

Speedo Southern California "Q" Meet

Friday – Monday – January 16-19, 2015

Sanctioned By: USA-Swimming & Southern California Swimming

Sponsored By: Canyons Aquatic Club

Sanction Number: #S15-001

Entries Due: 5:00PM, Wed, Jan 7 2015.

Eligibility: Open to 2015 USA Swimming registered swimmers. Registration application must be received by **Wednesday, Jan 7, 2015 at 5pm** by meet processor, administrative official/referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

Pool: The Santa Clarita Aquatic Center competition pool is an outdoor 25 yard x 50 meter, 20 lane pool. A separate warm-up/warm-down 10-lane, 25-yard course pool will be open during the meet. Competition courses have been certified in accordance with 104.22.2(C). Pool depth at start and turn end is 7'6". All Prelims and Finals and Timed Final sessions may be run in 2 courses up to 10 lanes – girls on the North Course, odd events, boys on the South Course, even events. If the number of entries do not warrant running two courses, events will be run in sequential order on one course. All events will be swum fast-to-slow.

Directions: SANTA CLARITA AQUATIC CENTER, 20850 Centre Pointe Parkway, Santa Clarita, CA 91350. From 14 FWY NORTH: Take GOLDEN VALLEY exit. Left on GOLDEN VALLEY. Right on CENTRE POINTE PARKWAY. Right into second driveway. From 14 FWY SOUTH: Take GOLDEN VALLEY exit. Right on GOLDEN VALLEY. Right on CENTRE POINTE PARKWAY. Right into second driveway.

Meet Start Times: The Timed Finals session on Friday will start at 12:00 PM. Saturday – Monday preliminary sessions will begin at 8:30 A.M. Finals will begin no sooner than 2 hours after the completion of the prelims session that day.

Warm-up times: The warm-up for the Timed Finals session on Friday will start at 10:30AM. Controlled warm-ups will begin on Sat-Sun-Mon at 6:30 AM in the competition pool. The competition pool will be closed at 8:15 AM with supervised warm-up/warm-down available in the adjoining area of pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. Based on entries, warm-up may be split and teams may be assigned to specific warm-up times.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first 2 events (prelims) or 4 events (timed finals) will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on Jan 16, 2015 determines age for the meet. Prelims and timed finals sessions will be swum fast to slow. A swimmer may enter all events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 7 individual events during the meet, nor more than 3 individual events per day.

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.

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.

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. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

Distance Events:

- The **1650 yard freestyle** events (age groups combined) will be swum:
 - All heats on Friday, will be swum fastest to slowest alternating girls and boys heats if run on a single course; additional heats may be swum on Saturday or Sunday at the end of prelims depending on entries.
 - Swimmers in the 1650 freestyle should be prepared to supply their own timers and lap counters.
- The **1000 yard freestyle** events (age groups combined) will be swum:
 - 1000 check in to swim by seeded time closes 5 PM Sunday; check in to swim closes 9:30 AM Monday
 - All heats fastest to slowest alternating girls' & boys' heats at end of prelims on Monday if run on a single course; additional heats may be swum on Saturday or Sunday at the end of prelims depending on entries.
 - Swimmers in the 1000 freestyle should be prepared to supply their own timers and lap counters.
- The **400 IM and 500 free** will be swum alternating girls and boys in the prelims and timed finals sessions if run on a single course.

Submitted/Qualifying Times: Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2013 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action.

Entry Procedure: Team Electronic Entry is highly preferred.

Electronic entry will be accepted ONLY when received with:

1. Entry file (.zip or .sd3)
 2. Proof of time report showing meet and dates for each entry (.pdf or Word)
 3. Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Individual entry: Submit a completed individual SCS entry form with payment via snail mail. Individuals may not e-mail or text entries.

Updates/New Events: Added events, NO DELETIONS, will be accepted when received by the processor until the entry deadline. Entry times for NEW events (no updates) achieved 1-8-15 through -1-11-15 may be entered by the Admin Referee of the meet where achieved by MIDNIGHT 1-11-15 to divanj@cox.net. Entry fee must be paid to the aforementioned Admin Referee.

Fees: Individual surcharge (including relay-only swimmers): \$12.00. Event fee: \$4.75 per event. Relays: \$12.00 per relay. Returned checks will incur a service fee per SCS policy

Scoring/Awards:

- Teams will be awarded 1st through 3rd place based on: Must have 10 swimmers entered to qualify for Team awards. Team points will be awarded based on highest average points per swimmer. All athletes including relay only will be included.
- Medals will be awarded for 1-8 places in individual events and 1-3 places in relay events.

Relays: Relays and relay-only swimmers are pre-entered electronically and prepaid. Relays are timed finals events. A&B relays will be entered into the finals sessions unless requested to swim in the prelims sessions (time permitting); all other relays will swim in prelims. Once a relay has been checked in and the event closed, failure of the relay to report will result in the disqualification of the club's relay from the next relay event for that age group and gender. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2013). A team time achieved during the qualifying period may also be used. A club entering multiple relays must use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed for multiple relays. Entries must be proven by meeting the aggregate of the qualifying cut.

Finals – Saturday, Sunday, Monday: A single championship final (8 swimmers) will be offered for 11, 12, 13, 14; a championship and consolation final (16 swimmers) will be offered for 7-10 and 15-18. **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

Time Trials: Sanction #S15-002

Will be swum, time permitting, on Saturday, Sunday and Monday only following the preliminary sessions. Three (3) events per day limit applies (Q events + Time trials = 3 events per day or less) Deck entered entry fee is \$11 per event, no refunds after seeding. Open only to 2015 SCS swimmers who are entered in at least 1 individual event or relay in the meet. Participants must provide their own backup timers. An event may be swum only once as a time trial. The Administrative Referee/Official will determine the order of events.

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.

Entries must be received by Wednesday, January 7, 2015

Make checks payable to: Southern California Swimming

Mail entries to: CANY "Q" Meet
c/o Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
divanj@cox.net

Hand delivered to: Same as above

FOR INFORMATION: Call Jeff Skelley at (661)341-1901 or email jefske@msn.com Receipt of entry will not be confirmed by phone or by email.

HOTEL INFORMATION: visit www.canyons.org

GIRLS		FRIDAY, JANUARY 16, 2015 – 12:00 PM				BOYS	
MIN	MAX	EVENT #	DESCRIPTION	AGE	EVENT #	MIN	MAX
05:41.19	04:50.98	1	400 IM	11	2	05:41.46	04:24.67
05:21.62	04:50.98			12		05:15.36	04:24.67
06:51.80	05:21.35	3	500 Freestyle	7-10	4	06:48.29	04:55.56
01:54.80	N/A	5	200 Free Relay	11-12	6	01:54.80	N/A
02:10.00	N/A	7	200 Free Relay	7-10	8	02:10.00	N/A
02:13.30	N/A	9	200 Medley Relay	11-12	10	02:14.80	N/A
02:33.20	N/A	11	200 Medley Relay	7-10	12	02:33.20	N/A
21:39.86	18:26.86	13	1650 Freestyle	11	14	21:24.51	17:27.06
20:34.89	18:26.86			12		20:29.06	17:27.06
19:30.29	18:26.86			13		19:11.59	17:27.06
19:11.85	18:26.86			14		18:34.31	17:27.06
19:38.25	18:26.86			15-18		18:55.55	17:27.06
08:37.40	N/A	15	800 Free Relay	13-14	16	08:13.50	N/A
08:35.00	N/A			15-18		07:55.30	N/A

GIRLS		SATURDAY, JANUARY 17, 2015 – 8:30 AM				BOYS	
MIN	MAX	EVENT #	DESCRIPTION	AGE	EVENT #	MIN	MAX
01:23.56	01:11.13	17	100 Breaststroke	11	18	01:24.09	01:03.64
01:17.63	01:11.13			12		01:16.35	01:03.64
01:14.80	01:11.13			13		01:12.67	01:03.64
01:15.10	01:11.13			14		01:08.55	01:03.64
01:16.50	01:11.13			15-18		01:08.90	01:03.64
38.02	N/A	19	50 Backstroke	7-10	20	37.92	N/A
33.72	N/A			11		34.44	N/A
31.95	N/A			12		32.12	N/A
02:42.99	02:16.02	21	200 Butterfly	11	22	02:46.10	02:02.61
02:37.05	02:16.02			12		02:23.98	02:02.61
02:28.16	02:16.02			13		02:20.44	02:02.61
02:24.65	02:16.02			14		02:14.22	02:02.61
02:31.80	02:16.02			15-18		02:16.30	02:02.61
31.39	25.99	23	50 Freestyle	7-10	24	31.39	23.29
28.95	25.99			11		29.20	23.29
27.32	25.99			12		27.18	23.29
26.54	25.99			13		25.85	23.29
26.55	25.99			14		24.61	23.29
26.60	25.99			15-18		23.90	23.29
02:21.45	02:16.23	25	200 IM	13	26	02:19.00	02:03.54
02:21.74	02:16.23			14		02:11.80	02:03.54
02:22.65	02:16.23			15-18		02:10.70	02:03.54
02:33.32	01:59.28	27	200 Freestyle	7-10	28	02:31.30	01:49.40
06:03.86	05:21.35	29	500 Freestyle	11	30	06:07.68	04:55.56
05:47.96	05:21.35			12		05:45.85	04:55.56
05:34.45	05:21.35			13		05:27.31	04:55.56
05:29.48	05:21.35			14		05:15.24	04:55.56
05:30.75	05:21.35			15-18		05:09.85	04:55.56
04:11.60	N/A	31	400 Free Relay	11-12	32	04:13.60	N/A
03:58.70	N/A			13-14		03:47.10	N/A
03:58.00	N/A			15-18		03:37.10	N/A

GIRLS		SUNDAY, JANUARY 18, 2015 – 8:30 AM				BOYS	
MIN	MAX	EVENT #	DESCRIPTION	AGE	EVENT #	MIN	MAX
42.28	N/A	33	50 Breaststroke	7-10	34	43.60	N/A
38.06	N/A			11		38.65	N/A
36.01	N/A			12		35.65	N/A
02:40.71	02:15.19	35	200 Backstroke	11	36	02:40.44	02:02.81
02:29.24	02:15.19			12		02:26.97	02:02.81
02:22.48	02:15.19			13		02:18.43	02:02.81
02:22.49	02:15.19			14		02:12.20	02:02.81
02:28.30	02:15.19			15-18		02:15.50	02:02.81
01:24.45	01:01.45	37	100 Butterfly	7-10	38	01:25.50	55.11
01:13.02	01:01.45			11		01:13.30	55.11
01:07.47	01:01.45			12		01:07.86	55.11
01:04.86	01:01.45			13		01:03.26	55.11
01:03.85	01:01.45			14		01:00.49	55.11
01:05.20	01:01.45			15-18		57.75	55.11
02:18.46	01:59.28	39	200 Freestyle	11	40	02:17.56	01:49.40
02:11.37	01:59.28			12		02:09.78	01:49.40
02:04.72	01:59.28			13		02:01.37	01:49.40
02:03.58	01:59.28			14		01:54.90	01:49.40
02:04.55	01:59.28			15-18		01:53.80	01:49.40
02:52.90	02:16.23	41	200 IM	7-10	42	02:54.32	02:03.54
02:36.96	02:16.23			11		02:36.35	02:03.54
02:26.10	02:16.23			12		02:27.17	02:03.54
05:04.53	04:50.98	43	400 IM	13	44	04:54.41	04:24.67
05:01.01	04:50.98			14		04:43.97	04:24.67
05:06.80	04:50.98			15-18		04:47.55	04:24.67
04:53.80	N/A	45	400 Medley Relay	11-12	46	04:57.40	N/A
04:34.60	N/A			13-14		04:23.90	N/A
04:35.80	N/A			15-18		04:11.60	N/A

GIRLS		MONDAY, JANUARY 19, 2015 – 8:30 AM				BOYS	
MIN	MAX	EVENT #	DESCRIPTION	AGE	EVENT #	MIN	MAX
01:09.90	55.21	47	100 Freestyle	7-10	48	01:10.40	50.01
01:03.68	55.21			11		01:03.91	50.01
59.85	55.21			12		59.33	50.01
57.61	55.21			13		56.37	50.01
56.56	55.21			14		53.01	50.01
57.25	55.21			15-18		51.85	50.01
35.73	N/A	49	50 Butterfly	7-10	50	36.16	N/A
31.95	N/A			11		32.58	N/A
30.17	N/A			12		30.40	N/A
03:02.98	02:33.70	51	200 Breaststroke	11	52	03:08.49	02:18.62
02:51.93	02:33.70			12		02:49.78	02:18.62
02:41.46	02:33.70			13		02:38.63	02:18.62
02:42.36	02:33.70			14		02:31.00	02:18.62
02:46.30	02:33.70			15-18		02:33.35	02:18.62
01:32.37	01:11.13	53	100 Breaststroke	7-10	54	01:34.83	01:03.64
01:21.98	01:02.70	55	100 Backstroke	7-10	56	01:22.19	56.36
01:12.81	01:02.70			11		01:13.93	56.36
01:08.74	01:02.70			12		01:08.98	56.36
01:05.83	01:02.70			13		01:03.93	56.36
01:05.45	01:02.70			14		01:01.46	56.36
01:07.35	01:02.70			15-18		01:01.35	56.36
01:20.40	N/A	57	100 IM	7-10	58	01:20.35	N/A
01:13.41	N/A			11		01:13.47	N/A
01:09.10	N/A			12		01:08.51	N/A
12:48.80	11:00.60	59	1000 Freestyle	11	60	12:36.58	10:27.11
12:16.33	11:00.60			12		12:05.25	10:27.11
11:36.94	11:00.60			13		11:23.50	10:27.11
11:28.19	11:00.60			14		10:59.55	10:27.11
11:47.80	11:00.60			15-18		11:14.80	10:27.11
01:49.90	N/A	61	200 Free Relay	13-14	62	01:44.20	N/A
01:51.00	N/A			15-18		01:39.90	N/A
04:34.60	N/A	63	200 Medley Relay	13-14	64	04:23.90	N/A
04:35.80	N/A			15-18		04:11.60	N/A

All heats of the 1000 Freestyle will be swum at the **end of the prelims session

Relays

- Events #63 and #64 (13-14, 15-18 200 Medley Relay): Enter with qualifying 400 medley relay times
- Only A&B relays will be swum with finals. AM swims for A&B relays may be declared, time permitting. All other relays will swim in the prelims session.