



SLOS Seahawk May Invite

May 18-19, 2024

MEET DATES: Saturday, May 18, 2024
Sunday, May 19, 2024

SANCTIONED BY: USA Swimming, Southern California Swimming, & SCS Coastal Committee

SANCTION #s: **Saturday AM Novice SCY**
• #S24-132
Sat PM & Sun AM Age-Group LCM
• #S24-133

HOSTED BY: SLO Swim Club, Inc

ENTRY DEADLINE: **5:00 PM; Wednesday, May 8, 2024**

| MEET TIMES | | | |
|------------------------------------------------------------------------------------------------------------------------------------------|------------|----------------|------------|
| Session | Deck Opens | Warm-up | Meet Start |
| Saturday AM NOVICE (SCY) | 8:15 AM | 8:30-9:20 AM | 9:30 AM |
| Saturday PM AGE-GROUP (LCM) | N/A | *12:45-1:50 PM | *2:00 PM |
| Saturday AM AGE-GROUP (LCM) | 7:30 AM | 7:45-8:50 AM | 9:00 AM |
| <i>*The warm-up & start times for the Saturday PM Session may be adjusted based on the estimated timeline for the Sat AM Novice.</i> | | | |

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- POOL** SLO Swim Center, 900 Southwood Drive, San Luis Obispo, CA 93401
 - PARKING** Parking is available in the parking lot adjacent to the pool. Please park in marked spaces only.
 - COURSE/FACILITY** The SLO Swim Center Sinsheimer Pool is a 50-meter by 25-yard outdoor heated pool. For short course (25yd), there will be 6-8 lanes used for competition with a minimum of 7 lanes available for warm-up/cool-down during the meet. For long course, there will be 7-8 total lanes available. Six lanes will be used for the competition and a minimum of 1 lane will be used for warm-up/cool-down. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.
Pool Depth: Start End is 10-13 feet in lanes 1-3 and 7-8 feet, in lanes 4-6. Turn End is 4 ft.
Ample deck space is available for structures and seating.
***Bring tie-downs/weights to secure your canopies/structures.**
 - TIMING EQUIPMENT** The LCM Age-group sessions will use automatic timing via touchpads and CTS Gen7 system with semi-automatic timing buttons and manual stopwatches as back-up. The SCY Novice session will use the above with the exception that touchpads may not be used.
 - WARM UP PROCEDURES** All lanes will be open for USA Swimming Member Coach supervised warm-up during scheduled warm-up times. All swimmers must use 3-point, "sit and slide" entries when entering the pool during warm up – no jumping or diving except into the designated dive lane(s) under the supervision of the coaches and marshals. Dive lanes will be available upon request at the discretion of the Meet Referee. The pool will close 10 minutes before the start of each session. WARM-UP RULES WILL BE ANNOUNCED AT THE MEET.
 - MEET REFEREE** The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee: **Ernie Peterson** erniep@kcienv.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.
 - ALL Session at this meet will follow "4 Hour" rule. If the number of entries results in an estimated timeline that surpasses 4 hours, entries may be need limited or sessions may be modified to comply with the 4 hour rule. The original event order may be renumbered to accommodate any changes in sessions.
 - Swimmers must swim in their actual age group as determined by their age on the first day of the meet – May 18, 2024. Swimmers must be at least 5 years of age to enter.
 - Swimmers may compete in the Novice OR Age-Group sessions; swimmers may NOT compete in both.



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- Timers are requested to be provided by each team; club timing assignments will be provided after entries have been processed. Swimmers competing in the 400 IM, 800 free, & 400 Free must provide their own timers (2 per lane). Swimmers in the 800 free must provide their own lap counting device and individual to count laps.
- All events will be seeded and swum fastest to slowest. The 800 free will alternate girls and boys heats.
- All coaches and officials on deck must have completed the CDC or NFHS Concussion course prior to the meet start date.

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| CHECK IN | Check-in will be via TEAM CHECK-IN. All coaches should provide a list of swimmers who will not be swimming by 45 minutes prior to the session starting. After the event has been officially closed, swimmers may not check-in or scratch. |
| DISABILITY | Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests. |
| 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 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 with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers. |
| 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. |
| ELEGIBILITY/ AFFILIATION | Open to SCS Coastal Committee & out-of-LSC athletes who hold a 2024 USA Swimming membership. Swimmers must be registered with USA Swimming through SWIMS 3.0. Out-of-LSC athletes will be accepted space-available, please include a copy of registration with entry. No late or deck registration will be accepted. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete. |
| CHANGE OF AFFILIATION | Club Transfers (to unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached affiliation. It is the swimmer's responsibility to complete the Club Transfer process online in SWIMS 3.0 to compete as unattached. |
| SUBMITTED ENTRY 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. Discrepancies in submitted times could lead to disciplinary action. |
| SEEDING & RESULTS | ALL events will be seeded fastest to slowest. Results will be categorized into the following age group divisions: 5-8, 9-10, 11-12, 13-14, and 15 & Over. |
| ENTRY LIMIT | Swimmers may compete in a maximum of 5 events per session . |
| DEADLINE | ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5:00 PM; WEDNESDAY, MAY 8, 2024. |



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| ENTRY PROCEDURE | <p>EMAIL ENTRIES TO: Pam Nguyen – email: pam.jam24@gmail.com</p> <p>Team electronic entry via email is recommended. 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.</p> |
| ENTRY FEES | <p>Each Individual Event: \$6.00; Surcharge per swimmer: \$15.00.</p> <p>Payment of the above fees must accompany each team’s entry or individual entry card. NO REFUNDS. Returned checks will incur a service fee.</p> <ul style="list-style-type: none">NOTE: Entry fee for each <u>OUTREACH</u> registered swimmer is \$15 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS. <p>MAIL CHECKS TO: Pam Nguyen, 237 Spruce Drive Goleta, CA 93117</p> <ul style="list-style-type: none">Checks payable to “SLO Swim Club” |
| AWARDS | <p>Ribbons will be awarded for 1st thru 6^h place in the “A”, “B”, and “pre-B” Divisions for the following age-groups: 5-8, 9-10, 11-12.</p> |
| FACILITY EAP & SAFETY INFO | <p>Emergency Action Plan: The SLO Swim Center EAP for a swim competition can be accessed using the below link:</p> <ul style="list-style-type: none">EAP LINK <p>Lifeguards: There will be a minimum of 3 lifeguards on duty throughout the meet. Two lifeguards will be stationed on active surveillance while swimmers are in the pool with an additional lifeguard on break. First aid supplies, AED, and other emergency equipment are located at the Lifeguard station at the west end of the pool.</p> |
| MAAPP 2.0 STATEMENT | <p>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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP2.0) govern this meet.</p> |
| SAFE SPORT INFO | <p>Marshals: Two Meet Marshals will be on deck throughout warm-ups and the meet. Marshals will monitor the pool for safe warm-up practices and will perform periodic locker room walk-throughs.</p> <p>Restrooms/Changing Area Assignments: Please see restroom/changing area assignments for each group below...</p> <ul style="list-style-type: none"><u>Athletes (Minor Participants):</u> Assigned to the larger Restroom/Changing area located in the building at west end of the pool (turn end) in.<u>Adults – Parents/Spectators/Coaches/Officials:</u> Use the Restroom located in the building by the south edge of the pool.<u>Single-Use Restroom:</u> Available for additional Coach/Official use. |
| USA SWIMMING MEET 360: | <p>Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership</p> <p>During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.</p> <p>Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.</p> <p>A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.</p> |



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Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report

MEET CONTACTS

Meet Contact/Name/Email:

- Meet Referee: Ernie Peterson – Email: ernieP@kcienv.com
- Administrative Referee: Pam Nguyen – Email: pam.jam24@gmail.com
- Meet Director: Alan Peterson – Email: swim@sloseahawks.org (For all other questions)

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

SLO Swim Center Facility Waiver: The City of SLO requires electronic completion of the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center. This is required for participation in this event. A link and QR code are available on the following page. Coaches will be reminded to distribute the link to this waiver in advance of the meet.

SLO Swim Center – Facility Waiver

Upon entry and use of the SLO Swim Center, all participants will be required to review and execute the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center.

Link: <https://forms.slocity.org/forms/sloswimwaiver>

QR Code:



Parks & Recreation

If the participant is under the age of 18, his or her parent or legal guardian must sign on behalf of the participant.



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Session & Events

Saturday, May 18, 2024

AM SESSION – NOVICE (SCY)

Warmup: 8:30-9:20 AM / Session Start: 9:30 AM

| GIRLS | AGE GROUP(S) | EVENT | BOYS |
|-------|--------------|-----------|------|
| 1 | 5 & Over | 50 Free | 2 |
| 3 | 5 & Over | 25 Free | 4 |
| 5 | 5 & Over | 50 Breast | 6 |
| 7 | 5 & Over | 25 Breast | 8 |
| 9 | 5 & Over | 50 Back | 10 |
| 11 | 5 & Over | 25 Back | 12 |
| 13 | 5 & Over | 50 Fly | 14 |
| 15 | 5 & Over | 25 Fly | 16 |
| 17 | 5 & Over | 100 Free | 18 |
| 19 | 5 & Over | 25 Kick | 20 |
| 21 | 5 & Over | 100 IM | 22 |

Session Notes

- Course: Short Course Yards
- Entry Limits: 5 events
- 25-yard events will start from the turn end; starting blocks will not be available for 25's
- Kickboards will be provided for the 25 kick event (#19, 20)

SATURDAY PM – AGE-GROUP SESSION (LCM)

Warmup: 12:15 PM / Session Start: 2:00 PM

| GIRLS | SCY Min | LCM Min | AGE GROUP | EVENT | SCY Min | LCM Min | BOYS |
|-------|----------|----------|-----------|------------|----------|----------|------|
| 23 | | | 13 & Over | 200 Free | | | 24 |
| 25 | | | 5-12 | 200 Free | | | 26 |
| 27 | | | 13 & Over | 100 Back | | | 28 |
| 29 | | | 5-12 | 100 Back | | | 30 |
| 31 | | | 13 & Over | 100 Breast | | | 32 |
| 33 | | | 5-12 | 100 Breast | | | 34 |
| 35 | 2:59.99 | 3:24.89 | OPEN | 200 Fly | 2:53.19 | 3:20.49 | 36 |
| 37 | | | 5-12 | 50 Fly | | | 38 |
| 39 | | | 13 & Over | 50 Free | | | 40 |
| 41 | | | 5-12 | 50 Free | | | 42 |
| 43 | 6:24.19 | 7:19.69 | OPEN | 400 IM | 6:13.09 | 7:09.89 | 44 |
| 45 | 14:48.09 | 13:24.09 | OPEN | 800 Free | 14:32.59 | 13:11.69 | 46 |

Session Notes

- Course: Long Course Meters
- Swimmers may compete in a maximum of 5 events in each session.
- Swimmers are eligible to compete in OPEN events if they are 11 or older and meet the listed minimum time (National 'B' min for 11-12 age-group)



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- Swimmers competing in the 400 IM and 800 free must provide their own timers (2 per lane). Swimmers in the 800 free must provide their own lap counting device and individual to count laps.
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50-yard/meter events in order to enter 100-meter events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100-yard/meter Free or IM to enter the 200 Free or IM respectively.

Sunday, May 19, 2024

SUNDAY AM – AGE-GROUP SESSION (LCM)

Warm-up: 7:45-8:50 AM / Meet Start: 9:00 AM

| GIRLS | SCY Min | LCM Min | AGE GROUP | EVENT | SCY Min | LCM Min | BOYS |
|-------|---------|---------|-----------|------------|---------|---------|------|
| 47 | | | 13 & Over | 100 Free | | | 48 |
| 49 | | | 5-12 | 100 Free | | | 50 |
| 51 | | | 13 & Over | 200 IM | | | 52 |
| 53 | | | 5-12 | 200 IM | | | 54 |
| 55 | 2:56.59 | 3:24.49 | OPEN | 200 Back | 2:51.99 | 3:19.49 | 56 |
| 57 | | | 5-12 | 50 Back | | | 58 |
| 59 | | | 13 & Over | 100 Fly | | | 60 |
| 61 | | | 5-12 | 100 Fly | | | 62 |
| 63 | 3:20.89 | 3:52.59 | OPEN | 200 Breast | 3:14.09 | 3:44.69 | 64 |
| 65 | | | 5-12 | 50 Breast | | | 66 |
| 67 | 3:18.99 | 3:45.79 | 9-10 | 400 Free | 3:06.69 | 3:33.49 | 68 |
| | 7:08.79 | 6:23.89 | 11-12 | | 6:57.29 | 6:15.49 | |
| 69 | | | 13 & Over | 400 Free | | | 70 |

Session Notes

- Course: Long Course Meters
- Swimmers may compete in a maximum of 5 events in each session.
- Swimmers are eligible to compete in OPEN events if they are 11 or older and meet the listed minimum time (National 'B' min for 11-12 age-group)
- Swimmers competing in the 400 free must provide their own timers (2 per lane).
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50-yard/meter events in order to enter 100-meter events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100-yard/meter Free or IM to enter the 200 Free or IM respectively.