



SCS October 2014 SCY SENIOR INVITATIONAL

Hosted by SAN CLEMENTE AQUATICS

October 18-19, 2014

SANCTIONED BY: USA Swimming/Southern California Swimming
SPONSORED BY: Southern California Swimming & San Clemente Aquatics

SANCTION NO: S14-237

TIMED FINALS

DATE OF MEET: Saturday, Sunday October 18-19, 2014

ENTRIES DUE: Received by 5pm Wednesday, October 8, 2014

START TIMES: 9:00 am Sat & Sun.

WARM-UP: 8:00 a.m. Saturday and Sunday

POOL: VISTA HERMOSA SPORTS PARK, 987 Vista Hermosa, San Clemente, CA. From the North; south on Highway 5 exit Vista Hermosa and go East 1.8 miles on the right you will see the pool and the Vista Hermosa Sports Complex (Target is on the left) Drop off in front of complex only, ample parking in the 3 lots.

COURSE: VISTA HERMOSA SPORTS PARK POOL is a 25 yard by 50 meter pool with 10 competition swimming lanes and a warmup area. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Start End=10', Turn End=10'.

WARM-UP: 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 current **2014 USA Swimming member coach**. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s) as directed by the meet referee. **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

Warmups will begin at 8:00 a.m. Saturday and Sunday. Doors to the facility will open at 7:00 a.m. The 25 yard pool will also be open at 8:00 a.m. until 9 a.m.

FACILITY INFORMATION: Locker rooms will be available. If leaving your belongings in a locker, you must provide your own lock. Locks must be removed after each day's use. Team Tents can be put up after 5 p.m. Friday, January 24. Concessions will be offered at the pool.

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current SCS Meet procedure for Timed Finals Meets will be enforced and take precedence over any errors or omissions on this form. (See **2014 SCS Swim Guide**): Check-in is required for all events; after each event is closed, a swimmer may not check-in or scratch. **The first four events on each day session will close one-half hour prior to the start of the meet.**

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.

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.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged

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.

ELIGIBILITY & AFFILIATION: Open to all athletes who hold 2014 or 2015 USA Swimming Registration. Registration application must be **received by Wednesday, October 8, 2014 (5 pm)** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and 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. 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.

- QUALIFYING TIMES:** Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". Times must have been achieved on or after September 1, 2013 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to **2014 SCS Swim Guide**. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet. **NOTE: All entry times will be verified in advance through the USA SWIMS database.**
- NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time.**
- RELAYS:** All relays must be pre-entered. Relays will be swum at the discretion of the meet referee based on the meet timeline. No relay-only swimmers are allowed. Relay fee is \$10/relay. Times must be verifiable.
- ENTRY LIMIT:** A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer can swim no more than five (5) individual events per day. A swimmer who meets the automatic time standard for one or two individual events may enter the event(s) and up to three **total** events; a swimmer who meets the automatic time standard for three or four events may enter the events and up to five **total** events; a swimmer meeting the automatic time standard in five or more events must prove **all** events entered. **Label bonus events "B"**.
- ENTRY FORMAT:** Individual entry charge of **\$3.75 per entered event** plus **\$8.00 surcharge** must accompany each entry card. Club Electronic entry is encouraged. If submitting a **Southern California Consolidated Entry Card** for swimmer card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry.
- NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.**
- ELECTRONIC E-MAIL ENTRY PROCEDURE:** Electronic entry is the preferred method of 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. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the email entry. **Failure to comply will be referred to the SCS Board of Review.** Entry updates (added events or time updates) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes email) **ONLY. DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Electronic entries are to be sent to: suzshep@roadrunner.com Entry on an SCS consolidated entry card will be accepted. Card must be completely filled out including USA Swimming registration number. Mail to: Susie Sheppard

DO NOT E-MAIL INDIVIDUAL ENTRIES

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail address: Susie Sheppard
11110 Davis Street
Moreno Valley, CA 92557

For Information: Susie Sheppard – suzshep@roadrunner.com (951-317-5457)
Meet Director: Keith Kennedy- kkjrswim@yahoo.com

For Further Information visit www.scatswim.org.
Receipt of entry will not be verified by phone or email.

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 meet.



SCS October 2014 SCY SENIOR INVITATIONAL hosted by SAN CLEMENTE AQUATICS

October 18-19, 2014

SANCTIONED BY: USA Swimming/Southern California Swimming
SPONSORED BY: Southern California Swimming & San Clemente Aquatics

SANCTION NO: S14-237

TIMED FINALS

DATE OF MEET: Saturday, Sunday October 18,19, 2014
START TIMES: 9:00 am Sat & Sun.

ENTRIES DUE: Received by 5pm Wednesday, October 8, 2014
WARM-UP: POOL WILL BE OPEN FOR WARM UP SAT/SUN ~7:00 am

All events will be swum fastest to slowest.

DISTANCE EVENTS: The 1000 and 1650 Y Freestyle will be swum fast to slow with alternating heats of women and men. Swimmers in the 1000 and 1650 Y Freestyle must be prepared to supply a timer for three (3) heats. Swimmers are also responsible for providing their own lap counters.

Event #	Qualifying Standards WOMEN				EVENTS	Qualifying Standards MEN				Event #
	SCY	LCM	SCY Bonus	LCM Bonus		SCY	LCM	SCY Bonus	LCM Bonus	
Saturday, October 18										
1	2:05.82	2:22.99	2:08.78	2:26.36	200 Freestyle	1:55.32	2:12.60	1:58.04	2:15.73	2
3	4:52.90	5:31.19	4:59.97	5:39.19	400 Ind Medley	4:29.41	5:11.43	4:35.91	5:18.95	4
5	2:20.55	2:37.19	2:23.86	2:40.90	200 Butterfly	2:07.94	2:25.43	2:10.95	2:28.86	6
7	26.92	30.73	27.55	31.46	50 Freestyle	23.95	27.63	24.51	28.29	8
9	2:19.49	2:40.27	2:22.78	2:44.05	200 Backstroke	2:06.88	2:27.86	2:09.87	2:31.35	10
11	1:13.35	1:23.95	1:15.08	1:25.93	100 Breaststroke	1:05.71	1:16.31	1:07.26	1:18.11	12
13					400 Medley Relay					14
15	11:05.71	9:56.15	11:21.79	10:10.55	1000 Freestyle	10:32.38	9:28.21	10:47.65	9:41.93	16

Sunday, October 19

Event #	Qualifying Standards WOMEN				EVENTS	Qualifying Standards MEN				Event #
	SCY	LCM	SCY Bonus	LCM Bonus		SCY	LCM	SCY Bonus	LCM Bonus	
17	2:21.61	2:42.07	2:24.95	2:45.89	200 Ind Medley	2:08.89	2:29.77	2:11.93	2:33.30	18
19	58.40	1:06.35	59.78	1:07.92	100 Freestyle	52.36	1:00.62	53.59	1:02.06	20
21	1:04.12	1:12.29	1:05.64	1:13.99	100 Butterfly	57.44	1:05.29	58.80	1:06.83	22
23	5:23.95	4:51.86	5:31.77	4:58.91	500 Freestyle	5:02.12	4:35.82	5:11.63	4:42.48	24
25	2:40.76	3:01.04	2:42.09	3:05.31	200 Breaststroke	2:22.99	2:46.10	2:26.36	2:50.01	26
27	1:04.76	1:15.15	1:06.29	1:16.92	100 Backstroke	58.29	1:08.26	59.67	1:09.87	28
29					400 Free Relay					30
31	18:35.21	18:59.53	19:02.14	19:27.05	1650 Freestyle	17:35.69	18:06.74	18:01.19	18:32.99	32