



2020 Coastal Committee Short Course Age Group Championships February 7-9, 2020

SANCTIONED BY: Southern California Swimming, USA Swimming
SPONSORED BY: Lompoc Tsunami Aquatics and Coastal Committee.
DATE: December 6 – 8, 2019
DECK OPENS: Friday 3:00 PM Saturday & Sunday: 6:30 AM
WARM-UP: Friday 3:30 PM, Sat. & Sun. 7:30 AM

SANTION No: #S20-045
ENTRY DEADLINE: 5:00 pm, January 29, 2020
START OF THE MEET: Friday 5 PM, Sat. & Sun. 9:00 am

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 3:30-4:55 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.

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

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'.

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.

ELIGIBILITY AND AFFILIATION: Open to Coastal Committee athletes who hold 2020 USA Swimming Registration. Registration application must be received by Wednesday, January 29, 2020 at 5 PM 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (with 30 days of turning 18), in order to compete. 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.

QUALIFYING TIMES: A swimmer may enter all events for which the RED time standard has been met and can be verified, with the exception of the 1650 free, 500 free, and 400IM that require a BLUE minimum. Swimmers with a BLUE 800 meter or 1000 yard free time may enter the 1650 Free with the minimum BLUE yard time for their age group.

SUBMITTED/QUALIFYING 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.

ENTRY LIMIT: A swimmer can swim no more than EIGHT (8) individual events during the meet, a limit of TWO events Friday, and THREE (3) individual events on Saturday and Sunday. Swimmers 19 and over may enter and compete individually in the preliminaries, but may not score points and only advance to finals as exhibition if lanes are available.

ENTRY FEES: Individual surcharge (including relay-only swimmers): \$14.00. Event fee: \$5.50 per event. Relays: \$16.00 per relay. Returned checks will incur a service fee per SCS Policy. 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.

RELAYS: Pre-entered relays. Relays are timed finals events and will be swim in the finals session with the following exceptions: 5-10 relays will be swum at the end of the prelims sessions. A club may enter as many relays as they want, but only the A relay will score. Deadline for coaches to turn in relay entries is will announce at the coaches meeting, relay entries for finals is the end of the prelims each day. Deck entered may be available. Relay only swimmers must be included with the team entry and pay the athlete surcharge.

MEET REFEREE: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

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. Swimmer must check in with the Clerk of Course for each event. SWIMMERS MUST CHECK IN with the

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clerk of course 50 MINUTES PRIOR TO THE START OF EACH SESSION. After each event is closed, a swimmer 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 February 7, 2020 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 & 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. 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.

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.

PRELIMS: Prelims events will be run fast to slow.

DISTANCE EVENTS: The 400 IM, 500 Freestyle and 1650 Freestyle events (all age groups combined) are "timed finals" with standard seeding procedures:

- The 200 IM and 500 Free will be swim alternating Girls and Boys, fastest to slowest.
- The 1650 Free will be swum fastest to slowest and estimated start time will be announced in the pre-meet information.
- Entries will be seeded by time, but entered into the meet by age group time standards and awarded by each age group.
- In order to swim, Girls in the 1650 Free must check in by 8:30 AM Saturday and the Boys in the 1650 Free must check in by 8:30 AM Sunday.
- Swimmers with a BLUE 800 meter or 1000 yard free time may enter the 1650 Free with the minimum BLUE yard time for their age group.
- Swimmers in the 400IM, 500 Free, and 1650 Free are requested to supply a time for three heats.
- Swimmers are also responsible for providing their own lap counters.

FINALS: A consolation and championship final (16 swimmers) will be offered for the following 13-14 and 15&up events: 50 free, 100 free, 200 free, 100 back, 100 breast, 100 fly, 200 IM. A single championship final (8 swimmers) will be offered to all 7-10 and 11-12 events and the following 13/14 and 15&Up events: 200 Breast, 200 Back, 200 Fly. All 5-8 events will be timed final and all events on Friday will be swum as Timed Finals. The national finals' scratch rule will be used. A swimmer must scratch or place an intent to scratch an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. 19 and Up swimmers will be considered for finals, space available.

SCORING/AWARDS:

- Individual: 1-16 (USA Swimming Rules 102.25.3); Relay: double individual points.
- 19 & over swimmers are not eligible for scoring or awards.
- Distinctive custom medals will be awarded for 1-8 places in individual events and 1-3 places in relay events.
- Ribbons will be awarded for 9-16 places in individual events.
- Team Award: A plaque will be awarded based on the top combined team scores.

FOR FURTHER INFORMATION: Charles Sommer charles.lompoc@gmail.com

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 29, 2020. 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: A. de Armas
PO Box 63
Simi Valley, CA 93062-0063

Email for team electronic entries only: alsoswim@gmail.com

Questions: Please contact Coach Charles Sommer charles.lompoc@gmail.com or 805-588-6064 or the Meet Processor 805-444-0317

Friday, February 7, 2020 – TIMED FINALS, Warm up 3:30 PM, Start at 5:00 PM

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.

Girls	SC MIN	LC MIN	AGE	EVENTS	SC MIN	LC MIN	BOYS
1	3:23.50	3:49.30	7-10	200 IM	3:24.50	3:50.40	2
	3:01.30	3:25.00	11-12	200 IM	3:01.70	3:25.30	
3	5:36.60	6:20.40	13-14	400 IM	5:18.20	6:00.20	3
	5:22.00	6:04.50	15&Up	400 IM	5:01.20	5:41.70	
5	6:44.89	6:05.39	7-10	500 Freestyle	6:37.39	5:59.59	6
	6:24.60	5:47.30	11-12	500 Freestyle	6:29.80	5:46.60	
	5:59.60	5:26.10	13-14	500 Freestyle	5:48.60	5:15.60	
	5:57.40	5:18.70	15&Up	500 Freestyle	5:34.80	5:03.70	

Saturday, February 8, 2020 - PRELIMS, Warm up 7:30 AM, Start 9:00 AM

Girls	SC MIN	LC MIN	AGE	EVENTS	SC MIN	LC MIN	BOYS
7	2:54.50	3:19.60	13-14	200 Backstroke	2:45.10	3:09.20	8
	2:48.10	3:12.70	15&Up	200 Backstroke	2:37.30	3:00.70	
9	39.60	45.40	11-12	50 Backstroke	40.00	45.80	10
	44.30	50.60	7-10	50 Backstroke	44.20	50.50	
11	57.80	1:05.30	5-8	50 Backstroke	56.30	1:03.80	12
13	1:09.10	1:18.50	13-14	100 Freestyle	1:05.00	1:14.00	14
	1:08.50	1:17.80	15&Up	100 Freestyle	1:02.60	1:10.30	
15	1:12.70	1:22.40	11-12	100 Freestyle	1:12.20	1:22.00	16
	1:21.50	1:32.00	7-10	100 Freestyle	1:21.00	1:31.60	
17	1:46.10	1:59.20	5-8	100 Freestyle	1:42.00	1:54.60	18
19	2:50.90	3:13.40	13-14	200 IM	2:42.60	3:04.30	20
	2:52.10	3:12.00	15&Up	200 IM	2:34.70	2:55.70	
21	1:24.70	N/A	11-12	100 IM	1:24.70	N/A	22
	1:34.40	N/A	7-10	100 IM	1:34.80	N/A	
23	2:01.40	N/A	5-8	100 IM	1:58.20	N/A	24
25	1:31.00	1:42.50	13-14	100 Breaststroke	1:26.30	1:37.30	26
	1:31.60	1:43.20	15&Up	100 Breaststroke	1:22.70	1:33.40	
27	1:37.00	1:49.10	11-12	100 Breaststroke	1:37.10	1:49.20	28
	1:49.10	2:02.40	7-10	100 Breaststroke	1:49.70	2:03.10	
29	2:55.10	3:17.40	13-14	200 Butterfly	2:47.30	3:08.90	30
	2:50.90	3:13.00	15&Up	200 Butterfly	2:34.40	2:54.80	
31	37.40	41.90	11-12	50 Butterfly	37.70	42.70	32
	41.80	47.20	7-10	50 Butterfly	41.60	47.00	
33	55.60	1:02.40	5-8	50 Butterfly	56.40	1:03.20	34
35			5-10	200 Medley Relay			36
37	21:02.90	21:17.20	13-14	1650 Freestyle			
	20:26.80	21:00.30	15&Up				
<i>-Break Before Relays in Finals Determined by Referee-</i>							
39			11-12	200 Medley Relay			40
41			13-14	200 Medley Relay			42
43			15&Up	200 Medley Relay			44

SWIMMERS AGED 7-8 MAY SWIM EITHER 5-8 OR 7-10, NOT ANY COMBINATION.

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Sunday, February 9, 2020 - PRELIMS, Warm up 7:30 AM, Start 9:00 AM							
Girls	SC MIN	LC MIN	AGE	EVENTS	SC MIN	LC MIN	BOYS
45	2:37.20	2:57.70	11-12	200 Freestyle	2:37.80	2:58.40	46
	2:56.80	3:19.30	7-10	200 Freestyle	2:56.50	3:19.00	
47	2:28.40	2:48.10	13-14	200 Freestyle	2:22.80	2:42.00	48
	2:28.80	2:46.20	15&Up	200 Freestyle	2:16.20	2:34.70	
49	1:23.00	1:35.30	11-12	100 Butterfly	1:25.30	1:36.10	50
	1:37.40	1:49.70	7-10	100 Butterfly	1:37.60	1:49.80	
51	1:17.40	1:27.60	13-14	100 Butterfly	1:13.80	1:23.60	52
	1:17.50	1:26.40	15&Up	100 Butterfly	1:11.00	1:20.60	
53	3:18.20	3:43.00	13-14	200 Breaststroke	3:06.40	3:33.00	54
	3:17.30	3:41.90	15&Up	200 Breaststroke	2:57.80	3:20.40	
55	44.50	50.20	11-12	50 Breaststroke	44.80	49.80	56
	49.80	56.00	7-10	50 Breaststroke	49.80	56.00	
57	1:02.80	1:10.30	5-8	50 Breaststroke	1:01.20	1:08.50	58
59	1:25.20	1:37.60	11-12	100 Backstroke	1:28.00	1:39.00	60
	1:36.80	1:50.30	7-10	100 Backstroke	1:37.00	1:50.50	
61	1:21.00	1:32.90	13-14	100 Backstroke	1:18.00	1:31.60	62
	1:21.50	1:32.20	15&Up	100 Backstroke	1:14.50	1:25.80	
63	33.50	38.00	11-12	50 Freestyle	33.60	37.60	64
	37.00	41.90	7-10	50 Freestyle	37.20	41.50	
65	48.60	54.70	5-8	50 Freestyle	47.30	53.30	66
67	31.90	36.40	13-14	50 Freestyle	30.00	33.00	68
	31.90	35.80	15&Up	50 Freestyle	28.90	32.50	
69			5-10	200 Freestyle Relay			70
			13-14	Boys 1650 Freestyle	20:42.80	20:57.40	
			15&Up		19:44.40	20:17.90	
<i>-Break Before Relays in Finals Determined by Referee-</i>							
71			11-12	200 Freestyle Relay			72
73			13-14	200 Freestyle Relay			74
75			15&Up	200 Freestyle Relay			76

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