

# DOLPHIN AQUATICS RED and WHITE SHORT COURSE AGE GROUP MEET

Sanctioned by: USA Swimming and SCS  
Sanction Number: S19-125  
Sponsored by: Dolphin Aquatics  
Orange Committee

DATE OF MEET: May 4 & 5, 2019  
**ENTRIES RECEIVED BY 5:00 PM: April 24, 2019 (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: AAA, AAM, AQUA, AZOT, BGST, BREA, DA, GWSC, ORCA, RAYS, SACA, SEAL, SOKA, SPLA, STOP, SWRD, TD, YOC  
The Afternoon Session will begin no sooner than 12:00pm or 70 min. after the conclusion of Morning Session Split Warm up will be assigned

- POOL:** SAN JUAN HILLS HIGH SCHOOL, 29211 Vista Montana, San Juan Capistrano, CA, 92675.
- COURSE:** SAN JUAN HILLS HIGH SCHOOL POOL is a 25 yard by 33 meter pool with 8 swimming lanes and a warmup area. This competition course has been certified in accordance with 104.2.2 ( C ). Pool Depth Start End = 7, Turn End = 7.
- 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:** Karen Davis shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to KARENDDAVIS@VERISON.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 who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on **May 4, 2019. All coaches and officials must complete the CDC or NFHS Concussion course.**
- SPECIAL NOTICE:** **SWIMMERS MAY SWIM A MAXIMUM OF FIVE (5) EVENTS PER DAY. DA will limit entries to meet the "4 Hour" rule for each session. 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. The 400 IM and 500 Freestyle will be swum alternating girls and boys heats. Swimmers are requested to provide a timer for 3 heats and are responsible for their own lap counter. **RELAYS WILL BE SWUM TIME PERMITTING. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** High School swimmers are responsible for ensuring they are unattached at this meet.
- RECORDING DEVICES MEDIA:** 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 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 to be eligible for entry into this meet. **NO ON-DECK ENTRIES.** Registration application must be received by WEDNESDAY, April 24, 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 prove 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**). For seeding purposes only, after entries close Meet Admin 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.
- QUALIFYING TIMES:** Swimmers must not exceed the 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. 11/12 Year old swimmers entering the 500 Yard Freestyle **must have qualified to enter with the minimum RED time standard in the 500 Yard Freestyle (Girls 6:59.50; Boys 7:05.30).** (See 2019 Swim Guide for times and exceptions). After entries close,
- AWARDS:** RIBBONS 1-8<sup>TH</sup> WILL BE AWARDED FOR 5/6, 7/8, 5-10, 11/12, RELAYS 1-3<sup>RD</sup>
- ENTRY FEES:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card.** \$10.00 per Deck entered Relay. 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 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, APRIL 24, 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.

<b>MAKE CHECKS PAYABLE TO:</b>	<b>SOUTHERN CALIFORNIA SWIMMING</b>
<b>EMAIL TO:</b>	<b>DIVANJ@COX.NET</b>
<b>And MAIL TO:</b>	<b>JUDI DIVAN</b>
	<b>33561 CALLE MIRAMAR</b>
<b>Please include Swimmer's name and SCS Number</b>	<b>SAN JUAN CAPISTRANO, CA 92675</b>

For Further Information you may email Rod Snyder at SJHWSWIM@GMAIL.COM Receipt of entry will not be verified by phone or email.

# DOLPHIN AQUATICS RED AND WHITE SHORT COURSE AGE GROUP MEET

Date of Meet: May 4 & 5, 2019

**ENTRIES RECEIVED BY 5:00 PM: April 24, 2019 (Wednesday)**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

DA WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

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

YOU MAY SWIM A MAXIMUM OF 5 EVENTS PER DAY

"TECH" SUITS ARE NOT PERMITTED AT THIS MEET

**400 IM & 500 Free will swim alternating girls and boys and are asked to provide timers and lap counters.**

The following Orange Committee teams may enter this meet: AAA, AAM, AQUA, AZOT, BGST, BREA, DA, GWSC, ORCA, RAYS, SACA, SEAL, SOKA, SPLA, STOP, SWRD, TD, YOC

Girls		Saturday, May 4, 2019		9:00am		Boys	
No.	Maximum	Age	Event	Maximum	No.		
1	2:42.01	7-10	200 Yard Freestyle	2:41.81	2		
3	1:28.41	5-8	100 Yard Freestyle	1:25.01	4		
5	1:40.01	7-10	100 Yard Breaststroke	1:40.51	6		
7	52.31	5-8	50 Yard Breaststroke	51.01	8		
9	40.51	7-10	50 Yard Backstroke	40.41	10		
11	22.21	5-8	25 Yard Backstroke	21.61	12		
13	1:26.61	7-10	100 Yard Individual Medley	1:26.91	14		
15	46.31	5-8	50 Yard Butterfly	47.01	16		
17	38.31	7-10	50 Yard Butterfly	38.21	18		
19	18.11	5-8	25 Yard Freestyle	17.61	20		
21	1:14.71	7-10	100 Yard Freestyle	1:14.31	22		
23	Deck	5-8	100 Yard Medley Relay	By	24		
25	Entered	7-10	200 Yard Medley Relay	Coach	26		

Girls		Sunday, May 5, 2019		9:00 am		Boys	
No.	Maximum	Age	Event	Maximum	No.		
55	3:06.51	7-10	200 Yard Individual Medley	3:07.41	56		
57	1:41.21	5-8	100 Yard Individual Medley	1:38.51	58		
59	1:29.31	7-10	100 Yard Butterfly	1:29.41	60		
61	21.31	5-8	25 Yard Butterfly	21.31	62		
63	1:28.61	7-10	100 Yard Backstroke	1:28.71	64		
65	48.11	5-8	50 Yard Backstroke	46.81	66		
67	45.61	7-10	50 Yard Breaststroke	45.61	68		
69	24.01	5-8	25 Yard Breaststroke	23.31	70		
71	33.91	7-10	50 Yard Freestyle	34.11	72		
73	40.51	5-8	50 Yard Freestyle	39.41	74		
75	Deck	7-10	200 Yard Freestyle Relay	By	76		
77	Entered	5-8	100 Yard Freestyle Relay	Coach	78		
79	2:42.01	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:41.81	80		

Second session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM Session

27	1:17.71	11/12	100 Yard Individual Medley	1:17.71	28		
29	1:03.41	13/14	100 Yard Freestyle	59.61	30		
29	1:02.81	15 & Up	100 Yard Freestyle	57.41	30		
31	1:06.71	11/12	100 Yard Freestyle	1:06.21	32		
33	3:01.71	13/14	200 Yard Breaststroke	2:50.81	34		
33	3:08.81	11/12	200 Yard Breaststroke	3:09.01	34		
33	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	34		
35	40.81	11/12	50 Yard Breaststroke	41.01	36		
37	1:14.11	13/14	100 Yard Backstroke	1:11.31	38		
37	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	38		
39	1:17.91	11/12	100 Yard Backstroke	1:20.51	40		
41	2:16.11	13/14	200 Yard Freestyle	2:10.91	42		
41	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	42		
43	2:24.11	11/12	200 Yard Freestyle	2:24.61	44		
45	1:11.01	13/14	100 Yard Butterfly	1:07.71	46		
45	1:11.01	15 & Up	100 Yard Butterfly	1:05.11	46		
47	1:16.11	11/12	100 Yard Butterfly	1:18.21	48		
49	Coaches	13 & Up	200 Yard Medley Relay	On	50		
51	Enter	11/12	200 Yard Medley Relay	Deck	52		
53	5:36.61	13.14	400 Yard Individual Medley	5:18.21	54		
53	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	54		

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

**RELAYS WILL BE SWUM, TIME PERMITTING**

Second session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM Session

81	2:46.21	11/12	200 Yard Individual Medley	2:46.51	82		
83	2:36.61	13/14	200 Yard Individual Medley	2:29.01	84		
83	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	84		
85	30.71	11/12	50 Yard Freestyle	30.81	86		
87	29.31	13/14	50 Yard Freestyle	27.51	88		
87	29.31	15 & Up	50 Yard Freestyle	26.51	88		
89	36.21	11/12	50 Yard Backstroke	36.61	90		
91	2:39.61	13/14	200 Yard Backstroke	2:31.01	92		
91	2:46.21	11/12	200 Yard Backstroke	2:51.41	92		
91	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	92		
93	1:28.91	11/12	100 Yard Breaststroke	1:29.01	94		
95	1:23.41	13/14	100 Yard Breaststroke	1:19.11	96		
95	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	96		
97	34.31	11/12	50 Yard Butterfly	34.51	98		
99	2:40.51	13/14	200 Yard Butterfly	2:33.31	100		
99	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	100		
99	2:43.21	11/12	200 Yard Butterfly	2:47.41	100		
101	Coaches	11/12	200 Yard Freestyle Relay	On	102		
103	Enter	13 & Up	200 Yard Freestyle Relay	Deck	104		
105	6:24.61	11/12	500 Yard Freestyle	6:29.81	106		
107	5:59.61	13/14	500 Yard Freestyle	5:48.61	108		
107	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	108		