



JON URBANCHEK INVITATIONAL
Fullerton Aquatics Sports Team
June 9-11, 2023 -- "Move it!"



SANCTION: USA Swimming and Southern California Swimming, #S23-114.

POOL: Janet Evans Swim Complex, 801 West Valencia Drive, Fullerton, CA, 92832.

COURSE: The competition will run in an outdoor 8-lane, 50-meter pool. A separate 6-lane, 25-yard pool for warm up/warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth measurement – 7.0' (start) and 4.0' (turn).

WARM-UP: All lanes will be open for USA Swimming member coach supervised warm-up. Based on meet size, warm up may be divided into two sessions with assigned lanes. Swimmers must use a 3-point, slide-in entry into the pool. Diving will be allowed in designated lanes under supervision of the coaches and marshals. Dive lanes will open 35 minutes before the start of the meet. The pool will close 10 minutes before the start of the meet.

REFEREE: The Meet Referee will oversee the meet and deck officials. Questions regarding conduct of the meet should be directed to referee Mary Jo Swalley -- mj64bear@earthlink.net.

RULES: All USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP2.0), will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All officials and coaches on deck must have completed the CDC or NFHS concussion course. All coaches and officials must have completed the CANRA mandatory reporting course.

ELIGIBILITY: Open to all interested teams. All athletes (attached and unattached) must hold 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. All athletes 18 years old and older must complete the free online USAS Athlete Protection Training course to compete. Contact James Gallagher -- jgallagher@fastswimming.net for more information.

QUALIFYING: Submit actual times achieved for each event. If standard is achieved in Long Course Meters, indicate with an "L" on the entry. If standard is achieved in Short Course Yards, indicate with a "Y". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. All events will be seeded: long course meters, short course yards, bonus meters and bonus yards. All entry times will be verified in advance through the SWIMS database. Times must have been achieved on or after September 1, 2021, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) – refer to 2023 SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action.



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FORMAT: Prelims will be conducted in the afternoon sessions; finals will be held in the morning sessions. Finals will be offered as such: 800/1500 A Final only, 400 A/B Finals, 200 A/B/C Finals, 100 A/B/C/D Finals, 50 A/B/C/D/E Finals. Prelim events will be seeded slowest to fastest and the 800/1500 events will alternate by gender.

ENTRY LIMIT: Meet will be limited to 600 entrants. A swimmer may enter all events for which the time standard has been met and verified. A swimmer may swim no more than 3 individual events per day. Swimmers, including relay-only, are eligible for one bonus event (400 meters or less) per day with no qualifying time. Relay-only swimmers must swim in an entered relay. Indicate bonus events with a "B".

ENTRY FEES: \$7.50 per event, along with a \$25.00 surcharge per swimmer, \$20.00 per relay and must be pre-entered (no deck entries). No Refunds. Returned checks may incur a service fee. Checks are due at the start of the meet. Make Checks Payable to: **FAST**

TIME TRIALS: Sanction #S23-115. Will be available, time permitting, Saturday after AM Finals. \$25.00 per event (counts towards the 3 swims allowed per day).

ENTRY DEADLINE: Entries due Wednesday, May 31, 2023. Email entry file and pdf report to Bettie Williams -- blwmeetprocessor@gmail.com by Wednesday, May 31st 11:59 pm PST.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

SCRATCHES: Scratches may be emailed to Bettie Williams (same address as above) the night before each prelim session or in person during the first hour of warm-up. After that deadline coaches can DFS prior to the start of the event. Any DFS counts as one of that day swims. Meet will be seeded after the scratch deadline each day. If a swimmer misses their prelim event, they will not get to swim that event but will be able to swim their next event. A swimmer must scratch or place intent on an event within 30 minutes of announcement of preliminary results.

AWARDS: There will be no medals or ribbons. Top 3 prizes will be awarded for all individual and relay events – 1st \$100, 2nd \$50, 3rd \$25. Prize monies for the Urbanchek Signature 400 Meter Freestyle events will be doubled. Two "Move it!" awards for the top male and female FINA point performances in finals will be awarded – \$500 each.

AMATEURS: Amateur athletes are responsible for complying with all necessary requirements from their specific governing body to not be in violation of any rule regarding the acceptance of any award at this meet. The Fullerton Aquatics Sports Team, Meet Director, Meet Referee, All Officials, and Sponsors shall not be responsible for any possible conflict regarding amateur athlete status with any governing body other than USAS.

SCORING: None



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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.

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 permitted at this meet for all 12 and under swimmers per the USA rules. 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.

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. 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 without the use of the backstroke ledge. 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.

For further meet information, please e-mail Coach James Gallagher:
jgallagher@fastswimming.net



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FRIDAY PM PRELIMS -- JUNE 9, 2023 2:30 PM WU/4:00 PM START		SATURDAY AM FINALS -- JUNE 10, 2023 7:30 AM WU/9:00 AM START	
EVENT		LCM	SCY
1	W 400 MEDLEY RELAY (Finals only)	No relay qualifying standards. All relays swim in the finals.	
2	M 400 FREESTYLE RELAY (Finals only)		
10:00 Break (If necessary)			
3	W 800 FREESTYLE	9:36.09	10:39.89
4	M 1500 FREESTYLE	17:13.49	16:43.89
5	W 100 BUTTERFLY	1:07.19	59.19
6	M 200 BUTTERFLY	2:15.89	1:58.89
7	W 200 BREASTSTROKE	2:49.69	2:28.19
8	M 100 BREASTSTROKE	1:11.29	1:00.89
9	W 200 FREESTYLE	2:12.99	1:56.29
10	M 400 FREESTYLE	4:21.09	4:47.79
10:00 Break (If necessary)			
11	W 100 BACKSTROKE	1:09.49	59.49
12	M 200 BACKSTROKE	2:17.39	1:57.29
13	W 400 INDIVIDUAL MEDLEY	5:20.09	4:39.09
14	M 200 INDIVIDUAL MEDLEY	2:18.39	1:58.19
15	W 100 FREESTYLE	1:01.89	53.99
16	M 50 FREESTYLE	25.89	22.19

SATURDAY PM PRELIMS -- JUNE 10, 2023 2:30 PM WU/4:00 START		SUNDAY AM FINALS -- JUNE 11, 2023 7:30 AM WU/9:00 AM START	
EVENT		LCM	SCY
17	M 400 MEDLEY RELAY (Finals only)	No relay qualifying standards. All relays swim in the finals.	
18	W 400 FREESTYLE RELAY (Finals only)		
10:00 Break (If necessary)			
19	M 800 FREESTYLE	9:04.69	9:59.49
20	W 1500 FREESTYLE	18:22.99	17:46.59
21	M 100 BUTTERFLY	1:00.89	52.89
22	W 200 BUTTERFLY	2:27.99	2:10.09
23	M 200 BREASTSTROKE	2:35.79	2:13.29
24	W 100 BREASTSTROKE	1:18.79	1:07.59
25	M 200 FREESTYLE	2:03.09	1:45.79
26	W 400 FREESTYLE	4:39.69	5:10.69
10:00 Break (If necessary)			
27	M 100 BACKSTROKE	1:03.29	53.89
28	W 200 BACKSTROKE	2:29.19	2:08.59
29	M 400 INDIVIDUAL MEDLEY	4:55.09	4:14.69
30	W 200 INDIVIDUAL MEDLEY	2:31.09	2:10.49
31	M 100 FREESTYLE	56.09	48.19
32	W 50 FREESTYLE	28.69	24.89

NOTES

- All swimmers, including relay-only swimmer, are allowed one bonus event per day (must be 400 meters or less).
- Teams may enter two relays (no qualifying standard). Relay-only swimmers must swim on an entered relay.
- Prizes will be awarded for all individual and relay events -- 1st Place \$100, 2nd Place \$50, 3rd Place \$25.
- Awards for the Urbanchek Signature 400 Meter Freestyle events will be doubled.
- "Move It!" awards for the top FINA point performances (male and female) in finals -- \$500 each.