

YST Spring into Long Course
April 6 - 7 2024
Hosted By Yucaipa Swim Team

Entries due date: Wednesday March 27, 2024

Warm Up Time: 7:00 AM, Meet Start Time: 8:30AM

Sanctioned by: USA Swimming & So. California Swimming

Sanction # S24-067

POOL: Crafton Hills College, 11711 Sand Canyon Rd, Yucaipa, CA 92399. Parking lot J.

NO dogs allowed on campus.

Parking info below:

\$10/weekend pass is available on line, \$5 daily passes will need to be purchased when they enter, cash only.

COURSE: The meet long course will run in an outdoor 8 lane, 50 meter pool. Competition will swim in **7 lanes; 1 lane** for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 7 feet and pool depth at turn end is 7 feet.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will open 45 minutes before the start of the meet. The pool will close 5 minutes before the start of the meet. **All swimmers must use 3-point, slide in entries into the pool.**

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed Jason Rothlein at jtrothlein@gmail.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. **This meet will run to meet the “4 Hour” rule.** Swimmers must swim in their actual Age Group as determined by their age on the day of the meet. **Swimmers may swim a maximum of 4 individual events per day..** All officials and coaches on deck must have completed the CDC or NFHS Concussion course. All coaches and officials on deck Inorder to compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING(APT). All coaches and officials on deck must have completed the CANRA Mandatory reporting course. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

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, webcasting 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 AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. **See the Tech Suit Policy on the SCS website.**

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 (attached and unattached) who hold 2024 USA Swimming Registration. Registration application must be received by the meet processor, administrative referee, or SCS Office no later than **the meet entry due date, 3/27/24. Athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) in order to compete.**

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CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete 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. All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times.

ENTRY FEES: **\$5.50 per each event** will be charged for all swimmers entered in the meet. There is a **swimmer surcharge of \$15.50** at this meet. There is a charge of \$10 for each relay. Returned checks will incur a service fee per SCS policy. NO REFUNDS.

CHECKS PAYABLE TO: Yucaipa Swim Team.

ENTRY LIMIT: A swimmer may swim no more than FOUR (4) individual events per day and (1) Relay. Entries will be processed in the order of first received, first entered.

ENTRY PROCEDURE: Team Electronic Entry is highly preferred. 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. 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. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Cards must be completely filled out, including the entire USA Swimming registration number. 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). Individual email entry will not be accepted.

ENTRY DEADLINE: Entries must be received by the meet processor no later than **5:00 PM Wednesday March 27th, 2024**. If the meet fills prior to the deadline, entries will be rejected (last received, first rejected).

MAIL ENTRIES TO:

Susie Sheppard - 11110 Davis St, Moreno Valley, CA, 92557

ELECTRONIC ENTRIES TO:

Susie Sheppard - suzshep@roadrunner.com

AWARDS: BB Division: Ribbons 1st - 6th place, B Division: Ribbons 1st - 6th place, C Division: Ribbons 1st - 6th place, Relays: Medals 1st - 3rd place

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 (MAAPP 2.0), govern this meet.

Officials: Jason Rothlein jtrothlein@gmail.com

Results will be available through Meet mobile app.

- **ENTRIES RECEIVED BY 5:00 PM: March 27th, 2024 (Wednesday)**
- This meet is subject to the 4-hour rule.

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- Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.
- 400 IM and 400 Freestyle will alternate girls and boy's heats.
- Swimmers in the 800 and 1500 Freestyle must provide their own timers. Lap counters will be provided.
- Relays will be swum time permitting.

NOTE: Entry fee for each OUTREACH 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.

YST BB/B/C Meet

April 6-7 2024

ENTRIES MUST BE RECEIVED BY 5:00 PM: March 27th, 2024 (Wednesday)

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

All swimmers ages 10 and under, events will be swum together and awarded separately.

Swimmers should provide their own timers and/or lap counters for ***800/1500 free . Events will be swum fastest to slowest.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

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

Relays will be swum time permitting.

Saturday AM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
1	BB/	11-12	200	Free	BB/	2
3	BB/	10 & U	200	Free	BB/	3
4	BB/	11-12	50	BR	BB/	5
6	BB/	10 & U	50	BR	BB/	6
7	BB/	11-12	100	Back	BB/	8
9	BB/	10 & U	100	Back	BB/	9
10	/B	11-12	200	BR	/B	11
12	BB/	11-12	50	Free	BB/	13
14	BB/	10 & U	50	Free	BB/	14
15	BB/	11-12	100	Fly	BB/	16
17	BB/	10 & U	100	Fly	BB/	17
18	/B	11-12	400	Free	/B	19
20		11-12	200	Free Relay		21
22		10 & U	200	Free Relay		23

Sunday AM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
60	BB/	11-12	200	IM	BB/	61
62	BB/	10 & U	200	IM	BB/	62
63	BB/	11-12	50	Fly	BB/	64
65	BB/	10 & U	50	Fly	BB/	65
66	BB/	11-12	100	BR	BB/	67
68	BB/	10 & U	100	BR	BB/	68
69	/B	11-12	200	Fly	/B	70
71	BB/	11-12	50	Back	BB/	72
73	BB/	10 & U	50	Back	BB/	73
74	BB/	11-12	100	Free	BB/	75
76	BB/	10 & U	100	Free	BB/	76
77	/B	11-12	200	Back	/B	78
79		11-12	200	Medley		80
81		10 & U	200	Medley		82

Saturday PM						
Girls	Max/Min	Division	Distance	Event	Min	Boys
24	BB/	13-14	400	IM	BB/	25
26	BB/	15-up	400	IM	BB/	27
28	BB/	13-14	50	Fly	BB/	29
30	BB/	15-up	50	Fly	BB/	31
32	BB/	13-14	200	Free	BB/	33
34	BB/	15-up	200	Free	BB/	35
36	BB/	13-14	100	BR	BB/	37
38	BB/	15-up	100	BR	BB/	39
40	BB/	13-14	200	Fly	BB/	41
42	BB/	15-up	200	Fly	BB/	43
44	BB/	13-14	50	Free	BB/	45
46	BB/	15-up	50	Free	BB/	47
48	BB/	13-14	100	Back	BB/	49
50	BB/	15-up	100	Back	BB/	51
52		13-14	200	Free Relay		53
54		15-up	200	Free Relay		55

Sunday PM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
83	BB/	13-14	400	Free	BB/	84
85	BB/	15-up	400	Free	BB/	86
87	BB/	13-14	50	BR	BB/	88
89	BB/	15-up	50	BR	BB/	90
91	BB/	13-14	200	IM	BB/	92
93	BB/	15-up	200	IM	BB/	94
95	BB/	13-14	100	Free	BB/	96
97	BB/	15-up	100	Free	BB/	98
99	BB/	13-14	200	Back	BB/	100
101	BB/	15-up	200	Back	BB/	102
103	BB/	13-14	100	Fly	BB/	104
105	BB/	15-up	100	Fly	BB/	106
107	BB/	13-14	50	Back	BB/	108
109	BB/	15-up	50	Back	BB/	110
111	BB/	13-14	200	BR	BB/	112
113	BB/	15-up	200	BR	BB/	114
115		13-14	200	Medley		116
117		15-up	200	Medley		118

*****Break Will Be Determined by Meet Referees*****

Saturday Distance						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
56	/B	13-14	800	Free	/B	57
58	/B	15-up	800	Free	/B	59

*****Break Will Be Determined by Meet Referees*****

Sunday Distance						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
119	/B	13-14	1500	Free	/B	120
121	/B	15-up	1500	Free	/B	122