

**PUMA Polar Bear Age Group Swim Meet**  
**January 26-27, 2019**



**SANCTIONED BY:** USA Swimming and Southern California Swimming  
**SANCTION NUMBER:** #S19-034  
**SPONSORED BY:** PUMA AQUATIC TEAM and Coastal Section  
**START TIME:** Saturday & Sunday: 7:30 AM Warm up, 9:00 AM Start.  
**ENTRY DEADLINE:** Received by Wednesday, January 16, 2019 5:00 pm

**LOCATION: ARROYO GRANDE HIGH SCHOOL** – 495 Valley Road, Arroyo Grande, CA. If traveling Northbound on US 101: Exit Traffic Way, drive straight 0.1 miles. Turn left on Fair Oaks Ave. Drive 0.1 miles to High School on your left. If traveling Southbound on US 101: exit Fair Oaks Ave., turn right. Drive 0.1 miles to High School on your left.

**POOL/COURSE:** The pool is a 25 yard, 13 lane outdoor heated pool. Six to ten lanes (depending on entries) will be used for the competition and a minimum of 3 lanes will be used for warm-up/warm down. The competition pool is 13 ft deep in Lanes 1 to 7; and 7 ft deep in Lane 8-10. Ample deck space is available for structures and seating. The competition course has been certified in accordance with 104.2.2C(4); on file with USA Swimming.

**WARM-UP POLICY:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 -8:45 am. Diving will be allowed in designated practice start lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 25 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. All swimmers must use a 3-point slide in entry into the pool for warm up/warm down, not jumping or diving.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be direct to Ernie Peterson [erniep@kcienv.com](mailto:erniep@kcienv.com)

**CHECK-IN:** Swimmers must check in at the Clerk of Course for each event entered. AFTER AN EVENT IS CLOSED, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers in the first 4 events each day must check in thirty (30) minutes prior to beginning of each session. Swimmers who check in and fail to swim an event will be scratched from their next individual event. 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 26, 2019 to enter this meet. Swimmers may swim in a maximum of 4 individual events and 1 relay per day.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced, taking precedence over any errors or omissions in this form. \*\*\*ENTRIES WILL BE LIMITED TO MEET THE 4-HOUR RULE\*\*\* The 500 & 1650 YD FREE will be swum fastest to slowest, alternating girls & boys. All coaches and officials on deck must complete the CDC or NFHS online Concussion 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 allowed 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.

**DRONE PROHIBITION:** 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.

**RACING START CERTIFICATION:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**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 on the SCS website: [www.socalswim.org](http://www.socalswim.org).**

**DECK CHANGES:** Deck Changes are prohibited.

**ELIGIBILITY:** Open to Coastal Committee athletes who are 2019 USA Swimming registered. **REGISTRATION APPLICATIONS MUST BE RECEIVED BY THE MEET ENTRY DEADLINE (JAN 16) 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 together with entry form.**

In SCS age group meets, swimmers 18 & under must prove birth dates prior to competition. Out of LSC entries will be accepted space available; please submit a copy of USAS registration with entry.

**CHANGE OF AFFILIATION:** Before the meet a swimmer may change affiliation by submitting a **Club Transfer form** and the appropriate fees to the Swim Office. At the meet a swimmer may UNATTACH (but may not attach or reattach) by notifying the Administrative Referee and paying the appropriate fee.

**SUMMITTED TIMES:** Times submitted must be the **best recorded times** short or long course from this or preceding swim season (**NO WORKOUT TIMES**). For seeding purposes only, after entries close the meet admin will convert all nonconforming times. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. NOTE: For "W" Division, "NT" (no time) entries are acceptable.

**ENTRY FEES/PROCEDURE:** \$4.00 for each individual event along with a \$10.50 surcharge **per swimmer** must accompany each individual entry card. NO REFUNDS. Returned checks may incur a service fee. E-Mail entry (entry.zip file) 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. Relays will be deck entered at \$10.00 fee per relay, payable on entry. All returned checks will result in a service charge per SCS policy. You should include a self-addressed stamped envelope or postcard to confirm receipt of your entry. No deck entries will be allowed. There will be no refunds.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JANUARY 16, 2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry, enclose a SASE or postcard or use USPS Proof of Mailing. **Receipt of entries will not be verified by phone or email.** Do not use Certified or Registered mail.

**AWARDS:** Ribbons for 12 & Under (5-6, 7-10, 11-12) 1st thru 6th places in "B, R, & W" Divisions/ individual events only. Relays and OPEN events are not awarded.

**CONCESSIONS:** A fully equipped snack bar will be available for meals and snacks on Saturday and Sunday.

**LANE ASSIGNMENTS:** Clubs will be assigned lanes for timing according to the number of entries per club. Travel teams please plan accordingly.

**FURTHER INFORMATION:** Coach Jud Clark at [judclark@yahoo.com](mailto:judclark@yahoo.com) or 805-709-7946

**MAKE CHECKS PAYABLE TO:** SOUTHERN CALIFORNIA SWIMMING

**MAIL ENTRIES TO:**

PUMA Polar Bear Age Group Swim Meet  
c/o Karen Thomas, 750 Stagecoach Road, Arroyo Grande, CA 93420-4603

**EMAIL FOR ELECTRONIC ENTRIES:** [splashandgo@charter.net](mailto:splashandgo@charter.net)

*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.*





# PUMA Polar Bear Age Group Swim Meet

January 26-27, 2019



Swimmers are limited to a maximum of 4 individual events per day.

Entry deadline: Entries MUST be received by **5 PM, Wednesday, January 16, 2019**  
**NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED**

**Session 1**  
**Saturday, January 26, 2019**  
**Warm up 7:30 AM, Start Time 9:00 PM**

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
1	BRW	13 & UP	200 YD FREE	BRW	2
3	BRW	7-10	200 YD FREE	BRW	4
5	BRW	11-12	200 YD FREE	BRW	6
7	5:48.20	OPEN	400 YD I.M.	5:48.90	8
9	BRW	5-6, 7-10	100 YD I.M.	BRW	10
11	BRW	11-12	100 YD I.M.	BRW	12
13	BRW	5-6, 7-10	50 YD BACK	BRW	14
15	BRW	11-12	50 YD BACK	BRW	16
17	BRW	13 & UP	100 YD BACK	BRW	18
19	BRW	5-6, 7-10	50 YD BREAST	BRW	20
21	BRW	11-12	50 YD BREAST	BRW	22
23	3:08.80	OPEN	200 YD BREAST	3:09.00	24
25	BRW	7-10	100 YD FLY	BRW	26
27	BRW	11-12	100 YD FLY	BRW	28
29	BRW	13 & UP	100 YD FLY	BRW	30
31		Mixed age	200 FREE RELAY		32
33	6:24.60	OPEN	500 YD FREE	6:29.80	34

Swimmers in the 500 YD FREE are requested to provide their own timers.

**To swim an OPEN event a swimmer must be at least 11 years old and meet minimum time. Do not enter NT.**

**REGULAR SESSION**  
**Sunday, February 4, 2018**  
**Warm up 7:30 AM, Start Time 9:00 AM**

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
35	BRW	13 & UP	200 YD I.M.	BRW	36
37	BRW	11-12	200 YD I.M.	BRW	38
39	BRW	7-10	200 YD I.M.	BRW	40
41	2:46.20	OPEN	200 YD BACK	2:51.40	42
43	BRW	11-12	100 YD BACK	BRW	44
45	BRW	7-10	100 YD BACK	BRW	46
47	BRW	13 & UP	100 YD FREE	BRW	48
49	BRW	11-12	100 YD FREE	BRW	50
51	BRW	5-6,7-10	100 YD FREE	BRW	52
53	BRW	13 & UP	100 YD BREAST	BRW	54
55	BRW	11-12	100 YD BREAST	BRW	56
57	BRW	7-10	100 YD BREAST	BRW	58
59	2:43.20	OPEN	200 YD FLY	2:47.40	60
61	BRW	11-12	50 YD FLY	BRW	62
63	BRW	5-6, 7-10	50 YD FLY	BRW	64
65	BRW	13 & UP	50 YD FREE	BRW	66
67	BRW	11-12	50 YD FREE	BRW	68
69	BRW	5-6, 7-10	50 YD FREE	BRW	70
71		Mixed age	200 YD MEDLEY RELAY		72
73	21:32.10	OPEN	1650 YD FREE	21:51.50	74

Swimmers in the 1650 YD FREE are requested to provide their own timers.  
**To swim an OPEN event a swimmer must be at least 11 years old and meet minimum time. Do not enter NT.**

NOTE: All events will by swum fastest to slowest.

