

TEAM REBEL AQUATICS MID WINTER INVITE 2023

Sanctioned by: USA Swimming & Southern California

Sanction No. S23-008

Sponsored By: Team Rebel Aquatics

Received by deadline: 5:00 pm, January 10, 2023

Date of meet: January 20-22, 2023

Start of Meet: Friday, 5:15 pm, Sat./Sun. 8:30 am and pm session not before 11:00 am

Warm Up: Friday, 4:30 pm, Sat./Sun. 7:00 am PM session after end of AM session

Open to all SCS Desert Committee Teams and out of SCS LSC Teams

FACILITY: Jim Reitz Pool at the University of Nevada, Las Vegas, NV

DIRECTIONS: The swim center is located at the northwest corner of the campus, accessible from Harmon Ave. Parking is free on weekends. The natatorium is located in the MPE building complex. Entrance to the swimming pool is located on the North end of the pool.

COURSE: Indoor, 8-lane 25 yard course with adjacent 8 lanes 25 yard for warm up and warm down. The competition course has been certified in compliance with 104.2.2(C) and on file at USA Swimming. Pool depth: start end 7 ft., turn end 9 ft. A bulkhead is separating the competition and warm up/down pool.

WARM-UP PROCEDURES: All lanes will be open for USA Member Coach supervised warm-up and will begin at 4:30 PM on Friday and 7:00 am Saturday/Sunday. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes may be open 30 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 entry into the pool for warm up. No jumping or diving. Warm up sessions may be split.

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Cheryl Pearson at : cherylpearson.lv@gmail.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 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 January 20, 2023 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and 1000 Freestyle, events 1-4, and 87-90 are requested to furnish their own timers and lap counters. Events will be swum fastest to slowest. Swimmer may swim a maximum of 5 events per day. 11-12 swimmers may swim **ONLY ONE SESSION 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, 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 acknowledgment 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 allowed for 13 & over swimmers. Please see 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 Desert Committee athletes who hold 2022/2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry due deadline. No late or deck registration will be accepted. 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 (APT) prior to the start of the meet in order to compete.**

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 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 (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: A Times: Ribbons 1st-8th place. B times: Ribbons 1st-8th place. C times: Ribbons 1st-8th place. No awards for Open or 13-14 events. Ribbons may be requested only at the Admin Table.

ENTRY FEES: \$4.00 for each individual event along with a \$10.00 swimmer surcharge and a \$10.00 facility charge per swimmer. This 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. (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.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5:00 P.M, Tuesday, January 10. IF THE MEET FILLS PRIOR TO THE DEADLINE ENTIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card to 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 Team Rebel Aquatics

MAIL ENTRIES TO: Kathy Guerrero, 9572 Grapeland Avenue, Las Vegas, NV 89148

E-mail for team electronic entries only: swimmernom05@gmail.com

Questions: please contact the Meet Processor or the SCS office at 310-684-1151

MAAPP 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 Minor Athlete Abuse Prevention Plan (MAAPP 2.0) govern this meet.

USA swimming, Inc., cannot prevent you, or your child(ren) from becoming exposed to, contracting, or spreading COVID-19 while participation 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.

COVID 19 Acknowledgment: BY ATTENDING, OR PARTICIPATION IN THIS COMPETITION, YOU VOLUNTARILY ASUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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 Acknowledgment. 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.

**TEAM REBEL AQUATICS
JANUARY 20-22, 2023**

GIRLS	MIN TIME	FRIDAY EVENING WARM UP 4:30 PM	MIN TIME	BOYS
	YARDS	START TIME 5:15 PM	YARDS	
1	7:08.79	11-12 500 FREESTYLE	6:57.29	2
3	12.58.60	OPEN MIXED 1000 FREESTYLE	13.09.80	4

GIRLS	MIN TIME	SATURDAY WARM UP 7:00 AM	MIN TIME	BOYS	GIRLS	MIN TIME	SUNDAY WARM UP 7:00 AM	MIN TIME	BOYS
	YARDS	START TIME 8:30 AM	YARDS			YARDS	START TIME 8:30 AM	YARDS	
5	2.56.80	7-10 200 FREESTYLE	2.56.50	6	57		5-8 100 IM		58
7	2.37.20	11-12 200 FREESTYLE	2.37.80	8	59	3.23.50	7-10 200 IM	3.24.50	60
9		5-8 100 FREESTYLE		10	61	3.01.30	11-12 200 IM	3.01.70	62
11		7-10 50 BREASTSTROKE		12	63		5-8 25 BACKSTROKE		64
13		11-12 50 BREASTSTROKE		14	65		7-10 50 BACKSTROKE		66
15		5-8 25 BREASTSTROKE		16	67		11-12 50 BACKSTROKE		68
17		7-10 100 IM		18	69		5-8 50 BREASTSTROKE		70
19		11-12 100 IM		20	71		7-10 100 BREASTSTROKE		72
21		7-10 100 BACKSTROKE		22	73		11-12 100 BREASTSTROKE		74
23		11-12 100 BACKSTROKE		24	75		5-8 50 FREESTYLE		76
25		5-8 50 BACKSTROKE		26	77		7-10 100 FREESTYLE		78
27		7-10 100 BUTTERFLY		28	79		11-12 100 FREESTYLE		80
29		11-12 100 BUTTERFLY		30	81		5-8 25 BUTTERFLY		82
31		5-8 50 BUTTERFLY		32	83		7-10 50 BUTTERFLY		84
33		7-10 50 FREESTYLE		34	85		11-12 50 BUTTERFLY		86
35		11-12 50 FREESTYLE		36	87	2.56.80	7-10 500 FREESTYLE	2.56.50	88
37		5-8 25 FREESTYLE		38					

7-8 swimmer may compete in 5-8 or 7-10 events but not both.

7-10 swimmer with A 200 standard may swim the 500 freestyle

No awards for Open or 13-14.

GIRLS	MIN TIME	SATURDAY PM WARM UP	MIN TIME	BOYS	GIRLS	MIN TIME	SUNDAY PM WARM UP	MIN TIME	BOYS
	YARDS	AT END OF AM SESSION.	YARDS			YARDS	AT END OF AM SESSION.	YARDS	
		START TIME 1 HR AFTER AM SESSION					START TIME 1 HR AFTER AM SESSION		
39	5.48.20	OPEN 400 IM	5.48.90	40	89	6.24.60	OPEN 500 FREESTYLE	6.29.80	90
41		13-14 200 FREESTYLE		42	91		13-14 100 BACKSTROKE		92
43		15 & OVER 200 FREESTYLE		44	93		15 & OVER 100 BACKSTROKE		94
45		13-14 100 BREASTSTROKE		46	95	3.08.80	OPEN 200 BREASTSTROKE	3.09.00	96
47		15 & OVER 100 BREASTSTROKE		48	97		13-14 50 FREESTYLE		98
49	2.46.20	OPEN 200 BACKSTROKE	2.51.40	50	99		15 & OVER 50 FREESTYLE		100
51		13-14 100 FREESTYLE		52	101		13-14 100 BUTTERFLY		102
53		15 & OVER 100 FREESTYLE		54	103		15 & OVER 100 BUTTERFLY		104
55	2.43.20	OPEN 200 BUTTERFLY	2.47.40	56	105		13-14 200 IM		106
					107		15 & OVER 200 IM		108

You must be at least 11 years old and meet 11-12 A minimum standard to swim OPEN events. 11-12 swimmers may swim ONLY ONE SESSION PER DAY.

11-12 swimmers will swim at the beginning of the 1000 if needed to meet the 4 hour rule.

1000 will be mixed and seeded fastest to slowest. Swimmers in the 500 and 1000 freestyle will need to provide their own timers and lap counters.

Swimmers may not compete in the same event in multiple sessions or age groups.