

**2018
Southern California Swimming
Winter Age Group
Championships**

December 7-9, 2018

**Open to SCS COMMITTEE TEAMS: EASTERN: TCC
METRO: BEST, BPAC, BAC, COMM, CERR, DARE, DUCK, DWNY, GLBY,
KSST, LACT, LDST, LBSH, LKWD, MDNA, RGSB, RAPD, REV, SGSG, SPS,
TRID, ULTR, VKNG, WAC
ORANGE: ALL TEAMS (except AAA, AZOT, BREA, GSC, NOVA, SCAL)
PACIFIC COMMITTEE: ALPH, CITI, CULV, LMST, MASI, MBD, PLAC,
ROSE, SGAC, SOBA, WYO, ZAP**



**Golden West College
Huntington Beach, CA**

Hosted by:

**Southern California Swimming
Golden West Swim Club**

2018 SOUTHERN CALIFORNIA SWIMMING

Winter Age Group Championship hosted by Golden West Swim Club

Friday, Saturday, Sunday – December 7-9, 2018

Sanctioned By: USA-Swimming & Southern California Swimming
Sponsored By: Golden West Swim Club

Sanction Number: S18-333
Entries Due: 5:00PM, Wed, Nov 28, 2018.

Eligibility: Open to 2018 or 2019 USA Swimming, Southern California Swimming registered swimmers from teams listed on the first page, who have met and can prove the posted "2018 Dec AG" time standards. No swimmers from outside SCS will be accepted. Registration application must be received by **Wednesday, Nov 28, 2018 at 5PM** by meet processor, administrative official/referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

Pool: Golden West College – 15744 Golden West Ave., Huntington Beach, CA 92647. Outdoor 50m x 25yd pool with a 10 competition lanes; (10 competition lanes for timed finals and evening finals) and a separate warm-up/warm-down 25 yard pool. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool Depth Measurements: starting and turning ends Lane 1 -9'0", Lane 10 – 8'6".

Directions: Take the 405 Fwy, north or south to Golden West Ave., go south (left) on Golden West Ave., past McFadden to Golden West College. Park near the tennis courts for quick access to the pool. Additional parking on Gothard, one block east of Golden West.

Meet Start Times: Preliminary sessions will begin at 8:30AM. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 5-12 timed finals events each day. The 5-12 timed finals will begin one hour after the last preliminary heat of the day (Sunday after the 1000).

Warm-up Procedure/Times: Assigned warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:20 a.m. with supervised warm-up/warm-down available in the adjoining pool. There will be assigned warm up times and lanes; two warm-up sessions may be used. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Richard Davis, richard.e.davis@gte.net.

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first 2 events (prelims) or 4 events (timed finals) will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on Dec 7, 2018, determines age for the meet. Prelims sessions will be swum fast to slow; the timed finals session will be swum slow to fast. A swimmer may enter a maximum of 9 events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day. All coaches and officials on deck must have completed the online CDC or NFHS Concussion course.

Recording Devices & Media Notice: 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 acknowledgment 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.

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.

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. No Tech suits permitted for 5-10-year-old swimmers at this meet.

Deck Changes: Deck Changes are prohibited.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

Distance Events: The 1000 and 1650-yard freestyle events (age groups combined) will be swum:

- All heats of 1650 and 1000 at end of prelims on Friday and Sunday, respectively.
- Fastest to slowest alternating girls' & boys' heats.
- 1650 check in closes at 9:00 AM Friday.
- 1000 check in to swim by 6:00PM Saturday; coaches may check swimmers in.
- Swimmers in the 1000 and 1650 freestyle should be prepared to supply their own timers and lap counters.

Submitted/Qualifying Times: This is a proof-of-time meet. **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 time.** Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2017 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action. **Swimmers may enter a maximum of 9 individual events, and may compete in a max of 6 individual events.**

Entry Procedure: Team Electronic Entry is highly preferred.

- Electronic entry will be accepted ONLY when received with:
 1. Entry file (.zip or .sd3)
 2. Proof of time report showing meet and dates for each entry (.pdf or Word)
 3. Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Individual entry: Mail (not email) a completed individual entry form with payment. You should enclose a self-addressed, stamped envelope or postcard to confirm receipt of your entry. Entry will not be confirmed by telephone or by email.

Last Ditch Entries From Nov. 28-Dec.2 Meets:

- Swimmers achieving a new event for the first time from the due date (Nov 28) of the WAG Championships entry to the Sunday prior to the meet (Nov 28-Dec 2) may be entered in the meet by submission of an additional team entry using the entry file under the title: "Last Ditch Entries 2018 SCS/SBSC WAG Championship".
- The instructions and the meet event file will be on the SCS website on Thursday morning (November 29).
- These entries must be submitted no later than 11 p.m. PST on Monday, December 3, 2018.
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the New Qualifying Swims entry file and submitting to the Administrative Referee, Lynda Julson, JULSONLL@AOL.COM on or before 11 p.m. Monday, December 3, 2018.

Fees: Individual surcharge (including relay-only swimmers): \$14.00. Event fee: \$5.50 per event. Relays: \$20.00 per relay. Returned checks will incur a service fee per SCS policy

Scoring/Awards:

- Individual scoring: 1-16 (USA Swimming Rules); relay scoring: double individual points.
- Distinctive custom medals will be awarded for 1-10 places in individual events and 1-3 places in relay events.
- Awards for the 11/12 age groups will be given for the Timed Finals events only.
- 19&over are not eligible for scoring or awards.
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Relays: A club entering a single relay in an event must meet the published WAG soft cut as a team time or based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (past 18 months). A club entering multiple relays in an event must meet the published WAG hard cut for each of the relays entered. Teams must use the aggregate of each listed swimmer's individual best times (no team times). Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed when entering multiple relays in an event. Coaches must pre-enter relays and relay only swimmers. Relays for 13-14, 15-18 will be swum as timed-final events in the finals sessions following the individual events. NO "free" relays. ***Enter Events 73 & 74 with qualifying 400 Medley Relay time.

Finals: A single championship final (10 swimmers) will be offered for 11-12/13-14 events, 13-14 events, and 15-18 events. 11-12/13-14 events are combined finals; there are no separate 11-12 finals. **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

Hotel Information:

ALL CERTIFIED, REGISTERED, OR SPECIAL DELIVERY MAIL WILL BE REJECTED. IF SENDING VIA EXPRESS MAIL, FEDEX, UPS, OR OTHER CARRIER, YOU MUST WAIVE SIGNATURE OR THE ENTRY WILL BE REJECTED.

Make checks payable to: **Southern California Swimming**

Mail entries to:

**GWSC WAG
c/o Lynda Julson
25552 Loganberry Lane
Lake Forest, CA 92630-4320**

Email entries to: JULSONLL@aol.com

FOR INFORMATION: Contact

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 meet.

SCS All Star Teams: Eight girls and eight boys in the 11-12 and 13-14 age groups will be selected for the Pacific Coast meet January 5/6 @Commerce, SCS Festival -Jan.26/27 @Commerce selects 32 per gender in 5-10, 11-12 and 13-14 age groups.

The SCS All Star Team Application is available online at <http://www.socalswim.org/> by clicking on the SCS All Star Team logo. Swimmers best times from Sept. 1-Dec. 19, 2018 are considered for selection. Deadline for online applications is Dec. 21, 2018.

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 meet.

Friday – Dec 7, 2018 - Preliminary Session, Start Time 8:30 AM							
Event No.	GIRLS		EVENT	AGE	BOYS		Event No.
	YARDS	METERS			YARDS	METERS	
1	5:04.30	5:44.20	400 IM	15/UP	4:47.70	5:25.80	2
	5:10.30	5:50.90	400 IM	11-12/13-14	5:01.70	5:41.30	
3	2:27.50	2:46.20	200 BACKSTROKE	15/UP	2:16.30	2:33.70	4
	2:26.20	2:44.70	200 BACKSTROKE	11-12/13-14	2:22.40	2:40.50	
5	1:17.40	1:27.90	100 BREASTSTROKE	15/UP	1:08.80	1:18.40	6
	1:17.70	1:28.30	100 BREASTSTROKE	13-14	1:12.80	1:22.80	
7	57.80	1:05.80	100 FREESTYLE	15/UP	52.00	59.40	8
	58.90	1:07.00	100 FREESTYLE	13-14	55.70	1:03.50	
9	19:19.40	19:42.60	1650 FREESTYLE	15/UP	18:39.20	19:01.60	10
	19:48.30	20:12.10	1650 FREESTYLE	11-12/13-14	19:58.00	10:26.90	
11	9:05.60	10:18.80	800 FREE RELAY	15-18	8:26.80	9:27.20	12
	9:04.40	10:16.40	800 FREE RELAY	13-14	8:43.60	9:54.00	
Friday – Dec 7, 2018 - Timed Finals Session							
13	6:00.00	5:21.30	500 FREESTYLE	11-12	6:09.90	5:30.20	14
15	1:34.90	1:47.40	100 BREASTSTROKE	7-10	1:37.60	1:50.40	16
17	1:22.10	1:33.20	100 BREASTSTROKE	11-12	1:22.50	1:33.60	18
19	32.70	37.10	50 FREESTYLE	7-10	32.70	37.10	20
21	28.70	32.70	50 FREESTYLE	11-12	28.60	32.60	22
23	1:27.40	1:38.40	100 BUTTERFLY	7-10	1:30.70	1:42.10	24
25	1:11.70	1:21.00	100 BUTTERFLY	11-12	1:12.00	1:21.40	26
27	4:26.80	5:02.40	400 FREE RELAY	11-12	4:24.80	5:00.40	28
*All heats of the 1650 Freestyle will be swum at the end of the prelims session							
Saturday – Dec 8, 2018 - Preliminary Session, Start Time 8:30 AM							
29	5:28.50	4:53.20	500 FREESTYLE	15/UP	5:11.10	4:37.70	30
	5:38.60	5:02.20	500 FREESTYLE	13-14	5:27.70	4:52.50	
31	1:06.00	1:14.50	100 BACKSTROKE	15/UP	1:00.60	1:08.50	32
	1:07.60	1:16.30	100 BACKSTROKE	13-14	1:04.60	1:12.90	
33	2:33.60	2:53.10	200 BUTTERFLY	15/UP	2:18.20	2:36.00	34
	2:33.20	2:52.70	200 BUTTERFLY	11-12/13-14	2:27.50	2:46.40	
35	2:22.50	2:41.40	200 IM	15/UP	2:08.20	2:25.50	36
	2:24.20	2:43.30	200 IM	13-14	2:16.60	2:34.90	
37	1:58.80	2:15.60	200 FREE RELAY	15-18	1:46.00	2:00.80	38
	1:57.20	2:13.20	200 FREE RELAY	13-14	1:50.00	2:00.80	
39	4:56.30	5:35.10	400 MEDLEY RELAY	15-18	4:29.40	5:05.30	40
	4:53.70	5:31.80	400 MEDLEY RELAY	13-14	4:39.50	5:16.50	
Saturday – Dec 8, 2018 - Timed Finals Session							
41	2:16.00	2:34.20	200 FREESTYLE	11-12	2:14.70	2:32.80	42
43	2:38.60	2:59.30	200 FREESTYLE	7-10	2:40.20	3:01.10	44
45	33.50	37.80	50 BACKSTROKE	11-12	34.10	38.50	46
47	38.70	43.60	50 BACKSTROKE	7-10	39.30	44.30	48
49	1:12.10	X	100 IM	11-12	1:12.30	X	50
51	1:22.40		100 IM	7-10	1:22.90		52
53	31.60	35.80	50 BUTTERFLY	11-12	31.80	36.00	54
55	36.80	41.60	50 BUTTERFLY	7-10	37.30	42.10	56
57	2:22.60	2:40.90	200 MEDLEY RELAY	11-12	2:23.50	2:41.20	58
59	2:15.60	2:33.60	200 FREE RELAY	7-10	2:16.40	2:32.40	60
61	2:02.80	2:19.60	200 FREE RELAY	11-12	2:03.20	2:17.60	62
Sunday – Dec 9, 2018 - Preliminary Session, Start Time 8:30 AM							

Event No.	GIRLS		EVENT	AGE	BOYS		Event No.
	YARDS	METERS			YARDS	METERS	
63	2:05.20	2:22.20	200 FREESTYLE	15/UP	1:53.70	2:09.40	64
	2:07.60	2:24.90	200 FREESTYLE	13-14	2:01.00	2:17.50	
65	2:47.50	3:10.00	200 BREASTSTROKE	15/UP	2:31.00	2:51.60	66
	2:45.60	3:07.80	200 BREASTSTROKE	11-12/13-14	2:38.10	2:59.50	
67	26.60	30.40	50 FREESTYLE	15/UP	24.00	27.50	68
	27.10	30.90	50 FREESTYLE	13-14	25.50	29.10	
69	1:04.70	1:13.20	100 BUTTERFLY	15/UP	57.40	1:05.10	70
	1:06.30	1:15.00	100 BUTTERFLY	13-14	1:02.60	1:10.90	
71**	11:37.20	10:22.30	1000 FREESTYLE	15/UP	11:10.00	9:58.00	72**
	11:55.50	10:38.60	1000 FREESTYLE	11-12/13-14	11:42.40	10:26.90	
73	4:56.30	5:35.10	200 MED RELAY***	15-18	4.29.40	5.05.30	74
	4:53.70	5:31.80	200 MED RELAY***	13-14	4.39.50	5.16.50	
75	4.15.20	4.49.60	400 FREE RELAY	15-18	3.49.60	4.21.60	76
	4.13.60	4.47.60	400 FREE RELAY	13-14	3.58.40	4.31.60	
Sunday – Dec 9, 2018 - Timed Finals Session							
77	2:30.90	2:50.70	200 IM	11-12	2:33.80	2:54.00	78
79	2:58.90	3:21.80	200 IM	7-10	3:02.10	3:25.40	80
81	1:11.90	1:21.00	100 BACKSTROKE	11-12	1:12.70	1:21.90	82
83	1:23.70	1:34.10	100 BACKSTROKE	7-10	1:25.40	1:36.00	84
85	37.80	43.00	50 BREASTSTROKE	11-12	38.10	43.30	86
87	43.60	49.40	50 BREASTSTROKE	7-10	44.60	50.50	88
89	1:02.20	1:10.70	100 FREESTYLE	11-12	1:01.60	1:10.00	90
91	1:11.90	1:21.40	100 FREESTYLE	7-10	1:12.00	1:21.60	92
93	5.11.40	5.52.90	400 MEDLEY RELAY	11-12	5.15.70	5.54.60	94
95	2.38.90	2.59.40	200 MED RELAY	7-10	2.38.90	2.58.90	96

****All heats of the 1000 Freestyle will be swum at the end of prelims session**

Sunday: 13-14, 15/Up Relays: Based on entries/timeline Meet Referee may offer an option to swim after Event 70 prior to the start of the 1000

*****Enter Events 73 & 74 with qualifying 400 Medley Relay time.**

THERE ARE NO TIME TRIALS AT THIS MEET