

# GOLDEN WEST SWIM CLUB SENIOR LCM/SCY SWIM MEET

Sanctioned by: USA Swimming and SCS  
Sanction Number: S18-029  
Sponsored by: GWSC Swim Team

DATE OF MEET: February 17-18, 2018  
**ENTRIES RECEIVED BY 5:00 PM: February 7, 2018 (Wed)**

WARM UP TIME: 7:30 AM(Sat/Sun)  
MEET START TIME: 9:00 AM (Sat/Sun)  
TIMED FINALS: LC SATURDAY - SC SUNDAY

- POOL:** GOLDEN WEST COLLEGE POOL, 15744 GOLDEN WEST AVENUE, HUNTINGTON BEACH, CA. Take 405 freeway north or south to Golden West Avenue. Go south on Golden West past McFadden to Golden West College. Park near the tennis courts for quick access to the pool. Additional parking available on Gothard, 1 block east of Golden West Avenue.
- COURSE:** GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Measurement at Start and Turn End: 4' – 9'.
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** Due to entries, warm-up may be divided into two sessions.
- MEET REFEREE:** The meet referee, Richard Davis (Richard.e.davis@gte.net), shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.
- RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2018 SCS Swim Guide - Part two, Section 11 B). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers who check in and fail to swim an event will be disqualified from their next individual event.
- SPECIAL NOTICE:** Swimmers may swim a maximum of Four (4) events per day. A swimmer may enter any event for which the time standard has been met and can be verified. A swimmer who meets the automatic time standard for one, two or three individual events may enter the events(s) and up to two bonus events; a swimmer who meets the automatic time standard for four events may enter one additional bonus event; a swimmer meeting the automatic time standard in five or more events must prove all events entered. Label bonus events "B." Enter bonus events with the best conforming time available in SWIMS. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- RECORDING & MEDIA:** 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.
- 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.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming Coach, 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 ATHLETES WHO ARE 2018 USA Swimming REGISTERED. NO ON-DECK ENTRIES. Registration application must be **received by Wednesday, February 7, 2018** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.
- CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.
- SUBMITTED TIMES:** Submit actual times achieved for each event. Swimmers must have achieved the time standard on or after Sept 1, 2015. No workout times will be accepted. Do not submit NT (No Time) or ET (Estimated time) entries. All entry times will be verified in the USA-S SWIMS database. Times not in SWIMS are provable only with official results and are subject to approval by SCS. Discrepancies in submitted time may lead to disciplinary action. If a standard is achieved in Long course Meters, enter that event with a LCM time, which should be indicated on the entry by "L." If a standard is achieved in Short Course Yards, enter that event with the SCY time, which should be indicated on the entry by "Y." "L" or "Y" must be indicated on the proof of time sheet. Swimmers may enter all events for which they qualify, **but** may only compete in four (4) events per day. NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming Observed competition, (c) a USA Swimming Approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered times.
- ENTRY FORMAT/ FEES:** Club electronic entry is encouraged. Individual event fee of \$5.50 per individual event, plus \$10.50 surcharge per athlete must accompany each entry in the form of a single check per team. Full payment must be postmarked within 48 hours of an e-mail entry. Full payment must accompany all manual entries. Returned checks will incur a service fee per SCS policy. If submitting a Southern California Consolidated Entry Card for a swimmer, the card must be completely filled out including entire USA-S registration number. Checks should be made payable to Southern California Swimming (SCS) and mailed to Golden West's Meet Administrator at the address below, not to the SCS or GWSC. Teams are advised to enclose a self-addressed and stamped envelope or postcard for return receipt. **Please note that no certified, registered, or special delivery mail will be accepted.** Receipt of entry will not be confirmed by phone or e-mail.
- ELECTRONIC ENTRY:** **E-mail entry (entry zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of the coach and will be dated at that time (i.e., 5PM postmark would queue before a 10PM electronic). Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the Golden West Meet Administrator by the entry deadline. Added events for entered swimmers may be submitted by hard copy (including e-mail) ONLY. DO NOT RESEND AN ENTRY FILE. A replacement file for any team will NOT be processed. Deletions will NOT be refunded. Electronic entries should be e-mailed to Golden West's Meet Administrator, JULSONLL@AOL.COM.**
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, FEBRUARY 7, 2018 IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

**NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED. PLEASE MAIL IN A BUSINESS SIZE ENVELOPE.**

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	JULSONLL@AOL.COM
And MAIL TO:	LYNDA JULSON
(Include Swimmer's name and SCS Number)	25552 LOGANBERRY LANE
	LAKE FOREST, CA 92630

For further meet Information email [tracymaurer60@gmail.com](mailto:tracymaurer60@gmail.com) Receipt of entry will not be verified by phone or email.

# GOLDEN WEST SWIM CLUB SENIOR LCM/SCY SWIM MEET

**February 17-18, 2018**

**ENTRIES DUE: Must be received by 5:00 PM Wednesday, February 7, 2018**

START TIMES: SAT/SUN 9:00 AM

Event #	Girls' Time Standards LC		Saturday LC Events	Boys' Time Standards LC		Event #
	Auto	Bonus		Auto	Bonus	
1	2:19.69		200 FREESTYLE	2:08.49		2
3	1:22.39		100 BREASTSTROKE	1:14.29		4
5	2:33.89		200 BUTTERFLY	2:20.59		6
7	1:12.39		100 BACKSTROKE	1:06.09		8
9	29.89		50 FREESTYLE	26.99		10
11	5:33.89		400 INDIVIDUAL MEDLEY	5:06.79		12
13	1:04.79		100 FREESTYLE	58.49		14
15	2:35.39		200 BACKSTROKE	2:22.69		16
17	1:10.19		100 BUTTERFLY	1:03.49		18
19	2:57.79		200 BREASTSTROKE	2:40.99		20
21	4:53.69		400 FREESTYLE	4:31.89		22
23	2:38.39		200 INDIVIDUAL MEDLEY	2:24.19		24
25	19:18.49		1500 FREESTYLE	18:04.29		26

Event #	Girls' Time Standards SC		Sunday SC Events	Boys' Time Standards SC		Event #
	Auto	Bonus		Auto	Bonus	
27	2:02.99		200 FREESTYLE	1:52.39		28
29	1:12.09		100 BREASTSTROKE	1:04.69		30
31	2:18.09		200 BUTTERFLY	2:04.99		32
33	1:03.39		100 BACKSTROKE	57.19		34
35	26.39		50 FREESTYLE	23.59		36
37	4:55.39		400 INDIVIDUAL MEDLEY	4:29.09		38
39	56.69		100 FREESTYLE	51.29		40
41	2:15.89		200 BACKSTROKE	2:03.99		42
43	1:02.79		100 BUTTERFLY	56.19		44
45	2:36.59		200 BREASTSTROKE	2:20.99		46
47	5:27.19		500 FREESTYLE	5:05.49		48
49	2:18.69		200 INDIVIDUAL MEDLEY	2:05.99		50
51	10:15.19		1000 FREESTYLE	10:33.39		52

A swimmer can swim no more than 4 individual events per day. A swimmer may enter any event for which the time standard has been met and can be verified. A swimmer who meets the automatic time standard for one, two or three individual event may enter the event(s) and up to two bonus event; a swimmer who meet the automatic time standard for four events may enter one additional bonus event; a swimmer meet the automatic time standard in five or more events must prove all events entered.

All timed final events will be swum fastest to slowest. Meet may be double ended and/or broken into flights, depending upon the size of the meet. The 1000/800 free and the 1650/1500 will be swum fastest to slowest with alternating heats of Women and Men. Swimmers in the 1000/800 and 1650/1500 should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.