

STAR SC Meet for B/C Swimmers

November 4-5, 2023

Sanctioned by: USA Swimming & Southern California Swimming

Sponsored By: STAR & Eastern Committee

Warm-up: 7:00 am Saturday & Sunday,

POOL: Hemet High School, 41701 Stetson, Hemet, California 92544

DIRECTIONS: From the 60, exit Gilman Springs, take Sanderson Ave south. Left on Stetson to the high school.

From the 10, exit Beaumont Ave and go South to Sanderson and head south, left on Stetson to the high school.

From the 215, exit Newport Road, head east to Domenigoni Hwy, left on State St, right on Stetson to the high school.

From 15 heading north, exit Winchester Ave and go north to Domenigoni Hwy, left on State, right on Stetson.

COURSE: Outdoor 25 yd pool with 8 competition lanes. 5 warm up lanes will be available during the meet. Pool depth: Start and turn ends are 7 ft. The competition course has been certified in accordance with 104.2.2 (c), on file with USA Swimming.

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: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Paul Szuszkiewicz - pszsz@hotmail.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 coaches and officials on deck must complete the CANRA Mandatory Reporting course.** This meet will limit entries to meet the "4 hour" rule. If entries do not warrant two sessions, events will be renumbered and combined into a single session (see event side for renumbering.) Swimmers must check in with the clerk of the 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 the start date of this meet to enter. Timers are requested to be provided by each team. Swimmers competing in events 400 yards/meters or longer are requested to furnish their own timers. Events will be swum fastest to slowest. Swimmers may swim a maximum of 4 individual events and 1 relay per day.

All coaches on deck 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 permitted for 12-Under swimmers at this meet

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 are 2023 or 2024 USA Swimming registered. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may complete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

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**). 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. For seeding purposes only, after entries close, Meet Administration will convert non-conforming times.

AWARDS: C Division: Ribbons for 1st thru 6th place Relays: Ribbons for 1st thru 3rd place

ENTRY FEES: \$5.50 for each INDIVIDUAL EVENT along with a **\$15.50 SURCHARGE per swimmer, \$10.00 for each relay.** *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. (5 PM postmark would queue before a 10 PM 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, newswimmers 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 may be pre-entered or deck-entered, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, October 25, 2023. 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.)

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NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

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.

Please make Checks payable to: STAR Aquatics

E-Mail entries to: Jan Szuszkiewicz – janszszswim@gmail.com

Mail or hand deliver entries to: Jan Szuszkiewicz – 1437 E Palm Ave, Redlands, CA 92374

Questions:

Meet Director - Jacqueline Moors - staraquaticsjm@gmail.com

Meet Referee - Paul Szuszkiewicz - pszs@hotmail.com

Admin Referee - Jan Szuszkiewicz - janszszswim@gmail.com

Concussion Informed Consent Acknowledgment: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

MAAPP 2.0 Statement: 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 2.0 ("MAAPP 2.0"), govern this meet. 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.

STAR November SC Meet for B & C swimmers

hosted by STAR Aquatics

November 4-5, 2023

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, October 25, 2023

This meet is subject to the 4 hour rule per session.

**If entries do not warrant 2 sessions per day, meet will be condensed into single sessions & 11-12 boys will be combined with 11-12 girls;

See below for renumbering of events if condensed into single sessions.

Events will be swum fastest to slowest, starred events swum together awarded separately.

Times submitted must be best recorded times short or long course **slower than BB**, maximum 4 individual events per day, 1 relay.

500 yd events will be swum alternating girls and boys, swimmers are requested to provide own timers, and lap counters.

5-6, 7-8 year olds may swim a stroke/distance only once (may not swim the same stroke/distance twice in the same meet).

Age groups other than 11-12 will be swum together, awarded separately.

11-12 Girls will swim in the early sessions and 11-12 boys in the later sessions.

Saturday

				Girls	Boys
	Age	Distance/Stroke		Min/Max	Min/Max
1	5-8	100 yd IM		/1:41.21	/1:38.51
2	7-10	100 yd IM		/1:31.70	/1:19.00
3	11-12	100 yd IM		/1:18.10	
4	5-8	25 yd Butterfly		/21.31	/21.31
5	7-10	50 yd Butterfly		/41.80	/40.50
6	11-12	50 yd Butterfly		/33.90	
7	5-8	25 yd Breaststroke		/24.01	/23.31
8	5-8	50 yd Breaststroke		1:02.80/52.31	1:01.20/51.01
9	7-10	100 yd Breaststroke		/1:45.00	/1:41.70
10	11-12	100 yd Breaststroke		/1:27.20	
11	5-8	25 yd Backstroke		/22.21	/21.61
12	5-8	50 yd Backstroke		57.80/48.11	56.30/46.81
13	7-10	100 yd Backstroke		/1:30.70	/1:29.30
14	11-12	100 yd Backstroke		/1:18.10	
15	5-8	25 yd Freestyle		/18.11	/17.61
16	7-10	100 yd Freestyle		/1:20.00	/1:18.80
17	11-12	100 yd Freestyle		/1:08.30	
18	5-8	100 yd Medley Relay		Mixed	Mixed
19	7-10	200 yd Medley Relay		DECK	DECK
20	11-12	200 yd Medley Relay		ENTERED	ENTERED
Minimum 45 minute Break					
21	11-12	100 yd IM			/1:15.00
22	13-14	200 yd IM		/2:37.60	/2:28.50
23	15-UP	200 yd IM		/2:32.70	/2:17.10
24	11-12	100 yd Backstroke			/1:15.70
25*	13-14	200 yd Backstroke		/2:34.90	/2:25.10
25*	15-UP	200 yd Backstroke		/2:28.40	/2:14.60
26	11-12	50 yd Butterfly			/34.20
27	13-14	100 yd Butterfly		/1:10.90	/1:06.10
28	15-UP	100 yd Butterfly		/1:08.300	/1:01.20
29	11-12	100 yd Breaststroke			/1:24.50
30*	13-14	200 yd Breaststroke		/2:57.30	/2:44.00
30*	15-UP	200 yd Breaststroke		/2:50.70	/2:31.70
31	11-12	100 yd Freestyle			/1:05.90
32	13-14	100 yd Freestyle		/1:06.50	/1:00.90
33	15-UP	100 yd Freestyle		/1:03.30	/56.70
34	11-12	200 yd Medley Relay			
35	13-14	200 yd Medley Relay		DECK	DECK
36	15-UP	200 yd Medley Relay		ENTERED	ENTERED
37*	13-14	500 yd Freestyle		/6:18.70	/5:59.00
37*	15-UP	500 yd Freestyle		/6:07.40	/5:37.30

Sunday

				Girls	Boys
	Age	Distance/Stroke		Min/Max	Min/Max
38	11-12	200 yd IM		/2:47.30	
39	5-8	25 yd Backstroke		/22.21	/21.61
40	7-10	50 yd Backstroke		/41.90	/42.30
41	11-12	50 yd Backstroke		/35.40	
42	5-8	25 yd Freestyle		/18.11	/17.61
43	5-8	50 yd Freestyle		/40.51	/39.41
44	7-10	50 yd Freestyle		/35.20	/34.50
45	11-12	50 yd Freestyle		/31.30	
46	5-8	25 yd Butterfly		/21.31	/21.31
47	5-8	50 yd Butterfly		55.60/46.31	56.40/47.01
48	7-10	100 yd Butterfly		/1:39.10	/1:37.10
49	11-12	100 yd Butterfly		/1:17.60	
50	5-8	25 yd Breaststroke		/24.01	/23.31
51	7-10	50 yd Breaststroke		/47.50	/46.60
52	11-12	50 yd Breaststroke		/40.00	
53	5-8	100 yd Freestyle		/1:28.41	/1:25.01
54	7-10	200 yd Freestyle		/2:57.20	/2:50.00
55	11-12	200 yd Freestyle		/2:30.00	
56	5-8	100 yd Freestyle Relay		DECK	DECK
57	7-10	200 yd Freestyle Relay		ENTERED	ENTERED
58	11-12	200 yd Freestyle Relay			
Minimum 45 minute Break					
59	11-12	200 yd Freestyle			/2:23.50
60	13-14	200 yd Freestyle		/2:21.30	/2:12.80
61	15-UP	200 yd Freestyle		/2:17.90	/2:03.60
62	11-12	50 yd Breaststroke			/39.50
63	13-14	100 yd Breaststroke		/1:21.70	/1:15.50
64	15-UP	100 yd Breaststroke		/1:18.80	/1:09.80
65	11-12	50 yd Freestyle			/30.30
66	13-14	50 yd Freestyle		/30.20	/27.80
67	15-UP	50 yd Freestyle		/29.10	/25.90
68	11-12	100 yd Butterfly			/1:16.09
69*	13-14	200 yd Butterfly		/2:36.90	/2:26.90
69*	15-UP	200 yd Butterfly		/2:31.90	/2:17.00
70	11-12	50 yd Backstroke			/35.00
71	13-14	100 yd Backstroke		/1:11.20	/1:06.40
72	15-up	100 yd Backstroke		/1:08.50	/1:01.50
73	11-12	200 yd IM			/2:44.00
74	15-up	200 yd Freestyle Relay		DECK	DECK
75	13-14	200 yd Freestyle Relay		ENTERED	ENTERED
76	11-12	200 yd Freestyle Relay			

If condensed into one session per day, renumbering will be as follows:

Saturday

1	5-8	100	yd	IM
2	7-10	100	yd	IM
3	11-12	100	yd	IM
4	13-14	200	yd	IM
5	15-UP	200	yd	IM
6	5-8	25	yd	Butterfly
7	7-10	50	yd	Butterfly
8	11-12	50	yd	Butterfly
9	13-14	100	yd	Butterfly
10	15-UP	100	yd	Butterfly
11	5-8	25	yd	Breaststroke
12	5-8	50	yd	Breaststroke
13	7-10	100	yd	Breaststroke
14	11-12	100	yd	Breaststroke
15*	13-up	200	yd	Breaststroke
16	5-8	25	yd	Backstroke
17	5-8	50	yd	Backstroke
18	7-10	100	yd	Backstroke
19	11-12	100	yd	Backstroke
20	13-up	200	yd	Backstroke
22	5-8	25	yd	Freestyle
23	7-10	100	yd	Freestyle
24	11-12	100	yd	Freestyle
25	13-14	100	yd	Freestyle
26	15-UP	100	yd	Freestyle
27	5-8	100	yd	Medley Relay
28	7-10	200	yd	Medley Relay
29	13-14	200	yd	Medley Relay
30	15-UP	200	yd	Medley Relay
31	11-12	200	yd	Medley Relay
32	13-up	500	yd	Freestyle

Sunday

33	11-12	200	yd	IM
34	5-8	25	yd	Backstroke
35	7-10	50	yd	Backstroke
36	11-12	50	yd	Backstroke
37	13-14	100	yd	Backstroke
38	15-up	100	yd	Backstroke
39	5-8	25	yd	Freestyle
40	5-8	50	yd	Freestyle
41	7-10	50	yd	Freestyle
42	11-12	50	yd	Freestyle
43	13-14	50	yd	Freestyle
44	15-UP	50	yd	Freestyle
45	5-8	25	yd	Butterfly
46	5-8	50	yd	Butterfly
47	7-10	100	yd	Butterfly
48	11-12	100	yd	Butterfly
49	13-up	200	yd	Butterfly
50	5-8	25	yd	Breaststroke
51	7-10	50	yd	Breaststroke
52	11-12	50	yd	Breaststroke
53	13-14	100	yd	Breaststroke
54	15-UP	100	yd	Breaststroke
55	5-8	100	yd	Freestyle
56	7-10	200	yd	Freestyle
57	11-12	200	yd	Freestyle
58	13-14	200	yd	Freestyle
59	15-UP	200	yd	Freestyle
60	5-8	100	yd	Freestyle Relay
61	7-10	200	yd	Freestyle Relay
62	11-12	200	yd	Freestyle Relay
63	13-14	200	yd	Freestyle Relay
64	15-up	200	yd	Freestyle Relay