

12th Annual Cancer Awareness Meet
Benefiting the Hearst Cancer Resource Center and Cuesta Athletics
AGE GROUP SWIM MEET

Date of Meet: October 25-27, 2019
Sanction No. S19-324
Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: PUMA Aquatics & Coastal Committee



Entries Must be Received by deadline: 5:00 PM Wednesday, October 16, 2019

Warm-up: 4:00 PM Fri 8:00 AM Sat & Sun

Start of Meet: 5:00 PM Fri 9:30 AM Sat & Sun

POOL: Cuesta College – Highway 1, San Luis Obispo, CA, 93403.

DIRECTIONS: Take Highway 101 to San Luis Obispo, then take Highway 1 north (Morro Bay and Hearst Castle exit). Turn left on Hollister Road. Then turn right on Chorro Valley Road. Use parking lot 5 which is nearest to the pool. Cuesta College parking is \$2.00 per day.

COURSE: The pool is a 25-yard outdoor heated pool. Six to ten lanes (depending on entries) will be used for the competition; and a minimum of 6 to 8 lanes will be used for warm-up/warm down with a bulkhead separating from competition pool. The competition pool is 13 ft deep to 7 ft deep. The competition course has been certified in accordance with 104.2.2C(4); on file with USA Swimming.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 4:00—4:45 PM Friday; and 8:00 – 9:15 AM Saturday and Sunday. **All swimmers must use a 3-point slide in entry into the pool for warm up/warm down, no jumping or diving.** 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 Ernie Peterson ErnieP@kcienv.com

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), 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 October 25, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500, 1000 & 1650 Free and 400 I.M. are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day, not including relays. All officials and coaches on deck must have completed 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 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 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 Coastal Committee athletes who hold 2019 or 2020 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. **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 (with 30 days of turning 18), in order to compete.**

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**). 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: Saturday and Sunday events will be awarded for 12 & Under swimmers (5-6, 7-8, 9-10, 11-12) 1st thru 6th places in "B, R, & W" Divisions/ individual events only. Friday night the 200 Free will be awarded as 10 & Under and the 400 I.M. will be awarded for 11-12, 13-14 and 15 & Over age groups. Relays and OPEN events are not awarded. The team with the most points will be awarded the Coastal Cup trophy.

SPECIAL AWARD: "Coach Karen: IM Strong" Award The fastest overall time for each age group and gender (100 IM, 200 IM, and 400 IM) will be given this special award.

ENTRY FEES: **\$4.00 for each individual event along with a \$10.50 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. Prior to entry deadline 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 each.** Relay entry cards will be available at the Admin table.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, October 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 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:

MAIL ENTRIES TO:

Email for team electronic entries only:

Southern California Swimming

**Karen Thomas, 750 Stagecoach Road,
Arroyo Grande, CA 93420**

splashandgo@charter.net

Questions: please contact Coach Jud Clark judclark@yahoo.com or 805-709-7946

or the Meet Processor at splashandgo@charter.net or the SCS office (310-684-1151)

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.



12th Annual Cancer Awareness Meet

Benefiting Hearst Cancer Resource Center and Cuesta Athletes

October 25-27, 2019

Swimmers are limited to a maximum of 4 individual events per day.
 7 to 8-year-old swimmers may swim 5-8 events OR 7-10 events; not any combination. This applies to all days of the meet.
 Swimmers who enter the Saturday NOVICE Session 3 may not swim individual events in the Saturday & Sunday regular sessions.
 [Swimmers may swim in the novice session but not both the novice session and regular sessions on Saturday and Sunday]

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

Session 1 REGULAR SESSION

Friday, October 25, 2019

Warm up 4:00 PM, Start Time 5:00 PM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
1	BRW	11 & Over	400 YD I.M.	BRW	2
3	BRW	7-10	200 YD FREE	BRW	4
5	12:58.60	OPEN	1000 YD FREE	13:09.80	6

Swimmers in the 400 YD IM and 1000 YD FREE
 are requested to provide their own timers.
 The 1000 YD FREE will be swum fastest to slowest, alternating girls & boys.



Session 2 REGULAR SESSION
Saturday, October 26, 2019
Warm up 8:00 AM, Start Time 9:30 AM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
7	BRW	11-12	200 YD FREE	BRW	8
9	BRW	13 & Over	200 YD FREE	BRW	10
11	BRW	7-10	100 YD I.M. *	BRW	12
13	BRW	11-12	100 YD I.M. *	BRW	14
15	BRW	13 & Over	200 YD I.M. *	BRW	16
17	BRW	7-10	50 YD BACK	BRW	18
19	BRW	11-12	50 YD BACK	BRW	20
21	BRW	13 & Over	100 YD BACK	BRW	22
23	BRW	7-10	50 YD BREAST	BRW	24
25	BRW	11-12	50 YD BREAST	BRW	26
27	BRW	13 & Over	200 YD BREAST	BRW	28
29	BRW	7-10	100 YD FLY	BRW	30
31	BRW	11-12	100 YD FLY	BRW	32
33	BRW	13 & Over	100 YD FLY	BRW	34
35		Mixed age/gender	200 FREE RELAYS		

****Mixed Relays: now specified by USA Swimming as 2 female/2 male**



**Session 3 NOVICE SESSION
Saturday, October 26, 2019**

**Session 3 will begin no less than 45 minutes after the conclusion of Session 2
Including at least a 30 minute warm-up period, but no sooner than 1:00 PM**

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
37	RW	11 -14	50 YD FREE	RW	38
39	RW	7-10	50 YD FREE	RW	40
41	BRW	5-8	25 YD FREE	BRW	42
43	RW	11 -14	50 YD FLY	RW	44
45	RW	7-10	50 YD FLY	RW	46
47	BRW	5-8	25 YD FLY	BRW	48
49	RW	11 14	50 YD BREAST	RW	50
51	RW	7-10	50 YD BREAST	RW	52
53	BRW	5-8	25 YD BREAST	BRW	54
55	RW	11 -14	50 YD BACK	RW	56
57	RW	7-10	50 YD BACK	RW	58
59	BRW	5-8	25 YD BACK	BRW	60
61		Mixed age/gender	100 FREE RELAY		

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

****Mixed Relays: now specified by USA Swimming as 2 female/2 male**

**7 to 8-year-old swimmers may swim 5-8 events OR 7-10 events; not any combination.
This applies to all days of the meet.**

Swimmers who enter the NOVICE session may not enter Saturday & Sunday regular sessions.

Deck Changes are prohibited.



Session 4 REGULAR SESSION
Sunday, October 27, 2019
Warm up 8:00 AM, Start Time 9:30 AM

GIRLS	MIN TIME	AGE	EVENTS	MIN TIME	BOYS
63	BRW	7-10	200 YD I.M. *	BRW	64
65	BRW	11-12	200 YD I.M. *	BRW	66
67	BRW	7-10	100 YD FREE	BRW	68
69	BRW	11-12	100 YD FREE	BRW	70
71	BRW	13 & Over	100 YD FREE	BRW	72
73	BRW	7-10	100 YD BACK	BRW	74
75	BRW	11-12	100 YD BACK	BRW	76
77	BRW	13 & Over	200 YD BACK	BRW	78
79	BRW	7-10	100 YD BREAST	BRW	80
81	BRW	11-12	100 YD BREAST	BRW	82
83	BRW	13 & Over	100 YD BREAST	BRW	84
85	BRW	7-10	50 YD FLY	BRW	86
87	BRW	11-12	50 YD FLY	BRW	88
89	BRW	13 & Over	200 YD FLY	BRW	90
91	BRW	7-10	50 YD FREE	BRW	92
93	BRW	11-12	50 YD FREE	BRW	94
95	BRW	13 & Over	50 YD FREE	BRW	96
97		Mixed age/gender	200 YD MEDLEY RELAYS		

****Mixed Relays: now specified by USA Swimming as 2 female/2 male**

Break as determined by Meet Referee

99	6:24.60	OPEN	500 YD Free	6:29.80	100
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<p>Swimmers in the 500 YD FREE are requested to provide their own timers. The 500 YD FREE will be swum fastest to slowest, alternating girls & boys.</p>
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NOTE: All events will by swum fastest to slowest.

* " Coach Karen : IM Strong" Event

