

RST January 10 & Under SC Meet

Sanctioned by: USA Swimming & Southern California Swimming Sanction No. S18-008
Sponsored By: RST & Eastern Committee Received by deadline: 5:00 pm, Wednesday, January 3, 2018
Date of Meet: January 13-14, 2018 Start of Meet: 8:30 am, Saturday & Sunday

Warm-up: 7:00 am, Saturday & Sunday

POOL: Redlands High School - 840 E Citrus, Redlands, CA 92373 The parking area is accessed most easily from Roosevelt Ave.

DIRECTIONS: From the East: Take I-10 to Cypress exit. Turn Left on Cypress to Roosevelt. Turn right on Roosevelt to the pool. From the West: Take I-10 to University exit. Turn right on University to Cypress. Turn right on Cypress to Roosevelt. Turn right on Roosevelt to the pool. A large parking lot is available west of the pool. **No parking is allowed inside the gated area.**

COURSE: Redlands High School has two outdoor, 25 yard pools with six swimming lanes in each. A warm up/cool down lane will remain open during the meet under coaches supervision. The competition course is SCS certified for semi-automatic and manual timing only. Pool depth: Deep Pool: start end 8.0 ft., turn end 8.68 ft; Shallow Pool: start end 4.11 ft, turn end 4.04 ft.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 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. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. (Mike Sheppard - cattywampus@roadrunner.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 40 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 13, 2018 to enter this meet. Timers are requested to be provided by each team. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day.**

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 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 all Eastern Committee athletes who hold 2018 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by 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 application may be submitted with entry form. 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 affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

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**). Coaches and swimmers should be prepared to verify all submitted times. Swimmers may not enter events in which they have achieved the MAXIMUM time listed or faster. Discrepancies in submitted times could lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th-6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons: 1st - 6th place Relays: Medals 1st place, Ribbons 2nd- 3rd place

ENTRY FEES: **\$3.50** for each individual event along with a **\$8.00** 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. (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.** Relays will be deck-entered at \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 3, 2018. 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: fredies6@hotmail.com
Questions: SCS Office (310-684-1151) or meet processor

MAIL ENTRIES TO:

Julie Fredericks
PO Box 624
Yucaipa, CA 92399

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.

RST 10 & Under SC MEET**January 13-14, 2018****ENTRIES MUST BE RECEIVED BY 5:00 PM: January 3, 2018 (Wednesday)**

**This meet is subject to the 4 hour rule per session, relays swum time permitting.

If numbers warrant, mornings will be broken into two sessions and renumbered.

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

5-8 year olds may swim a 25 distance only one time, either Saturday or Sunday, not on both days.

Times submitted must be best recorded times short or long course.

Maximum 4 individual events per day, 1 relay.

Events will be swum fastest to slowest.

SATURDAY Morning

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
1	3:23.50/	7-10	BR	200	yd	IM	3:24.50/	2
3		5-8	BRW	100	yd	IM		4
5	1:36.80/	7-10	BR	100	yd	Backstroke	1:37.00/	6
7		5-8	BRW	25	yd	Backstroke		8
9		7-10	BRW	50	yd	Breaststroke		10
11		5-8	BRW	50	yd	Breaststroke		12
13		5-8	BRW	25	yd	Breaststroke		14
15		7-10	BRW	100	yd	Freestyle		16
17		5-8	BRW	25	yd	Freestyle		18
19	1:37.40/	7-10	BR	100	yd	Butterfly	1:37.60/	20
21		5-8	BRW	50	yd	Butterfly		22
23		5-8	BRW	25	yd	Butterfly		24
25	Deck	7-10		200	yd	Medley Relay	Deck	26
27	Entry	5-8		100	yd	Medley Relay	Entry	28

SUNDAY Morning

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
29	2:42.01/	7-10	BR	200	yd	Freestyle	2:41.81/	30
31	1:46.10/	5-8	BR	100	yd	Freestyle	1:42.01/	32
33	1:49.10/	7-10	BR	100	yd	Breaststroke	1:49.70/	34
35		5-8	BRW	25	yd	Breaststroke		36
37		7-10	BRW	50	yd	Backstroke		38
39		5-8	BRW	50	yd	Backstroke		40
41		5-8	BRW	25	yd	Backstroke		42
43		7-10	BRW	50	yd	Butterfly		44
45		5-8	BRW	25	yd	Butterfly		46
47		7-10	BRW	50	yd	Freestyle		48
49		5-8	BRW	50	yd	Freestyle		50
51		5-8	BRW	25	yd	Freestyle		52
53		7-10	BRW	100	yd	IM		54
55	Deck	5-8		100	yd	Freestyle Relay	Deck	56
57	Entry	7-10		200	yd	Freestyle Relay	Entry	58