

CCAQ Summer Sizzle Eastern Committee H & F LC Championship Meet

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-234

Sponsored By: CCAQ & Eastern Committee

Received by deadline: 5:00 pm, Wednesday July 3, 2019

Date of Meet: July 12-14, 2019

Start of Meet: 5:00 pm Friday night, 8:30 am, Saturday & Sunday

Warm-up: 4:00 pm Friday, 7:00 am Saturday & Sunday

POOL: Eleanor Roosevelt High School - 7447 Scholar Way, Eastvale, CA 92507

DIRECTIONS: Take Limonite exit off I-15. Go west on Limonite (from North, turn right, from South turn left). Turn left onto Scholar Way. School is on the right hand side. There is a large parking lot located on Citrus on the back side of the school.

COURSE: Outdoor 25 yard x 50 meters pool with 7 competition lanes. 1 warm-up lane will be available during the meet. Pool depth: start end 14', turn end 4.5'. 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. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Mike Sheppard cattywumpus@roadrunner.com

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN with the clerk of course 40 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 July 12, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 and 800 freestyle events and 13/up 400 IM are requested to furnish their own timers for three heats and lap counters when used. Events will be swum fastest to slowest. All coaches on deck must complete the CDC or NFHS 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 (or are) 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 all Eastern Committee athletes who hold 2019 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.

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**). 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. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

Scoring: Individual: 1-14 (USA Swimming Rules 102.7.3); relay: double individual points. 19 & over are not eligible for scoring.

Awards: Awards will be based on final times, regardless of division/seed time. For ages 5-12, medals will be awarded for the top seven finishers in individual events and medals first through third in all relay events. For ages 13 & up, medals will be awarded first through seventh place in **finals**, and medals first through third in relay events. Team awards: Top 3 teams Combined Team Scoring will receive trophies. Swimmers who are 19 years and older are not eligible for awards.

Entry Limit: A swimmer may swim no more than THREE (3) individual events per day and no more than six total individual events for the meet.

Relays: **Relays will be swum as timed-finals events in the morning sessions. A club may enter no more than TWO (2) relays in an event. Relays must be pre-entered. Relays must CHECK-IN by the scratch deadline for the day swum. Relay fee is \$10.00 per entry, and relay-only swimmers (\$14.00) swimmer surcharge.**

Finals: A championship final will be offered for the following: 13-14 and 15 & up events, based on prelim time, regardless of division/seed time. All 5-10, 11-12 events will be swum as Timed Finals as well as the 400 m Freestyle, 1500 m Freestyle and 400 IM. Top 16 finishers will score. **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 (fee will be imposed) will be removed from the remainder of the meet. 19 and Up swimmers will be considered for finals, space available.

Distance Events: The 400 freestyle (combined 13/up) is "timed finals" swum fastest to slowest in the morning session.

- Friday session 400 Freestyle swimmers are requested to supply a timer for three heats and are also responsible for providing their own lap counters.

- Entries will be seeded by time, but entered into the meet by age group time standards and awarded by each age group.

ENTRY FEES: \$5.50 for each individual event along with a **\$14.00** 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. (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 pre-entered at \$10.00 each.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, July 3, 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 Southern California Swimming

Email for team electronic entries only: suzshep@roadrunner.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

MAIL ENTRIES TO: Susie Sheppard

11110 Davis St

Moreno Valley, CA 92557

EC Long Course BR Champs Meet hosted by CCAQ July 12-14, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM: July 3 (Wednesday)

Times submitted must be best recorded times short or long course, maximum 3 events per day, 1 relay, 6 individual events max

Timed Finals swim fastest to slowest

Swimmers in 400 IM, 400 Free and 1500 Free are requested to provide their own timers for three heats and lap counter

The 400 IM, 400 Free and 1500 Free will be swum alternating girls and boys

Relays must be pre-entered and teams are limited to only a A & B relay .

Friday Timed Finals

GIRLS	MIN	AGE			STROKE	MIN	BOYS
1	3:49.30/	5-10	BR	200	m Medley	3:50.40/	2
3	3:25.00/	11-12	BR	200	m Medley	3:25.30/	4
5*	6:20.40/	13-14	B	400	m Medley	6:00.20/	6*
	6:04.50/	15-up	B	400	m Medley	5:41.70/	
7	5:47.30/	11-12	B	400	m Freestyle	5:46.60/	8
9*	21:17.20/	13-14	B	1500	m Freestyle	20:57.49/	10*
	21:00.30/	15-up	B	1500	m Freestyle	19:59.90/	

Saturday - Prelims for 13/up

Finals- 45 minutes after 12 /unders

GIRLS	MIN	AGE			STROKE	MIN	BOYS
11	2:48.10/	13-14	BR	200	m Freestyle	2:42.00/	12
	2:46.20/	15-18	BR	200	m Freestyle	2:34.70/	
13	3:43.00/	13-14	BR	200	m Breaststroke	3:33.00/	14
	3:41.90/	15-18	BR	200	m Breaststroke	1:03.80/	
15	36.40/	13-14	BR	50	m Freestyle	33.00/	16
	35.80/	15-18	BR	50	m Freestyle	32.50/	
17	3:17.40/	13-14	BR	200	m Butterfly	3:08.90/	18
	3:13.00/	15-18	BR	200	m Butterfly	2:54.80/	
19	1:32.20/	13-14	BR	100	m Backstroke	1:31.60/	20
	1:32.20/	15-18	BR	100	m Backstroke	1:25.80/	
21		13-14		400	m Free Relay		22
23		15-18		400	m Free Relay		24

Saturday Timed Finals

25	1:32.00/	5-10	BR	100	m Freestyle	1:31.60	26
27	1:22.40/	11-12	BR	100	m Freestyle	1:22.00/	28
29	56.00/	5-10	BR	50	m Breaststroke	56.00/	30
31	50.20/	11-12	BR	50	m Breaststroke	49.80/	32
33	47.20/	5-10	BR	50	m Butterfly	47.00/	34
35	41.90/	11-12	BR	50	m Butterfly	42.70/	36
37	1:50.30/	5-10	BR	100	m Backstroke	1:50.50/	38
39	1:37.60/	11-12	BR	100	m Backstroke	1:39.00	40
41		5-10		200	m Free Relay		42
43		11-12		200	m Free Relay		44

**Sunday- Prelims for 13/up
Finals- 45 minutes after 12/under Finish**

GIRLS	MIN	AGE			STROKE	MIN	BOYS
45	1:27.60/	13-14	BR	100	m Butterfly	1:23.60/	46
	1:27.70/	15-18	BR	100	m Butterfly	1:20.60/	
47	3:13.40/	13-14	BR	200	m IM	3:04.30/	48
	3:12.00/	15-18	BR	200	m IM	2:55.70/	
49	1:42.50	13-14	BR	100	m Breaststroke	1:37.30/	50
	1:43.20	15-18	BR	100	m Breaststroke	1:33.40/	
51	3:19.60/	13-14	BR	200	m Backstroke	3:09.20/	52
	3:12.70/	15-18	BR	200	m Backstroke	3:00.70/	
53	1:18.50/	13-14	BR	100	m Freestyle	1:14.00/	54
	1:17.80/	15-18	BR	100	m Freestyle	1:10.30/	
55		13-14		400	m Medley Relay		56
57		15-18		400	m Medley Relay		58
59	5:26.10/	13-14	BR	400	m Freestyle	5:15.60/	60
	5:18.70/	15-18	BR	400	m Freestyle	4:59.20/	

Sunday Timed Finals for 12/unders

61	2:02.40/	5-10	BR	100	m Breaststroke	2:03.10/	62
63	1:49.10/	11-12	BR	100	m Breaststroke	1:49.20/	64
65	3:19.30/	5-10	BR	200	m Freestyle	3:19.00	66
67	2:57.70/	11-12	BR	200	m Freestyle	2:58.40	68
69	50.60/	5-10	BR	50	m Backstroke	50.50/	70
71	45.40/	11-12	BR	50	m Backstroke	45.80/	72
73	41.90/	5-10	BR	50	m Freestyle	41.50/	74
75	38.00/	11-12	BR	50	m Freestyle	37.60/	76
77	1:49.70/	5-10	BR	100	m Butterfly	1:49.80/	78
79	1:35.30/	11-12	BR	100	m Butterfly	1:36.10/	80
81		5-10		200	m Medley Relay		82
83		11-12		200	m Medley Relay		84