

RST Polar Bear Express Meet

Sanctioned by: Southern California Swimming
Sponsored By: Redlands Swim Team & Eastern Committee
Date of Meet: December 6-8, 2013
Warm-up: 3:45 pm on Friday and 7:00 am on Saturday and Sunday

Sanction No. 13-288
Received by deadline: 5:00 pm, Nov. 27, 2013
Start of Meet: 5:00 pm Fri, 8:30 am Sat & Sun

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

DIRECTIONS: From the East: Take Interstate 10 to Cypress Street exit. Turn left on Cypress to Roosevelt. Turn right on Roosevelt to the pool. **From the West:** Take Interstate 10 to the University Street exit. Turn right on University Street 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 complex. **No parking is allowed inside the gated area.**

COURSE: Redlands High School has two (2) outdoor, 25 yard pools with six (6) swimming lanes in each. A warm up/down lane will remain open during the meet under coaches supervision. The competition course is SCS certified for semi-automatic and manual timing only. No records requiring level 1 timing may be set at this competition. 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 3:45-4:45pm Fri., 7:00-8:15am Sat.. 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.

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 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 December 6, 2013 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 IM, 500/1000/1650 free 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 3 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 acknowledgement 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 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 2013 or 2014 USA Swimming Registration. Registration application must be received by October 27, 2013 (Wednesday 5 PM) by meet processor, administrative referee, or SCS Office. Registration application received after the meet entry deadline 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.

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**). All nonconforming times will be seeded last. 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: 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 for each individual event along with a \$6 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. 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, November 27, 2013. 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 MAIL ENTRIES TO:
Email for team electronic entries only: fredies6@hotmail.com
Questions: SCS Office (800) 824-6206

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RST Polar Bear Express Meet

December 6-8, 2013

FRIDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1	2:43.20/	OPEN	200 yd	Butterfly	2:47.40/	2
3	1:37.40/	7-8, 9-10	BR 100 yd	Butterfly	1:37.60/	4
5	5:48.20/	OPEN	400 yd	IM	5:48.90/	6
7	3:23.50/	7-8, 9-10	BR 200 yd	IM	3:24.50/	8
9	2:46.20/	OPEN	200 yd	Backstroke	2:51.40/	10
11	2:42.00/	7-8, 9-10	B 500 yd	Freestyle	2:41.80/	12
13	6:59.60/	11-12	BR 500 yd	Freestyle	7:05.30/	14
15	21:32.10/	OPEN	1650 yd	Freestyle	21:51.50/	16

*This meet subject to the 4 hour rule.

Friday and afternoon sessions may use both competition pools depending on the number of entrants.

****This meet is limited to three events per day**

SATURDAY AM - Shallow Pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
17	57.80/	5-6, 7-8	BR 50 yd	Backstroke	56.30/	18
19		9-10	BRW 50 yd	Backstroke		20
21		5-6, 7-8	BRW 50 yd	Freestyle		22
23	2:56.80/	9-10	BR 200 yd	Freestyle	2:56.50/	24
25		5-6, 7-8	BRW 100 yd	IM		26
27		9-10	BRW 100 yd	IM		28
29		5-6, 7-8	BRW 25 yd	Breaststroke		30
31	1:02.80/	5-6, 7-8	BR 50 yd	Breaststroke	1:01.20/	32
33		9-10	BRW 50 yd	Breaststroke		34
35	Deck	5-8	BRW 100 yd	Medley Relay	Deck	36
37	Entered	9-10	BRW 200 yd	Medley Relay	Entered	38

SATURDAY AM = Deep Pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
39		11-12	BRW 50 yd	Backstroke		40
41		11-12	BRW 100 yd	Freestyle		42
43		11-12	BRW 100 yd	IM		44
45		11-12	BRW 100 yd	Breaststroke		46
47		11-12	BRW 100 yd	Butterfly		48
49	Deck	11-12	BRW 200 yd	Medley Relay	Entered	50

*****45 MINUTE BREAK, NO EARLIER THAN 1:00 START*****

GIRLS	min/max	age	distance	stroke	min/max	BOYS
51		13-14	BRW 200 yd	Freestyle		52
53		15-up	BRW 200 yd	Freestyle		54
55		13-14	BRW 200 yd	IM		56
57		15-up	BRW 200 yd	IM		58
59		13-14	BRW 50 yd	Freestyle		60
61		15-up	BRW 50 yd	Freestyle		62
63		13-14	BRW 100 yd	Breaststroke		64
65		15-up	BRW 100 yd	Breaststroke		66

**11-12 swimmers entering the 400 IM enter 200 IM times.

** 7-10 Use 200 Free Time to enter 500 Free

***400 IM and 500, 1000, and 1650 frees will be swum alternating girls and boys heats and swimmers provide own timers and/or lap counters.

Must be at least 11 for open events with 11-12 blue minimum time.

*****5 MINUTE BREAK*****

67	Deck	13-14	BRW 200 yd	Freestyle Relay	Deck	68
69	Entered	15-up	BRW 200 yd	Freestyle Relay	Entered	70
*****Break determined by Meet Referee*****						
71	6:24.60/	OPEN	500 yd	Freestyle	6:29.80/	72

SUNDAY AM - Shallow Pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
73	146.10/	7-8	BR 100 yd	Freestyle	1:42.00/	74
75		9-10	BRW 100 yd	Freestyle		76
77		5-6, 7-8	BRW 25 yd	Butterfly		78
79	55.60/	5-6, 7-8	BR 50 yd	Butterfly	56.40	80
81		9-10	BRW 50 yd	Butterfly		82
83		5-6, 7-8	BRW 25 yd	Backstroke		84
85		9-10	BRW 100 yd	Backstroke		86
87	2:42.00/	5-6, 7-8	B 200 yd	Freestyle	2:41.80/	88
89		9-10	BRW 50 yd	Freestyle		90
91		5-6, 7-8	BRW 25 yd	Freestyle		92
93		9-10	BRW 100 yd	Breaststroke		94
95	1:49.10/	7-8	BR 100 yd	Breaststroke	1:49.70/	96
97	Deck	9-10	BRW 200 yd	Free Relay	Deck	98
99	Entered	5-8	BRW 100 yd	Free Relay	Entered	100

SUNDAY AM - Deep Pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
101		11-12	BRW 200 yd	Freestyle		102
103		11-12	BRW 50 yd	Butterfly		104
105		11-12	BRW 100 yd	Backstroke		106
107	3:01.30/	11-12	BR 200 yd	IM	3:01.70/	108
109		11-12	BRW 50 yd	Freestyle		110
111		11-12	BRW 50 yd	Breaststroke		112
113	Deck	11-12	BRW 200 yd	Free Relay	Entered	114

*****45 MINUTE BREAK, NO EARLIER THAN 12:30 START*****

GIRLS	min/max	age	distance	stroke	min/max	BOYS
115	3:08.80/	OPEN	200 yd	Breaststroke	3:09.00/	116
117		13-14	BRW 100 yd	Butterfly		118
119		15-up	BRW 100 yd	Butterfly		120
121		13-14	BRW 100 yd	Freestyle		122
123		15-up	BRW 100 yd	Freestyle		124
125		13-14	BRW 100 yd	Backstroke		126
127		15-up	BRW 100 yd	Backstroke		128
*****5 MINUTE BREAK*****						
129	Deck	13-14	BRW 200 yd	Medley Relay	Deck	130
131	Entered	15-up	BRW 200 yd	Medley Relay	Entered	132
*****Break determined by Meet Referee*****						
133	12:58.60/	OPEN	1000 yd	Freestyle	13:09.80/	134

Note Requirements for 5-8 Events:

5-6 Swimmers meeting the listed time standard or the following conditions may enter *7-8 events:

A swimmer may swim "up" (not down) one distance. If a swimmer's time:

- meets the 5-8 Red standard for 50 of stroke, may enter 100 of stroke
- meets the 5-8 Blue standard for 100 Fr or 100 IM, may enter 200 FR or 200 IM
- equaled or bettered 5-8 Red standard in three events, may enter 100 Bk, BR, or FL
- equaled or bettered 5-8 Blue standard in three events may enter 200 FR or 200 IM