

RST January SC BRW 12/under, W 13/over

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-023

Sponsored By: RST & Eastern Committee

Received by deadline: 5:00 pm, Wednesday, January 2, 2019

Date of Meet: January 12-13, 2019

Start of Meet: 8:30 am

Warm-up: 7:00 am

POOL: Citrus Valley High School - 800 W. Pioneer Ave., Redlands, CA 92374 The parking area is accessed most easily from Roosevelt Ave.

DIRECTIONS: From the I-210, exit San Bernardino Ave, Left and left on Tennessee Ave. then right on Pioneer. **Pool parking is located on the south side near the football stadium.**

COURSE: Outdoor, 25 yard x 25 meter pool with 8 competition lanes. Warm up/cool down lanes will remain open during the meet under coaches supervision. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7'1 1/2".0 turn end 7'1" ft;

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 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. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Andrew Jones awljones@sbcglobal.net.

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 40 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 January 12, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the events 500 yards or longer are requested to furnish their own timers for three heats and lap counters in event number. Events will be swum fastest to slowest.

Swimmer may swim a maximum of 4 events per day. All coaches and officials must complete the CDC or NFHS 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 (or are) 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.

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 Eastern Committee athletes who hold 2019 USA Swimming Registration. 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.

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: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$4.00 for each individual event along with a \$10.00 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, payable on entry.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 2, 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:

Email for team electronic entries only: meet processor e-mail: fredies6@hotmail.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

Julie Fredericks

P O Box 624

Yucaipa, CA 92399

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.

RST BRW 12 & Under, W 13 & Over SC MEET
January 12-13, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM : January 2, 2019 (Wednesday)

**This meet is subject to the 4 hour rule per session, relays swum time permitting.

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

5-8 year olds may swim a 25 distance only one time, either Saturday or Sunday, not on both days.

Times submitted must be best recorded times short or long course.

Maximum 4 individual events per day, 1 relay.

500 frees will be swum together, awarded separately, supply own timers and lap counters.

Events will be swum fastest to slowest.

Events of 400 yards and over will alternate girls and boys heats.

SATURDAY Morning

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
1	3:23.50/	7-10	BR	200	yd	IM	3:24.50/	2
3		5-8	BRW	100	yd	IM		4
5	1:36.80/	7-10	BR	100	yd	Backstroke	1:37.00/	6
7		5-8	BRW	25	yd	Backstroke		8
9		7-10	BRW	50	yd	Breaststroke		10
11	1:02.80/	5-8	BR	50	yd	Breaststroke	1:01.20/	12
13		5-8	BRW	25	yd	Breaststroke		14
15		7-10	BRW	100	yd	Freestyle		16
17		5-8	BRW	25	yd	Freestyle		18
19	1:37.40/	7-10	BR	100	yd	Butterfly	1:37.60/	20
21	55.60/	5-8	BR	50	yd	Butterfly	56.40/	22
23		5-8	BRW	25	yd	Butterfly		24
25	Deck Entry	7-10		200	yd	Medley Relay	Deck Entry	26
27		5-8		100	yd	Medley Relay		28

SUNDAY Morning

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
55	2:56.80/	7-10	BR	200	yd	Freestyle	2:56.50/	56
57	1:46.10/	5-8	BR	100	yd	Freestyle	1:42.01/	58
59	1:49.10/	7-10	BR	100	yd	Breaststroke	1:49.70/	60
61		5-8	BRW	25	yd	Breaststroke		62
63		7-10	BRW	50	yd	Backstroke		64
65	57.80/	5-8	BR	50	yd	Backstroke	56.30/	66
67		5-8	BRW	25	yd	Backstroke		68
69		7-10	BRW	50	yd	Butterfly		70
71		5-8	BRW	25	yd	Butterfly		72
73		7-10	BRW	50	yd	Freestyle		74
75		5-8	BRW	50	yd	Freestyle		76
77		5-8	BRW	25	yd	Freestyle		78
79		7-10	BRW	100	yd	IM		80
81	Deck Entry	5-8		100	yd	Freestyle Relay	Deck Entry	82
83		7-10		200	yd	Freestyle Relay		84

Minimum 45 minute break between morning and afternoon sessions each day

SATURDAY Afternoon

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
29		11-12	BRW	200	yd	IM		30
31	/2:50.91	13/up	W	200	yd	IM	/2:34.71	32
33		11-12	BRW	100	yd	Backstroke		34
35	/1:21.01	13/up	W	100	yd	Backstroke	/1:14.51	36
37		11-12	BRW	50	yd	Breaststroke		38
39	/3:17.31	13/up	W	200	yd	Breaststroke	/2:57.81	40
41		11-12	BRW	100	yd	Freestyle		42
43	/1:08.51	13/up	W	100	yd	Freestyle	/1:02.61	44
45		11-12	BRW	100	yd	Butterfly		46
47	/1:17.41	13/up	W	100	yd	Butterfly	/1:11.01	48
49	Deck Entry	11-12		200	yd	Medley Relay	Deck Entry	50
51		13/up		200	yd	Medley Relay		52
53*	6:59.50/	11-12	BR	500	yd	Freestyle	7:05.30/	54*
53*	/6:29.91	13/up	W	500	yd	Freestyle	/6:05.31	54*

SUNDAY Afternoon

GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
85		11-12	BRW	200	yd	Freestyle		86
87	/2:48.41	13/up	W	200	yd	Freestyle	/2:16.21	88
89		11-12	BRW	100	yd	Breaststroke		90
91	/1:31.01	13/up	W	100	yd	Breaststroke	/1:22.71	92
93		11-12	BRW	50	yd	Backstroke		94
95	/2:48.11	13/up	W	200	yd	Backstroke	/2:37.31	96
97		11-12	BRW	50	yd	Freestyle		98
99	/31.91	13/up	W	50	yd	Freestyle	/28.91	100
101		11-12	BRW	50	yd	Butterfly		102
103	/2:50.91	13/up	W	200	yd	Butterfly	/2:34.71	104
105		11-12	BRW	100	yd	IM		106
107	/5:51.51	13/up	W	400	yd	IM	/5:28.81	108
109	Deck Entry	11-12		200	yd	Freestyle Relay	Deck Entry	110
111		13/up		200	yd	Freestyle Relay		112