

HILLSIDE Start of Summer R/W Meet

Sanctioned by: USA Swimming & Southern California Swimming Sanction No. S19-235

Sponsored By: Hillside & Eastern Committee

Received by deadline: 5:00 pm, Wednesday, June 12, 2019

Date of Meet: June 22-23, 2019

Start of Meet: 8:30 am, Saturday & Sunday

Warm-up: 7:00 am

POOL: Chaffey Community College Pool, 5885 Haven Ave., Rancho Cucamonga, CA

DIRECTIONS: From south (take the 15 North to the 210) from east or west: Take the 210, exit Haven Ave, go north to the college entrance, turn right and follow the road to the athletic complex, pool is located below the gym.

COURSE: 10 lane, 25 yard pool. Start and turn end depth from 8'-13'. The competition course has been certified in accordance with 104.2.2(C).

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. Jack Argue agrue5@earthlink.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. **This meet will limit entries to meet the "4 Hour" rule. 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 June 22, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in 500 Fr or 400 IM events 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. All coaches and officials 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 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**). 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.

AWARD Red Division: Ribbons 1st - 6th place

White Division: Ribbons 1st - 6th place

Relays: Ribbons 1st - 3rd place

ENTRY FEES: \$4.00 for each individual event along with a \$10.00 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. (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, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, June 10, 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: fredies6@hotmail.com

Questions: SCS Office (310-684-1151) or meet processor

MAIL ENTRIES TO:

Julie Fredericks

PO Box 624

Yucaipa, CA 92399

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.

Hillside Start of Summer R/W Meet
June 22 -23, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday June 12, 2019

This meet is subject to the 4 hour rule per session.

Events will be swum fastest to slowest, starred events swum together awarded separately.

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

400 and 500 yd events will be swum alternating girls and boys, swimmers are requested to provide own timers, and lap counters (500).

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

Saturday

Girls	Min/Max					Min/Max	Boys
1	/1:26.61	7-10	100	yd	RW	IM	2
		11-12	100	yd	RW	IM	3
4	/21.71	5-8	25	yd	RW	Freestyle	5
6	2:56.80/2:42.01	7-10	200	yd	R	Freestyle	7
		11-12	200	yd	RW	Freestyle	8
9	/46.31	5-8	50	yd	RW	Butterfly	10
11	/1:29.31	7-10	100	yd	RW	Butterfly	12
		11-12	100	yd	RW	Butterfly	13
14	/40.51	5-8	50	yd	RW	Freestyle	15
16	/33.91	7-10	50	yd	RW	Freestyle	17
		11-12	50	yd	RW	Freestyle	18
19	/26.61	5-8	25	yd	RW	Backstroke	20
21	/1:28.61	7-10	100	yd	RW	Backstroke	22
		11-12	100	yd	RW	Backstroke	23
24	/52.31	5-8	50	yd	RW	Breaststroke	25
26	/:45.61	7-10	50	yd	RW	Breaststroke	27
		11-12	50	yd	RW	Breaststroke	28
29		5-8	100	yd		Freestyle Relay	30
31	DECK ENTERED	7-10	200	yd		Freestyle Relay	32
		11-12	200	yd		Freestyle Relay	33

Minimum 45 minute break between sessions

34	/2:24.11	11-12	200	yd	RW	Freestyle	
35	/2:16.11	13-14	200	yd	RW	Freestyle	36
37	/2:16.41	15-up	200	yd	RW	Freestyle	38
39	/1:17.91	11-12	100	yd	RW	Backstroke	
40	/1:14.11	13-14	100	yd	RW	Backstroke	41
42	/1:14.51	15-up	100	yd	RW	Backstroke	43
44	/30.71	11-12	50	yd	RW	Freestyle	
45	/29.31	13-14	50	yd	RW	Freestyle	46
47	/29.31	15-up	50	yd	RW	Freestyle	48
49	/1:16.11	11-12	100	yd	RW	Butterfly	
50*	/2:40.51	13-14	200	yd	RW	Butterfly	51*
50*	/2:36.61	15-up	200	yd	RW	Butterfly	51*
52	/:40.81	11-12	50	yd	RW	Breaststroke	
53	/1:23.41	13-14	100	yd	RW	Breaststroke	54
55	/1:23.91	15-up	100	yd	RW	Breaststroke	56
57		11-12	200	yd		Freestyle Relay	DECK
58	DECK ENTERED	13-up	200	yd		Freestyle Relay	ENTERED
59							
60	/2:46.21	11-12	200	yd	RW	IM	
61*	/5:36.61	13-14	400	yd	RW	IM	62*
61*	/5:22.01	15-up	400	yd	RW	IM	62*

Sunday

Girls	Min/Max					Min/Max	Boys
63	/1:41.21	5-8	100	yd	RW	IM	64
65	3:23.50/3:06.51	7-10	200	yd	R	IM	66
		11-12	200	yd	RW	IM	67
68	/48.11	5-8	50	yd	RW	Backstroke	69
70	/40.51	7-10	50	yd	RW	Backstroke	71
		11-12	50	yd	RW	Backstroke	72
73	/28.81	5-8	25	yd	RW	Breaststroke	74
75	/1:40.01	7-10	100	yd	RW	Breaststroke	76
		11-12	100	yd	RW	Breaststroke	77
78	/1:28.41	5-8	100	yd	RW	Freestyle	79
80	/1:14.71	7-10	100	yd	RW	Freestyle	81
		11-12	100	yd	RW	Freestyle	82
83	/25.61	5-8	25	yd	RW	Butterfly	84
85	/38.31	7-10	50	yd	RW	Butterfly	86
		11-12	50	yd	RW	Butterfly	87
88	DECK	5-8	100	yd		Medley Relay	89
	ENTERED	11-12	200	yd		Medley Relay	90
91		7-10	200	yd		Medley Relay	92
*****Break Will Be Determined by Meet Referee*****							
		11-12	500	yd	R	Freestyle	7:05.30/6:29.81
93							

Minimum 45 minute break between sessions

94	/1:17.71	11-12	100	yd	RW	IM	
95	/2:36.61	13-14	200	yd	RW	IM	96
97	/2:37.71	15-up	200	yd	RW	IM	98
99	/34.31	11-12	50	yd	RW	Butterfly	
100	/1:11.01	13-14	100	yd	RW	Butterfly	101
102	/1:11.01	15-up	100	yd	RW	Butterfly	103
104	/1:28.91	11-12	100	yd	RW	Breaststroke	
105*	/3:01.71	13-14	200	yd	RW	Breaststroke	106*
105*	/3:00.81	15-up	200	yd	RW	Breaststroke	106*
107	/36.21	11-12	50	yd	RW	Backstroke	
108*	/2:39.61	13-14	200	yd	RW	Backstroke	109*
108*	/2:33.81	15-up	200	yd	RW	Backstroke	109*
110	/1:06.71	11-12	100	yd	RW	Freestyle	
111	/1:03.41	13-14	100	yd	RW	Freestyle	/59.61
113	/1:02.81	15-up	100	yd	RW	Freestyle	/57.41
115	DECK	11-12	200	yd		Medley Relay	DECK ENTERED
116	ENTERED	13-up	200	yd		Medley Relay	DECK ENTERED
117							
*****Break Will Be Determined by Meet Referee*****							
118	6:59.50/6:24.60	11-12	500	yd	R	Freestyle	
119*	/5:59.61	13-14	500	yd	RW	Freestyle	/5:48.61
119*	/5:57.41	15-up	500	yd	RW	Freestyle	/5:34.81