer fields. From the 23: Exit Olsen Ave. Head East on Olson. The street will curve and become Madera Rd. Turn Right on Royal Ave. Pool will be on the left hand side. Soccer Field Parking will be before you get to the pool.

Course: Short Course Outdoor 50 meter x 25 yard with 8 competition lanes and (minimum of 5 warm-up lanes during the competition). The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 5.5 ft, turn end 7 ft.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 8:30-9:45 am. 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. **ALL SWIMMERS MUST USE 3-POINT SLIDE IN ENTRY INTO THE POOL.** The pool will close 15 minutes before the start of each session. The meet host reserves the right to assign warm-up lanes, times, and add warm-up sessions if needed.

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Contact Information: Kelly Skelley, email: kellys3912@hotmail.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 limit entries to meet the "4 hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers may swim up to 5 events each day.** 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 5 years old on March 9, 2019 to enter this meet. Timers are requested to be provided by each team. **ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE 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 posted 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 Coastal Committee who hold 2019 USA Swimming registration. **Registration applications must be received by Wednesday, February 27, 2019 at 5 pm** by meet processor, administrative referee or SCS Office. Late applications will be considered "on deck" and 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.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form to the SCS Office. At the meet, a swimmer may only UNATTCH (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or 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. Discrepancy in the submitted times can lead to disciplinary action.

AWARDS: Awards 1-8 places for 5-6,7-8,9-10,11-12

ENTRY FEES: \$4.00 for each individual event along with a \$10.00 surcharge per swimmer 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. 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 5PM, WEDNESDAY February 27, 2019. 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.)

Make Checks payable to: Southern California Swimming
Email for team electronic entries only: ericajohnson.swim@gmail.com
Questions: SCS Office (310)684-1151

Mail Entries to: CSSC March Swim Meet c/o Erica Johnson
321 Cuyler Harbor Drive
Camarillo, CA 93012

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.

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SATURDAY, March 9, 10:30 am, warm-up 9:00 am								
AGE	GIRLS		TIME STANDARDS		EVENT	TIME STANDARDS		BOYS
	EVENT #	YARDS	METERS	YARDS		METERS	EVENT #	
11-12	1	BRW	BRW	200 FREESTYLE	BRW	BRW	2	
13 & OV	3	BRW	BRW	200 FREESTYLE	BRW	BRW	4	
11-12	5	BRW	BRW	100 BUTTERFLY	BRW	BRW	6	
13 & OV	7	BRW	BRW	100 BUTTERFLY	BRW	BRW	8	
11-12	9	BRW	BRW	50 FREESTYLE	BRW	BRW	10	
13 & OV	11	BRW	BRW	50 FREESTYLE	BRW	BRW	12	
11-12	13	BRW	BRW	50 BREASTROKE	BRW	BRW	14	
11 & OV	15	BRW	BRW	200 BREASTROKE	BRW	BRW	16	
11-12	17	BRW	BRW	100 BACKSTROKE	BRW	BRW	18	
13 & OV	19	BRW	BRW	100 BACKSTROKE	BRW	BRW	20	
11-12	21	BRW	BRW	100 I.M.	BRW	BRW	22	
11 & OV	23	BRW	BRW	400 I.M.	BRW	BRW	24	
11 & OV	25	BRW	BRW	1650 FREESTYLE	BRW	BRW	26	

SUNDAY, March 10, 10:30 am, warm up 9:00 am								
AGE	GIRLS		TIME STANDARDS		EVENT	TIME STANDARDS		BOYS
	EVENT #	YARDS	METERS	YARDS		METERS	EVENT #	
11-12	45	BRW	BRW	200 IND MEDLEY	BRW	BRW	46	
13 & OV	47	BRW	BRW	200 IND MEDLEY	BRW	BRW	48	
11-12	49	BRW	BRW	50 BACKSTROKE	BRW	BRW	50	
11 & OV	51	BRW	BRW	200 BACKSTROKE	BRW	BRW	52	
11-12	53	BRW	BRW	100 BREASTSTROKE	BRW	BRW	54	
13 & OV	55	BRW	BRW	100 BREASTSTROKE	BRW	BRW	56	
11-12	57	BRW	BRW	100 FREESTYLE	BRW	BRW	58	
13 & OV	59	BRW	BRW	100 FREESTYLE	BRW	BRW	60	
11-12	61	BRW	BRW	50 BUTTERFLY	BRW	BRW	62	
11 & OV	63	BRW	BRW	200 BUTTERFLY	BRW	BRW	64	
11 & OV	65	BRW	BRW	500 FREESTYLE	BRW	BRW	66	

SATURDAY, March 9								
No earlier than 45 minutes after the close of the morning session								
AGE	GIRLS		TIME STANDARDS		EVENT	TIME STANDARDS		BOYS
	EVENT #	YARDS	METERS	YARDS		METERS	EVENT #	
7-10	27	BRW	BRW	200 FREESTYLE	BRW	BRW	28	
5-8	29	BRW	BRW	100 FREESTYLE	BRW	BRW	30	
7-10	31	BRW	BRW	50 BREASTSTROKE	BRW	BRW	32	
5-8	33	BRW	BRW	25 BREASTSTROKE	BRW	BRW	34	
7-10	35	BRW	BRW	100 IND MEDLEY	BRW	BRW	36	
5-8	37	BRW	BRW	50 BACKSTROKE	BRW	BRW	38	
7-10	39	BRW	BRW	100 BACKSTROKE	BRW	BRW	40	
5-8	41	BRW	BRW	25 FREESTYLE	BRW	BRW	42	
7-10	43	BRW	BRW	50 FREESTYLE	BRW	BRW	44	

SUNDAY, March 10								
No earlier than 45 minutes after the close of the morning session								
AGE	GIRLS		TIME STANDARDS		EVENT	TIME STANDARDS		BOYS
	EVENT #	YARDS	METERS	YARDS		METERS	EVENT #	
7-10	67	BRW	BRW	200 IND MEDLEY	BRW	BRW	68	
5-8	69	BRW	BRW	100 I.M.	BRW	BRW	70	
7-10	71	BRW	BRW	50 BUTTERFLY	BRW	BRW	72	
5-8	73	BRW	BRW	25 BUTTERFLY	BRW	BRW	74	
7-10	75	BRW	BRW	100 FREESTYLE	BRW	BRW	76	
5-8	77	BRW	BRW	50 FREESTYLE	BRW	BRW	78	
7-10	79	BRW	BRW	50 BACKSTROKE	BRW	BRW	80	
5-8	81	BRW	BRW	25 BACKSTROKE	BRW	BRW	82	
7-10	83	BRW	BRW	100 BREASTSTROKE	BRW	BRW	84	
5-8	85	BRW	BRW	50 BREASTSTROKE	BRW	BRW	86	

Swimmers are limited to 5 events per day.

All events will be swum fast to slow.

A swimmer must be at least 11 years old and meet the event entry standard to enter an Open event.

Swimmers aged 7-8 may swim either as 5-8 or 7-10, not any combination

Requirements for 5-6 swimmers to enter 100 back, 100 breast, 100 fly, 200 free 200 IM

- (a) If swimmer's time meets the 5-8 Red standard for 50 of stroke, may enter 100 of stroke
- (b) If swimmer's time meets the 5-8 Blue standard for 100 free or 100 IM, may enter 200 free or 200 IM
- (c) If swimmer's time has equaled or bettered the 5-8 standard in three events may enter 100 back, breast, or fly
- (d) If swimmer has equaled or bettered the 5-8 Blue standard in three events may enter 200 free or 200 IM

Swimmers in 400 IM, 500 free, and 1650 Free are requested to provide their own timers for 3 heats.

400 IM, 500 free, and 1650 free will be swum alternating girls and boys.

Swimmers in 500 free, and 1650 free should provide their own lap counters.