



LTA Toys-For-Tots Meet  
December 6-8, 2019



SANCTIONED BY: Southern California Swimming, USA Swimming  
SPONSORED BY: Lompoc Tsunami Aquatics and Coastal Committee.  
DATE: December 6 – 8, 2019  
WARM-UP: Friday 4 PM, Sat. & Sun. 7:30 AM

SANTION No: #S19-353  
RECEIVED BY DEADLINE: 5:00 pm, November 27, 2019  
START OF THE MEET: Friday 5 PM, Sat. & Sun. 9:00 am

POOL: Lompoc Aquatic Center, 207 W College Ave., Lompoc, California

DIRECTIONS: From HWY 101 South, take the Orcutt exit to HWY 135. Exit HWY 1-Lompoc to "H" street. West at College Ave. Turn North past the YMCA and drive to the Lompoc Aquatic Center. HWY 101 North, Next to HWY 1Lompoc, one-mile past Gaviota Park. Turn West to Ocean Ave. Turn North to "H" street. Turn West to College Ave. Turn North past the YMCA and drive to the Lompoc Aquatic Center. Overflow parking is West of the Lompoc Aquatic Center at Lompoc High School.

COURSE: Indoor 25 yd. x 85-foot pool with 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7' to 9', turn end 7' to 9'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 4:00—4:45 PM Friday; and 7:30 – 8:55 AM Saturday and Sunday. All swimmers must use a 3- point slide in entry into the pool for warm up/warm down, no jumping or diving. 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. The pool will close 5 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Ernie Peterson: ErnieP@kcienv.com

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), 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 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. Timers are requested to be provided by each team. Swimmers competing in the 500, 1000 & 1650 Free and 400 I.M. are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events per day, not including relays. All officials and coaches on deck must have completed the CDC or NFHS online Concussion 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 on the SCS website: [www.socalswim.org](http://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 Coastal Committee athletes who hold 2019 or 2020 USA Swimming Registration. (Oasis Aquatics – Metro Committee) Registration application must be received by the meet entry deadline by 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 (with 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). 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. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Ribbons 1st – 8th place (12 and Under only/No awards for Open events). Medals 1st -3rd place for Relays. Prizes will be awarded to heat winners.

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.

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. Prior to entry deadline 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. Relays will be deck entered at \$10.00 each. Relay entry cards will be available at the Admin table.

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: LTA Toys-For-Tots Meet  
c/o Kristin Yoshida  
PO Box 142  
San Luis Obispo, CA 93406

Email for team electronic entries only: office@sloswimclub.org

Questions: Please contact Coach Charles Sommer [charles.lompoc@gmail.com](mailto:charles.lompoc@gmail.com) or 805-588-6064 or the Meet Processor or the SCS office (310-684-1151)

Friday, December 6, 2019 Warmup 4:00 PM – Start Time 5:00 PM		
1	7-8, 9-10 200 Free	2
3	Open 1650 Free	4

Saturday, December 7, 2019 Warmup 7:30 AM – Start Time 9:00 AM		
5	5-6, 7-8 100 Free	6
7	11-12, 13 & Over 200 Free	8
9	5-6, 7-8, 9-10, 11-12, 13 & Over 25 Back	10
11	7-8, 9-10, 11-12, 13 & Over 100 Back	12
13	5-6, 7-8, 9-10, 11-12, 13 & Over 50 Breast	14
15	Open 200 Breast	16
17	5-6, 7-8, 9-10, 11-12, 13 & Over 25 Fly	18
19	7-8, 9-10, 11-12, 13 & Over 100 Fly	20
21	5-6, 7-8, 9-10, 11-12, 13 & Over 100 IM	22
23	200 Free Relay	24
25	Open 400 IM	26

Sunday, December 8, 2019 Warmup 7:30 AM – Start Time 9:00 AM		
27	5-6, 7-8, 9-10, 11-12, 13 & Over 200 IM	28
29	5-6, 7-8, 9-10, 11-12, 13 & Over 50 Fly	30
31	Open 200 Fly	32
33	5-6, 7-8, 9-10, 11-12, 13 & Over 50 Free	34
35	5-6, 7-8, 9-10, 11-12, 13 & Over 25 Breast	36
37	7-8, 9-10, 11-12, 13 & Over 100 Breast	38
39	5-6, 7-8, 9-10, 11-12, 13 & Over 50 Back	40
41	Open 200 Back	42
43	5-6, 7-8, 9-10, 11-12, 13 & Over 25 Free	44
45	9-10, 11-12, 13 & Over 100 Free	46
47	200 Medley Relay	48
49	9-10, 11-12, 13 & Over 500	50

Entries will be limited to the 4-hour rule

Swimmers for Friday Evening and the 400 IM, 500 Free, and 1650 Free are requested to provide their own timers.

Swimmers in the 500 Free and 1650 Free are requested to provide their own lap counters.

The 400 IM, 500 Free, and the 1650 Free will be swum Fast to Slow, alternating Girls and Boys

All those in attendance will receive a special Lompoc Tsunami Aquatics Toys-For-Tots Meet swim cap with the donation of an unwrapped toy valued at \$10 or above.

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.