

**2023
Southern California Swimming
Winter Age Group
Championships
presented by
Arena**

December 8-10, 2023

Open to SCS COMMITTEE TEAMS:

COASTAL: CANY, DALD, FROG, PUMA, and WAVE

EASTERN: SDA

METRO: MPMR, RORA, and SGSG

**ORANGE: AZOT, COTO, DA, EVO, LTSC, NOVA, SACA, SCAT, SOCA, and
WASC**

PACIFIC: CITI, H2O, ROSE, and TORR



**San Clemente Aquatic Center
San Clemente, CA**

Hosted by:

**Southern California Swimming &
San Clemente Aquatics Team
2023 SOUTHERN CALIFORNIA SWIMMING
Winter Age Group Championship
hosted by San Clemente Aquatics Team**

Friday, Saturday, Sunday – December 8-10, 2023

Sanctioned By: USA-Swimming/Southern California Swimming **Sanction Number:** S23-335
Sponsored By: San Clemente Aquatics Team **Entries Due:** 5:00 PM, Wed, Nov 30, 2023

Eligibility: Open to 2023 or 2024 USA Swimming, Southern California Swimming registered swimmers from teams listed on the first page, who have met and can prove the posted "2023 Winter Age Group" time standards. No swimmers from outside SCS will be accepted. No late or deck registration will be accepted. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. All athletes 18 years or older must complete the free, online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete.

Pool: **SAN CLEMENTE AQUATIC CENTER, 987 AVENIDA VISTA HERMOSA, SAN CLEMENTE, CA. 92673.** Vista Hermosa is a 25 yard by 50 Meter pool with 8 swimming lanes and warm up area. This competition course has been certified in accordance with 104.2.2 © on file with USA Swimming. Pool Depth Start and Turn End = 10'

Meet Start Times: Preliminary sessions will begin at 8:30AM. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 5-12 timed finals events each day. The 5-12 timed finals will begin one hour after the last preliminary heat of the day (Sunday after the 1000).

Warm-up Procedure/Times: Assigned warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:20 a.m. with supervised warm-up/warm-down available in the adjoining pool. There will be assigned warm up times and lanes; two warm-up sessions may be used. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warmups. All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to **Ted Olivieri**, e-mail: trackmdr@aol.com

Rules: Current **USA Swimming Rules, including the Minor Athlete Protection Policies (MAAPP 2.0), will govern the meet. All Coaches and Officials must complete the CDC or NFHS concussion online course. All Coaches and Officials must complete the CAT,** and the **CANRA Mandatory Reporting Course.** Current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must compete in their own age group. Age on Dec 8, 2023, determines age for the meet. Prelims sessions will be swum slow to fast; the timed finals session will be swum slow to fast. A swimmer may enter a maximum of 9 events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day.

Bonus Events: Swimmers who qualify for 1 event can swim two (2) bonus events for a total of 3 events. Swimmers who qualify for 2 events can swim one (1) bonus event for a total of 3 events. Swimmers who qualify for 3 events can swim one (1) bonus event for a total of four events. Bonus events chosen must be 200 yards or shorter. All bonus events must be National BB or faster. If the swimmer qualifies for either the 1000 or 1650 SCY Freestyle (800 or 1500 LCM), they may swim the other distance as a bonus event.

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 acknowledgment 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.

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 without the use of the backstroke ledge. 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.

Swimwear: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with World Aquatics (AQUA) swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. No Tech suits permitted for 12-Under swimmers at this meet.

Deck Changes: Deck Changes are prohibited.

Check-In: Coaches will receive a packet with printouts of entered athletes by day. Coaches will use the list to indicate scratches on a daily basis. Scratches must be turned in to admin by the following deadlines: Friday scratch deadline=7:30 AM Friday (one hour before meet start); Saturday scratch deadline=Friday 5 PM (start of Finals); Sunday scratch deadline=Saturday 5 PM (start of Finals);

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.

Distance Events: The 1000 and 1650-yard freestyle events (age groups combined) will be swum:

- All heats of 1650 and 1000 at end of prelims on Friday and Sunday, respectively.
- Fastest to slowest alternating girls' & boys' heats.
- 1650 check-in closes at 9:00 AM Friday.
- 1000 check-in to swim by 6:00PM Saturday; coaches may check swimmers in.
- Swimmers in the 1000 and 1650 freestyle should be prepared to supply their own timers for three (3) heats and their own lap counters.

Submitted/Qualifying Times: This is a proof-of-time meet. **Proof of time is required through SWIMS, the National Times database, or recognized World Aquatics (AQUA) competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) an AQUA approved competition. Times in the database are not meet entry only proof of entered time.** Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified, and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2022, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action. **Swimmers may enter a maximum of 9 individual events and may compete in a max of 6 individual events.**

Entry Procedure: Team Electronic Entry is highly preferred.

- Electronic entry will be accepted ONLY when received with:
 1. Entry file (.zip or .sd3)
 2. Proof of time report showing meet and dates for each entry (.pdf or Word)
 3. Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Individual entry: Mail (not email) a completed individual entry form with payment. Texted or emailed entries from individuals are not allowed.
- Individuals should enclose a self-addressed, stamped envelope or postcard to confirm receipt of your entry. **Entry will NOT be confirmed by telephone, text or email.**

Fees: Individual surcharge (including relay-only swimmers): \$33.00 (Includes \$8 Facility Rental Relief charge). Event fee: \$7.50 per event. Relays: \$20.00 per relay. Returned checks will incur a service fee per SCS policy.

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.**

Updates and Late Qualification:

- Swimmers achieving a new event for the first time from the due date (Dec 1) of the WAG Championships entry to the Sunday prior to the meet (Dec 2-5) may be entered in the meet by submission of an additional team entry using the entry file under the title: "Last Ditch Entries 2023 SCS/GWSC WAG Championship".
- The instructions and the meet event file will be on the SCS website on Thursday morning (November 30).
- These entries must be submitted no later than 11:59 p.m. PST on Monday, December 4, 2023
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the New Qualifying Swims entry file and

submitting to the Administrative Referee, Julie Fredericks e-mail:
fredies6@hotmail.com, prior to 11:59 p.m. Monday, December 4, 2023.

Scoring/Awards:

- Individual scoring: 1-16 (USA Swimming Rules); relay scoring: double individual points.
- Distinctive custom medals will be awarded for 1-8 places in individual events and 1-3 places in relay events.
- Awards for the 11/12 age groups will be given for the Timed Finals events only.
- 11-14 events awarded as one age group.
- 19 & over are not eligible for scoring or awards.

Relays: Relays for 7-10 and 11-12 age groups are conducted at the conclusion of the timed final session. Relays for 13-14, 15-18, 11&Up will be combined and seeded by national championship format (fastest two heats of each gender followed by remaining heats fastest to slowest alternating by gender) and conducted at the conclusion of the finals' session. The 11/UP relays are non-scoring relays and not be awarded. A club may enter one relay in an event without proof of time provided it enters only that one relay. A club entering more than one relay in an event must provide proof of time (meeting WAG time standard) for each relay entered; maximum of three relays per events. Relays (\$20.00 per relay) and relay only swimmers (\$33.00 swimmer surcharge) must be pre-entered. Relays and relay-only swimmers must be pre-entered electronically and prepaid (\$20 per relay and \$33 per relay-only swimmer). Relays are all timed finals events. Relays must be checked in by the end of prelims. Once a relay has checked in and the event closed, failure of the relay to report will result in the disqualification of the club's relay from the next relay event for that age group and gender. A club entering a single relay must meet the soft cut. Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2022). A team time achieved during the qualifying period may also be used.

A club entering multiple relays MUST use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed for multiple relays. Entries must be proven by meeting the aggregate or the hard cut. Entries must be proven by a team time achieved in the qualification period or an aggregate of 4 swimmers of proper age on the start date of the meet.

Finals: A single championship final (10 swimmers) will be offered for 11-12/13-14 events, 13-14 events, and 15-18 events. 11-12/13-14 events are combined finals; there are no separate 11-12 finals. **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on 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.

ALL CERTIFIED, REGISTERED, OR SPECIAL DELIVERY MAIL WILL BE REJECTED. IF SENDING VIA EXPRESS MAIL, FEDEX, UPS, OR OTHER CARRIER, YOU MUST WAIVE SIGNATURE OR THE ENTRY WILL BE REJECTED.

Make checks payable to:
Mail entries and checks to:

Hand-delivered:

Email entries to:

**San Clemente Aquatics Club
Julie Fredericks
P.O. Box 624
Yucaipa, CA 92399
36609 Park View Terrace
Yucaipa, CA 92399**

fredies6@hotmail.com

FOR INFORMATION: Contact Julie de Fabrique juliedefabriquescat@gmail.com

Concussion Informed Consent Acknowledgement 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 Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet.

As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

NOTE: See socalswim.org for SCY-LCM SOFT Relay Time Stds

FRIDAY – December 8, 2023 – Preliminary Session, Start Time 8:30 AM

Event	GIRLS		EVENT	AGE	BOYS		Event
No.	SCY	LCM			SCY	LCM	No.
1	5:10.50	5:51.10	400 IM	15/Up	4:53.60	5:32.30	2
	5:16.60	5:57.90	400 IM	11-12/13-14	5:07.90	5:48.20	
3	2:29.00	2:47.80	200 BACKSTROKE	15/Up	2:17.70	2:35.30	4
	2:29.20	2:48.00	200 BACKSTROKE	11-12/13-14	2:23.50	2:41.70	
5	1:16.90	1:27.40	100 BREASTSTROKE	15/Up	1:07.90	1:17.40	6
	1:18.20	1:28.80	100 BREASTSTROKE	13-14	1:12.50	1:22.50	
7	57.60	1:05.60	100 FREESTYLE	15/Up	51.90	59.20	8
	59.40	1:07.60	100 FREESTYLE	13-14	55.40	1:03.10	
9**	19:42.80	20:06.50	1650 FREESTYLE**	15/Up	19:01.80	19:24.70	10**
	20:12.30	20:36.60	1650 FREESTYLE**	11-12/13-14	19:58.20	20:22.20	
11	9:05.60	10:18.80	800 FREE RELAY	15/Up	8:26.80	9:27.20	12
	9:04.40	10:16.40	800 FREE RELAY	13-14	8:43.60	9:54.00	

****All heats of the 1650 Freestyle will be swum at the END of the Preliminary Session**

FRIDAY – December 8, 2023 – Timed Finals Session

13	6:17.40	5:27.90	500 FREESTYLE	11-12	6:17.40	5:27.90	14
15	1:36.90	1:49.60	100 BREASTSTROKE	7-10	1:39.30	1:52.30	16
17	1:23.90	1:35.60	100 BREASTSTROKE	11-12	1:24.30	1:35.60	18
19	33.50	38.00	50 FREESTYLE	7-10	33.10	37.60	20
21	29.00	32.60	50 FREESTYLE	11-12	28.60	32.60	22
23	1:30.10	1:41.50	100 BUTTERFLY	7-10	1:32.70	1:44.30	24
25	1:13.20	1:23.10	100 BUTTERFLY	11-12	1:13.60	1:23.10	26
27	4:26.80	5:02.40	400 FREE RELAY	11-12	4:24.80	5:00.40	28

NOTE: See socalswim.org for SCY-LCM SOFT Relay Time Stds

SATURDAY – December 9, 2023 – Preliminary Session, Start Time 8:30 AM

Event	GIRLS		EVENT	AGE	BOYS		Event
No.	SCY	LCM			SCY	LCM	No.
29	5:38.20	5:01.90	500 FREESTYLE	15/Up	5:14.30	4:40.50	30
	5:48.50	5:11.10	500 FREESTYLE	13-14	5:34.30	4:58.40	
31	1:06.00	1:14.50	100 BACKSTROKE	15/Up	1:00.30	1:08.20	32
	1:08.60	1:17.40	100 BACKSTROKE	13-14	1:04.40	1:12.70	
33	2:36.80	2:56.90	200 BUTTERFLY	15/Up	2:17.00	2:34.90	34
	2:36.00	2:56.00	200 BUTTERFLY	11-12/13-14	2:26.60	2:45.40	
35	2:22.20	2:41.10	200 IM	15/Up	2:09.50	2:27.00	36
	2:25.70	2:45.00	200 IM	13-14	2:16.10	2:34.30	
37	1:58.80	2:15.60	200 FREE RELAY	15/Up	1:46.00	2:00.80	38
	1:57.20	2:13.20	200 FREE RELAY	13-14	1:50.00	2:00.80	
39	4:56.30	5:35.10	400 MEDLEY RELAY	15/Up	4:29.40	5:05.30	40
	4:53.70	5:31.80	400 MEDLEY RELAY	13-14	4:39.50	5:16.50	

SATURDAY – December 9, 2023 – Timed Finals Session

41	2:19.40	2:37.90	200 FREESTYLE	11-12	2:17.50	2:35.90	42
43	2:43.60	3:04.80	200 FREESTYLE	7-10	2:43.60	3:04.80	44
45	34.30	38.90	50 BACKSTROKE	11-12	34.50	38.90	46
47	39.50	44.50	50 BACKSTROKE	7-10	40.10	45.10	48
49	1:13.70	N/A	100 IM	11-12	1:13.00	N/A	50
51	1:25.10	N/A	100 IM	7-10	1:24.70	N/A	52
53	32.40	36.90	50 BUTTERFLY	11-12	32.60	36.90	54
55	38.00	42.90	50 BUTTERFLY	7-10	38.10	43.00	56
57	2:22.60	2:40.90	200 MEDLEY RELAY	11-12	2:23.50	2:41.20	58
59	2:15.60	2:33.60	200 FREE RELAY	7-10	2:16.40	2:32.40	60
61	2:02.80	2:19.60	200 FREE RELAY	11-12	2:03.20	2:17.60	62

NOTE: See socalswim.org for SCY-LCM SOFT Relay Time Stds							
SUNDAY – December 10, 2023 – Preliminary Session, Start Time 8:30 AM							
Event	GIRLS		EVENT	AGE	BOYS		Event
No.	SCY	LCM			SCY	LCM	No.
63	2:06.30	2:23.40	200 FREESTYLE	15/Up	1:54.40	2:10.20	64
	2:10.20	2:27.80	200 FREESTYLE	13-14	2:01.90	2:18.50	
65	2:47.90	3:10.40	200 BREASTSTROKE	15/Up	2:30.00	2:50.50	66
	2:48.90	3:11.50	200 BREASTSTROKE	11-12/13-14	2:39.30	3:00.90	
67	26.50	30.30	50 FREESTYLE	15/Up	23.60	27.00	68
	27.10	30.90	50 FREESTYLE	13-14	25.50	29.20	
69	1:04.40	1:12.90	100 BUTTERFLY	15/Up	56.70	1:04.40	70
	1:07.50	1:16.40	100 BUTTERFLY	13-14	1:02.10	1:10.40	
71**	11:51.30	10:34.90	1000 FREESTYLE**	15/Up	11:23.50	10:10.10	72**
	12:10.00	10:51.60	1000 FREESTYLE**	11-12/13-14	11:56.60	10:39.60	
73+++	4:56.30	5:35.10	200 MEDLEY RELAY***	15/Up	4:29.40	5:05.30	74+++
	4:53.70	5:31.80	200 MEDLEY RELAY***	13-14	4:39.50	5:16.50	
75	4:15.20	4:49.60	400 FREE RELAY	15/Up	3:49.60	4:21.60	76
	4:13.60	4:47.60	400 FREE RELAY	13-14	3:58.40	4:31.60	
** All heats of the 1000 Freestyle will be swum at the END of the Preliminary Session							
+++ 13-14 and 15-18 200 MEDLEY RELAY must be entered using a qualifying 400 MEDLEY RELAY time.							
SUNDAY – December 10, 2023 – Timed Finals Session							
77	2:35.60	2:57.40	200 IM	11-12	2:36.90	2:57.40	78
79	3:04.50	3:28.00	200 IM	7-10	3:05.90	3:29.60	80
81	1:13.50	1:23.70	100 BACKSTROKE	11-12	1:14.30	1:23.70	82
83	1:26.40	1:37.10	100 BACKSTROKE	7-10	1:27.20	1:38.00	84
85	38.60	44.20	50 BREASTSTROKE	11-12	38.90	44.20	86
87	44.60	50.50	50 BREASTSTROKE	7-10	45.40	51.40	88
89	1:03.60	1:11.60	100 FREESTYLE	11-12	1:03.00	1:11.60	90
91	1:14.30	1:24.10	100 FREESTYLE	7-10	1:13.70	1:23.40	92
93	5:11.40	5:52.90	400 MEDLEY RELAY	11-12	5:15.70	5:54.60	94
95	2:38.90	2:59.40	200 MEDLEY RELAY	7-10	2:38.90	2:58.90	96

SUNDAY: 13-14, 15-18 Relays: Based on entries/timeline, Meet Referee may offer an option to swim after Event 70 prior to the start of the 1000 in the Preliminary Session.

+++ Enter Events 73 & 74 with qualifying 400 Medley Relay time.

THERE ARE NO TIME TRIALS AT 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 meet.

USA Swimming MAAPP 2.0 will be applicable at the meet.