



**Trident Swim Club
BRW SC
December 6-8, 2019**



FRIDAY WARM UP: 4:45 PM / Start 5:45 PM
SAT and SUN WARM-UP BEGINS 7:15 AM
STARTING TIME: 9:00 AM

SANCTIONED BY: USA Swimming and SOUTHERN CALIFORNIA SWIMMING
SANCTION NO: S19-286

**TRIDENT SWIM CLUB WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE
MAXIMUM 8 INDIVIDUAL EVENTS, 3 EVENTS PER DAY. All events will swim fastest to slowest**

POOL: The Rowland High School Aquatic Center is located on the campus of John A Rowland High School, 2000 South Otterbein, Rowland Heights, CA 91748.

DIRECTIONS: Exit the 60 freeway at Nogales and go south. Turn Left on Killian and a right on Otterbein. The parking lot entrance will be on your left.

COURSE: Outdoor 25-yard pool with up to 10 short course competition lanes and an area for warm up/down during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. The pool is 7 feet 5 inches at the start end and at the turn end.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:15 – 8:45 am. Warm-up assignments will be published, divided into two sessions with times and lanes assigned. 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 at the discretion of the Meet Referee. The pool will close 15 min. 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: The meet referee is in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Mike McMinn
1mikemcminn@gmail.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 30 minutes PRIOR TO THE START OF EACH SESSION FOR THE FIRST FOUR 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, 2019 to enter this meet. **Swimmers must be at least 11 years old and meet the minimum time std. to enter open events. 7-8 swimmers must choose to swim as 5 -8 OR 7-10 not any combination thereof.** Timers are requested to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 3 events per day. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.** All USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), govern this meet.

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, webcasting 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 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 Metro Committee athletes who hold a 2019 or 2020 USA Swimming Registration. Registration application must be received by Wednesday, November 27, 2019 by the 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (within 30 days of turning 18), in order to compete.

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 - 8th place | Red Division: Ribbons 1st - 8th place | |
| White Division: Ribbons 1st - 8th place | Relays: Medals 1st place, Ribbons 2nd - 3rd place | |

ENTRY FEES: **\$4.00** for each individual event along with a **\$10.50** surcharge **per swimmer must accompany each individual entry card.** Relays will be deck-entered at \$7.00 each, payable on entry. 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.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 27, 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 MAIL entries to Omar de Armas P.O. Box 63 Simi Valley, CA 93062-0063

Email for team electronic entries only: omarswimref@gmail.com

FOR FURTHER INFORMATION CALL: Mike Cody (626) 890-7728

NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

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.

Trident Swim Club
BRW SC Meet
December 6-8, 2019
 Friday PM Session 1



Warm Up Time: 4:45 pm Meet Start Time: 5:45 pm

| No. | Girls Min | Age | Distance | Stroke | Boys Min | No. |
|-----------|-----------------|-------------|----------------|-------------------|-----------------|-----------|
| 1 | | 15-up | BRW 200 yd | Individual Medley | | 2 |
| 3 | | 13-14 | BRW 200 yd | Individual Medley | | 4 |
| 5 | | 11-12 | BRW 200 yd | Individual Medley | | 6 |
| 7 | 3:23.50 | 7-10 | BR 200 yd | Individual Medley | 3:24.50 | 8 |
| 9 | | 15-up | BRW 100 yd | Breaststroke | | 10 |
| 11 | | 13-14 | BRW 100 yd | Breaststroke | | 12 |
| 13 | | 11-12 | BRW 100 yd | Breaststroke | | 14 |
| 15 | | 7-10 | BRW 100 yd | Breaststroke | | 16 |
| 17 | 21:32.10 | OPEN | 1650 yd | Freestyle | 21:51.50 | 18 |

ENTRIES DUE: Wednesday November 27, 2019
 TRIDENT WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE
 MAXIMUM 3 INDIVIDUAL EVENTS PER DAY
 MAXIMUM 8 EVENTS FOR THE MEET
 RELAYS SWIM TIME PERMITTING

Team Canopies in designated areas only
 POOL GATES WILL NOT OPEN UNTIL 4:20 pm FRIDAY

SANCTION NO: S19-286

Saturday AM Session 2

Warm Up Time: 7:15 am Meet Start Time: 9:00 am

| No. | Girls Min | Age | Distance | Stroke | Boys Min | No. |
|-----------|----------------|-------------|---------------|-------------------|----------------|-----------|
| | | 11-12 | BRW 200 yd | Freestyle | | 19 |
| 20 | 2:56.80 | 7-10 | BR 200 yd | Freestyle | 2:56.50 | 21 |
| 22 | | 5-8 | BRW 100 yd | Freestyle | | 23 |
| | | 11-12 | BRW 50 yd | Butterfly | | 24 |
| 25 | | 7-10 | BRW 50 yd | Butterfly | | 26 |
| 27 | | 5-8 | BRW 25 yd | Breaststroke | | 28 |
| | | 11-12 | BRW 50 yd | Freestyle | | 29 |
| 30 | | 7-10 | BRW 50 yd | Freestyle | | 31 |
| 32 | | 5-8 | BRW 50 yd | Freestyle | | 33 |
| | | 11-12 | BRW 100 yd | Backstroke | | 34 |
| 35 | | 7-10 | BRW 100 yd | Backstroke | | 36 |
| 37 | | 5-8 | BRW 25 yd | Backstroke | | 38 |
| 39 | Relays | 5-8 | 100 yd | Freestyle Relay | Relays | 40 |
| 41 | Time | 7-10 | 200 yd | Freestyle Relay | Time | 42 |
| | Permitting | 11-12 | 200 yd | Freestyle Relay | Permitting | 43 |
| 44 | 2:46.20 | OPEN | 200 yd | Backstroke | 2:51.40 | 45 |

Sunday AM Session 4

Warm Up Time: 7:15 am Meet Start Time: 9:00 am

| No. | Girls Min | Age | Distance | Stroke | Boys Min | No. |
|-----------|----------------|-------------|---------------|--------------------------|----------------|-----------|
| 66 | | 7-10 | BRW 100 yd | Individual Medley | | 67 |
| | | 11-12 | BRW 100 yd | Individual Medley | | 68 |
| 69 | | 5-8 | BRW 100 yd | Individual Medley | | 70 |
| 71 | | 7-10 | BRW 50 yd | Breaststroke | | 72 |
| | | 11-12 | BRW 50 yd | Breaststroke | | 73 |
| 74 | | 5-8 | BRW 25 yd | Butterfly | | 75 |
| 76 | | 7-10 | BRW 100 yd | Butterfly | | 77 |
| | | 11-12 | BRW 100 yd | Butterfly | | 78 |
| 79 | | 5-8 | BRW 25 yd | Freestyle | | 80 |
| 81 | | 7-10 | BRW 100 yd | Freestyle | | 82 |
| | | 11-12 | BRW 100 yd | Freestyle | | 83 |
| 84 | | 7-10 | BRW 50 yd | Backstroke | | 85 |
| | | 11-12 | BRW 50 yd | Backstroke | | 86 |
| 87 | Relays | 5-8 | 100 yd | Medley Relay | Relays | 88 |
| 89 | Time | 7-10 | 200 yd | Medley Relay | Time | 90 |
| | Permitting | 11-12 | 200 yd | Medley Relay | Permitting | 91 |
| 92 | 5:48.20 | OPEN | 400 yd | Individual Medley | 5:48.90 | 93 |

Afternoon Session will not start before 12:30 pm. Afternoon warm up will begin immediately after AM session

Saturday PM Session 3

| No. | Girls Min | Age | Distance | Stroke | Boys Min | No. |
|-----------|----------------|-------------|---------------|---------------------|----------------|-----------|
| 46 | 3:08.80 | OPEN | 200 yd | Breaststroke | 3:09.00 | 47 |
| 48 | | 11-12 | BRW 200 yd | Freestyle | | |
| 49 | | 13-14 | BRW 200 yd | Freestyle | | 50 |
| 51 | | 11-12 | BRW 100 yd | Backstroke | | |
| 52 | | 15-up | BRW 200 yd | Freestyle | | 53 |
| 54 | | 11-12 | BRW 50 yd | Butterfly | | |
| 55 | | 13-14 | BRW 100 yd | Butterfly | | 56 |
| 57 | | 11-12 | BRW 50 yd | Freestyle | | |
| 58 | | 15-up | BRW 100 yd | Butterfly | | 59 |
| 60 | | 11-12 | BRW 50 yd | Breaststroke | | |
| 61 | Relays | 11-12 | 200 yd | Freestyle Relay | Relays | |
| 62 | Time | 13-14 | 200 yd | Freestyle Relay | Time | 63 |
| 64 | Permitting | 15-up | 200 yd | Freestyle Relay | Permitting | 65 |

Sunday PM Session 5

| No. | Girls Min | Age | Distance | Stroke | Boys Min | No. |
|------------|----------------|-------------|---------------|-------------------|----------------|------------|
| 94 | 2:43.20 | OPEN | 200 yd | Butterfly | 2:47.40 | 95 |
| 96 | | 11-12 | BRW 100 yd | Freestyle | | |
| 97 | | 13-14 | BRW 100 yd | Freestyle | | 98 |
| 99 | | 15-up | BRW 100 yd | Freestyle | | 100 |
| 101 | | 11-12 | BRW 100 yd | Individual Medley | | |
| 102 | | 13-14 | BRW 100 yd | Backstroke | | 103 |
| 104 | | 15-up | BRW 100 yd | Backstroke | | 105 |
| 106 | | 11-12 | BRW 100 yd | Butterfly | | |
| 107 | | 13-14 | BRW 50 yd | Freestyle | | 108 |
| 109 | | 15-up | BRW 50 yd | Freestyle | | 110 |
| 111 | | 11-12 | BRW 50 yd | Backstroke | | |
| 112 | | 11-12 | 200 yd | Medley Relay | | |
| 113 | | 13-14 | 200 yd | Medley Relay | | 114 |
| 115 | | 15-up | 200 yd | Medley Relay | | 116 |
| 117 | 6:24.60 | OPEN | 500 yd | Freestyle | 6:29.80 | 118 |

The 1650 yd Freestyle will be swim Fast to Slowest alternating Girls and Boys.

Swimmers in the OPEN 500 and 1650 Freestyle events are requested to provide their own timers and lap counters.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for the event.

7-8-year-old swimmers must choose to swim either "5-8" or "7-10" events (not any combination).

Note: Requirements for 5-6-year old swimmers.

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.

A) If swimmer's time meets 5-8 Red standard for 50 of stroke, may enter 100 of stroke.

B) If swimmer's time meets 5-8 Blue standard for 100 Free or 100 IM, may enter 200 Free or 200 IM.

C) If swimmer has equaled or bettered the 5-8 Red standard in three events, may enter 100 Back, Breast and/or Fly.

D) If swimmer has equaled or bettered the 5-8 Blue standard in three events, may enter 200 Free or 200 IM.