

# CSSC's Ingrid Daland Memorial Swim Meet

May 24-26, 2019



**SANCTIONED BY:** Southern California Swimming, USA Swimming

**SPONSORED BY:** Conejo Simi Swim Club and Coastal Committee.

**DATE:** May 24-26, 2019

**WARM-UP:** Friday 4:00 PM, Sat-Sun 7:30 AM

**SANTION No:** S19-131

**RECEIVED BY DEADLINE:** 5:00 pm, May 15, 2019

**START OF THE MEET:** Friday 5:00 PM, Sat-Sun 9:00 am

**POOL:** Ranch Simi Community Pool, 1765 Royal Ave., Simi Valley, CA 93065

**DIRECTIONS:** From the 118: Exit Erringer Ave. Head South on Erringer. Turn right on Royal Ave. The pool will be on the right hand side. Parking is limited, but additional parking is on the other side of the soccer fields. From the 23: Exit Olsen Ave. Head East on Olson. The street will curve and become Madera Rd. Turn Right on Royal Ave. Pool will be on the left hand side. Soccer Field Parking will be before you get to the pool.

**Course:** Long Course: Outdoor 50 meter x 25 yard with 7 competition lanes and (1 warm-up/warm-down lane during the competition). The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 10 ft, turn end 3 ft.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30-8:45 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. **ALL SWIMMERS MUST USE 3-POINT SLIDE IN ENTRY INTO THE POOL.** The pool will close 15 minutes before the start of each session. The meet host reserves the right to assign warm-up lanes, times, and add warm-up sessions if needed.

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Contact Information: Leanne Colvin ltc5@hotmail.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 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers may swim up to 4 events each day.** 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 May 24, 2019 to enter this meet. Swimmers in OPEN events must be 11 years old and have previously achieved the minimum time standard for the event in a meet. Events will be run fast to slow. Timers are requested to be provided by each team. **ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE 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 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 posted 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.

**ELIGIBILITY:** Open to Coastal Committee who hold 2019 USA Swimming registration. **Registration applications must be received by Wednesday, May 15, 2019 at 5 pm** by meet processor, administrative referee or SCS Office. Late applications will be considered "on deck" and 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 his/her affiliation by submitting a Club Transfer form to the SCS Office. At the meet, a swimmer may only UNATTCH (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or 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. Discrepancy in the submitted times can lead to disciplinary action.

**SCORING/AWARDS:** Awards 1-6 places for 5-8,9-10,11-12: Peter Daland Memorial Award-fastest boy and girl 1500 free, Josh Mlakar Memorial Award-fastest boys and girl 100 fly, High Point-top team in each division (small, medium, large) based on splashes. SCORING: Blue division-21,19,18,17,16,15,14,13 Red division-14,12,11,10,9,8,7,6, White division-7,5,4,3,2,1

**ENTRY FEES:** \$4.00 for each individual event along with a \$10.50 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. 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 5PM, WEDNESDAY May 15, 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: [ericajohnson.swim@gmail.com](mailto:ericajohnson.swim@gmail.com)  
Questions: SCS Office (310)684-1151

Mail Entries to: CSSC Memorial Swim Meet c/o Erica Johnson  
321 Cuyler Harbor Drive,  
Camarillo CA 93012

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.

# CSSC's Ingrid Daland Memorial Swim Meet

## May 24-26, 2019



FRIDAY, May 24, 5:00 PM, warm-up 4:00 PM							
GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS	
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
11 & OV	1	5.48.20	6.31.20	400 I.M.	5.48.90	6.32.30	2
11-12**	3	6.24.60	5.47.30	400 FREESTYLE	6.29.80	5.46.60	4
11 & OV	5	21.32.10	22.11.60	1500 FREESTYLE	21.51.50	22.10.90	6

SATURDAY, May 25, 7:30 am, warm up 9:00 am							
GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS	
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
5-8*,9-10	7	2.56.80	3.19.30	200 FREESTYLE	2.56.50	3.19.00	8
11-12	9	BRW	BRW	200 FREESTYLE	BRW	BRW	10
5-8*,9-10	11	BRW	BRW	100 BACKSTROKE	BRW	BRW	12
11-12	13	BRW	BRW	100 BACKSTROKE	BRW	BRW	14
5-8*,9-10	15	BRW	BRW	50 BREASTSTROKE	BRW	BRW	16
11-12	17	BRW	BRW	50 BREASTSTROKE	BRW	BRW	18
5-8*,9-10	19	BRW	BRW	50 FREESTYLE	BRW	BRW	20
11-12	21	BRW	BRW	50 FREESTYLE	BRW	BRW	22
5-8*,9-10	23	1.37.40	1.49.70	100 BUTTERFLY	1.67.60	1.49.80	24
11-12	25	BRW	BRW	100 BUTTERFLY	BRW	BRW	26

SATURDAY, May 25							
No earlier than 45 minutes after the close of the morning session							
GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS	
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
13-14	27	BRW	BRW	200 FREESTYLE	BRW	BRW	28
15 & OV	29	BRW	BRW	200 FREESTYLE	BRW	BRW	30
13-14	31	BRW	BRW	100 BUTTERFLY	BRW	BRW	32
15 & OV	33	BRW	BRW	100 BUTTERFLY	BRW	BRW	34
13-14	35	3.18.20	3.43.00	200 BREASTSTROKE	3.06.40	3.33.00	36
15 & OV		3.17.30	3.41.90	200 BREASTSTROKE	2.57.80	3.20.40	
11-12		3.08.30	3.31.00	200 BREASTSTROKE	3.09.00	3.31.20	
13-14	37	BRW	BRW	50 FREESTYLE	BRW	BRW	38
15 & OV	39	BRW	BRW	50 FREESTYLE	BRW	BRW	40
13-14	41	2.54.50	3.19.60	200 BACKSTROKE	2.45.10	3.09.20	42
15 & OV		2.56.70	3.12.70	200 BACKSTROKE	2.37.30	3.00.70	
11-12		2.46.20	3.09.20	200 BACKSTROKE	2.51.40	3.11.80	
11 & OV	43	BRW	BRW	400 FREESTYLE	BRW	BRW	44

SUNDAY, May 26, 7:30 am, warm up 9:00 am							
GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS	
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
5-8*,9-10	45	3.23.50	3.49.30	200 I.M.	3.24.50	3.50.40	46
11-12	47	BRW	BRW	200 I.M.	BRW	BRW	48
5-8*,9-10	49	BRW	BRW	100 FREESTYLE	BRW	BRW	50
11-12	51	BRW	BRW	100 FREESTYLE	BRW	BRW	52
5-8*,9-10	53	BRW	BRW	50 BACKSTROKE	BRW	BRW	54
11-12	55	BRW	BRW	50 BACKSTROKE	BRW	BRW	56
5-8*,9-10	57	BRW	BRW	50 BUTTERFLY	BRW	BRW	58
11-12	59	BRW	BRW	50 BUTTERFLY	BRW	BRW	60
5-8*,9-10	61	1.49.10	2.02.40	100 BREASTSTROKE	1.49.70	2.03.10	62
11-12	63	BRW	BRW	100 BREASTSTROKE	BRW	BRW	64

SUNDAY, May 26							
No earlier than 45 minutes after the close of the morning session							
GIRLS		TIME STANDARDS		TIME STANDARDS		BOYS	
AGE	EVENT #	YARDS	METERS	EVENT	YARDS	METERS	EVENT #
13-14	65	BRW	BRW	200 I.M.	BRW	BRW	66
15 & OV	67	BRW	BRW	200 I.M.	BRW	BRW	68
13-14	69	BRW	BRW	100 BRESTSTROKE	BRW	BRW	70
15 & OV	71	BRW	BRW	100 BRESTSTROKE	BRW	BRW	72
13-14	73	BRW	BRW	100 FREESTYLE	BRW	BRW	74
15 & OV	75	BRW	BRW	100 FREESTYLE	BRW	BRW	76
13-14	77	2.55.10	3.17.40	200 BUTTERFLY	2.47.30	3.08.90	78
15 & OV		2.50.90	3.13.00	200 BUTTERFLY	2.34.40	2.54.80	
11-12		2.43.20	3.05.70	200 BUTTERFLY	2.47.40	3.24.40	
13-14	79	BRW	BRW	100 BACKSTROKE	BRW	BRW	80
15 & OV	81	BRW	BRW	100 BACKSTROKE	BRW	BRW	82
11 & OV	83	BRW	BRW	800 FREESTYLE	BRW	BRW	84

- Swimmers are limited to 5 events per day.
- All events will be swum fast to slow.
- \*\* 11-12 Athletes may choose to swim the 400 Free on either Friday or Saturday, NOT BOTH DAYS
- Swimmers in 400 IM, 400 Free, 800 Free, and 1500 Freestyle are requested to provide their own timers for 3 heats.
- 400 IM, 400 Free, 800 Free, and 1500 Freestyle will be swum alternating girls and boys.
- Swimmers in 800 free, and 1500 free should provide their own lap counters.
- If length of combined sessions is projected to be 4 hours or less, sessions will be combined and events will be renumbered.
- **FRIDAY SESSION – SWIMMERS WILL NEED TO PROVIDE TIMERS FOR ALL EVENTS DURING FRIDAY'S SESSION**

### \*SPECIAL NOTE: REQUIREMENTS FOR 5-8 EVENTS

- 5-6 swimmers meeting the listed time standard or the following conditions may enter 5-8\* events:
- If swimmer's time meets the 5-8 red standard for 50 of stroke, may enter 100 of stroke
  - If swimmer's time meets the 5-8 blue standard for 100 free or 100 IM, may enter 200 free or 200 IM
  - If swimmer has equaled or bettered the 5-8 red standard in three events may enter 100 back, breast, and/or fly
  - If swimmer has equaled or bettered the 5-8 Blue standard in three events may enter 200 free or 200 IM