

# SET AQUATICS SPRING RW SHORT COURSE AGE GROUP MEET

Sanctioned by: USA Swimming and SCS  
Sanction Number: S19-109  
Sponsored by: SET  
Orange Committee

**ENTRIES RECEIVED BY 5:00 PM:**

DATE OF MEET: April 6 & 7, 2019

**March 27, 2019 (Wednesday)**

WARM UP TIME: 7:30 AM (Sat/Sun)  
MEET START TIME: 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter this meet: AQUA, CASS, CMAC, COTO, DA, GSC, LTSC, MVN, NBS, ORCA, PAGG, SCAT, SEAL, SET, SNAP, SOKA, SPLA, WASC, YOC  
**PM Session begins no sooner than 11:00 AM or 35 minutes per warm up session or longer at the discretion of Meet Referee after the end of the AM Session**

**POOL:** POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North:

**COURSE:** EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with ten (10) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".

**WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.

**MEET REFEREE:** David Edoff shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to swimoff53@msn.com.

**RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2019 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers **MAY NOT CHECK IN OR SCRATCH.** Swimmers in the first four events of each session must check in **THIRTY MINUTES** prior to the start of their respective session. Swimmers must swim in their actual Age Group as determined by their age on **April 6, 2019.** All coaches and officials on deck must complete the CDC or NFHS Concussion course.

**SPECIAL NOTICE:** **SWIMMERS MAY SWIM A MAXIMUM OF FIVE (5) EVENTS PER DAY.** STOP will limit entries to meet the "4 Hour" rule for each session. Each team is asked to provide timers. Relays will be swum, time permitting. 7-8 swimmers may compete in 5-8 or 7-10 events but not a combination. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** High School swimmers are responsible for making sure they are unattached at this meet.

**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 are open ceiling locker rooms) anytime 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.**

**DECK CHANGES:** Deck Changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming Coach, 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 ATHLETES WHO ARE 2019 USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. **NO ON-DECK ENTRIES.** Registration application must be **received by WEDNESDAY, March 27, 2019** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. **A swimmer may not attach at the meet.**

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, meet admin will convert non-conforming times for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

**QUALIFYING TIMES:** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2019 Swim Guide for exceptions).

**AWARDS:** RIBBONS 1 – 8 will be awarded to 5/6, 7/8, 7-10, 11/12, 13 & Up

**ENTRY FEE:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry car.** \$10.00 per Deck Entered Relay. E-mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM 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 5 PM, WEDNESDAY, MARCH 27, 2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** **To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

**NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.  
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING  
EMAIL TO: LYNDAJULSON@GMAIL.COM  
And MAIL TO: LYNDA JULSON  
(Include Swimmer's name and SCS Number) 25552 LOGANBERRY LANE  
LAKE FOREST, CA 92630

For further meet Information email Tim Teeter at coachteeter@gmail.com Receipt of entry will not be verified by phone.

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.

# SET SPRING RW SHORT COURSE AGE GROUP MEET

Date of Meet: April 6 & 7, 2019

**ENTRIES RECEIVED BY 5:00 PM: MARCH 27, 2019 (Wednesday)**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

SET WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

**YOU MAY SWIM A MAXIMUM OF 5 EVENTS PER DAY**

Times submitted must be Best Recorded Times short course or long course.

**"TECH" SUITS ARE NOT PERMITTED AT THIS MEET**

**7-8 swimmers may enter 5-8 or 7-10 events but not any combination.**

The following Orange Committee Teams may enter this meet: AQUA, CASS, CMAC, COTO, DA, GSC, LTSC, MVN, NBS, ORCA, PAGG, SCAT, SEAL, SET, SNAP, SOKA, SPLA, WASC, YOC

**400 IM & 500 Free will swim alternating girls and boys. Swimmers are asked to provide timers and lap counters.**

Girls		Saturday, April 6, 2019		9:00 am		Boys	
No.	Maximum	Age	Event	Maximum	No.		
1	3:06.51	7-10	200 Yard Individual Medley	3:07.41	2		
3	1:41.21	5-8	100 Yard Individual Medley	1:38.51	4		
5	1:29.31	7-10	100 Yard Butterfly	1:29.41	6		
7	21.31	5-8	25 Yard Butterfly	21.31	8		
9	1:28.61	7-10	100 Yard Backstroke	1:28.71	10		
11	48.11	5-8	50 Yard Backstroke	46.81	12		
13	45.61	7-10	50 Yard Breaststroke	45.61	14		
15	24.01	5-8	25 Yard Breaststroke	23.31	16		
17	33.91	7-10	50 Yard Freestyle	34.11	18		
19	40.51	5-8	50 Yard Freestyle	39.41	20		
21	Deck Entered	5-10	200 Yard Medley Relay	By Coach	22		
23	2:42.01	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:41.81	24		

Second session will begin no sooner than 11:00am or 45 minutes after the end of the AM Session

25	2:46.21	11/12	200 Yard Individual Medley	2:46.51	26		
27	2:36.61	13/14	200 Yard Individual Medley	2:29.01	28		
27	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	28		
29	30.71	11/12	50 Yard Freestyle	30.81	30		
31	29.31	13/14	50 Yard Freestyle	27.51	32		
31	29.31	15 & Up	50 Yard Freestyle	26.51	32		
33	36.21	11/12	50 Yard Backstroke	36.61	34		
35	2:39.61	13/14	200 Yard Backstroke	2:31.01	36		
35	2:46.21	11/12	200 Yard Backstroke	2:51.41	36		
35	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	36		
37	1:28.91	11/12	100 Yard Breaststroke	1:29.01	38		
39	1:23.41	13/14	100 Yard Breaststroke	1:19.11	40		
39	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	40		
41	34.31	11/12	50 Yard Butterfly	34.51	42		
43	2:40.51	13/14	200 Yard Butterfly	2:33.31	44		
43	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	44		
43	2:43.21	11/12	200 Yard Butterfly	2:47.41	44		
45	Deck Entered	11 & Up	400 Yard Medley Relay	By Coach	46		
47	6:24.61	11/12	500 Yard Freestyle	6:29.81	48		
47	5:59.61	13/14	500 Yard Freestyle	5:48.61	48		
47	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	48		

Girls		Sunday, April 7, 2019		9:00am		Boys	
No.	Maximum	Age	Event	Maximum	No.		
49	2:42.01	7-10	200 Yard Freestyle	2:41.81	50		
51	1:28.41	5-8	100 Yard Freestyle	1:25.01	52		
53	1:40.01	7-10	100 Yard Breaststroke	1:40.51	54		
55	52.31	5-8	50 Yard Breaststroke	51.01	56		
57	40.51	7-10	50 Yard Backstroke	40.41	58		
59	22.21	5-8	25 Yard Backstroke	21.61	60		
61	1:26.61	7-10	100 Yard Individual Medley	1:26.91	62		
63	46.31	5-8	50 Yard Butterfly	47.01	64		
65	38.31	7-10	50 Yard Butterfly	38.21	66		
67	18.11	5-8	25 Yard Freestyle	17.61	68		
69	1:14.71	7-10	100 Yard Freestyle	1:14.31	70		
71	Deck Entered	5-10	200 Yard Freestyle Relay	By Coach	72		

Second session will begin no sooner than 11:00am or 45 minutes after the end of the AM Session

73	1:17.71	11/12	100 Yard Individual Medley	1:17.71	74		
75	1:03.41	13/14	100 Yard Freestyle	59.61	76		
75	1:02.81	15 & Up	100 Yard Freestyle	57.41	76		
77	1:06.71	11/12	100 Yard Freestyle	1:06.21	78		
79	3:01.71	13/14	200 Yard Breaststroke	2:50.81	80		
79	3:08.81	11/12	200 Yard Breaststroke	3:09.01	80		
79	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	80		
81	40.81	11/12	50 Yard Breaststroke	41.01	82		
83	1:14.11	13/14	100 Yard Backstroke	1:11.31	84		
83	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	84		
85	1:17.91	11/12	100 Yard Backstroke	1:20.51	86		
87	2:16.11	13/14	200 Yard Freestyle	2:10.91	88		
87	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	88		
87	2:24.11	11/12	200 Yard Freestyle	2:24.61	88		
89	1:11.01	13/14	100 Yard Butterfly	1:07.71	90		
89	1:11.01	15 & Up	100 Yard Butterfly	1:05.11	90		
91	1:16.11	11/12	100 Yard Butterfly	1:18.21	92		
93	Deck Entered	11 & Up	400 Yard Freestyle Relay	By Coach	94		
95	5:48.21	11/12	400 Yard Individual Medley	5:48.91	96		
95	5:36.61	13.14	400 Yard Individual Medley	5:18.21	96		
95	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	96		

Relays will be swum time permitting