

# POST CIF LONG COURSE TIME TRIAL MEET

**SANCTIONED BY:** Southern California Swimming

**DATE OF MEET:** May 5, 2024

**Sanction Number:** S24-116

**SPONSORED BY:** **BREA Aquatics**

**EARLY ENTRIES DUE:** May 1, 2024

**WARM UP TIME:** 10:30AM

**MEET START TIME:** 12:00

NO.	EVENT		NO.	EVENT
1	400 M FREE		8	100 M BACK
2	200 M IM		9	200 M Fly
3	50M FREE		10	100 M FREE
4	400 M IM		11	200 M BREAST
5	100 M FLY		12	200 M BACK
6	200 M FREE		13	800 M FREE
7	100 M BREAST		14	1500 M FREE

**POOL:** Mt SAN COLLEGE COLLEGE 1100 N Grand Ave. Walnut, Ca 91789.

**COURSE:** Competition pool is outdoor, 50-meter course, with adjacent eight-lane 25- yard warm up pool. 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 Measurement

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

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

**Contact Information:** Omar de Armas [omarswimref@gmail.com](mailto:omarswimref@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 entry form. (See 2024 SCS Swim Guide). All coaches and officials on deck must complete the CDC or NFHS concussion course and the CANRA reporting course.

**CONDUCT OF MEET:** The meet is conducted as a mixed gender competition, swimmers seeded by time only. Swimmers are limited to **no more than 3 (THREE) EVENTS**.

**ELIGIBILITY:** Open to athletes 13 years of age and older who hold a current USA Swimming membership. **For USA Swimming** athletes, online registration in SWIMS to be completed prior to the meet entry deadline. No late or deck registration will be accepted.

All USA Swimming athletes 18 & younger must prove birth dates prior to competition. All USA Swimming 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.

Entries are encouraged to be submitted by Wednesday, May 1, 2024 but deck entries will be accepted.

Swimmers in the 800 and 1500 Meter Freestyle are asked to provide their own timers and lap counters. Each team is asked to provide timers for each event their team swims.

Swimmers NOT attending the CIF State meet in Clovis MAY represent their clubs at this meet.

**RECORDING DEVICES AND AND 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) anytime athletes, coaches, officials and/or spectators are present.**

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

**RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming member-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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

**USA SWIMMING MEET 360:** Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the **USA** Swimming

app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

**AFFILIATION: Club** Transfers (unattached 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 BEST RECORDED TIMES short course or long course from this or preceding swim season (NO WORKOUT TIMES). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must meet the minimum time standard listed in each event entered. Discrepancy in the submitted times can lead to disciplinary action. Meet will be seeded LSY.

**ENTRY FEE:** \$20.00 per INDIVIDUAL EVENT and SURCHARGE \$10.00. Outreach swimmers are a flat \$15 fee and names must be turned in accompanied by a Roster printed from USA Swimming.

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

**MAKE CHECKS PAYABLE TO:**

**EMAIL:**

**MAIL TO:**

**BREA AQUATICS**

*meetprocessor@gmail.com*

**ALINA de ARMAS**

*PO Box 63 Simi Valley, CA 93062*

For further meet Information call: (909) 615-7643 or email: [coachjodi@breaaquatics.com](mailto:coachjodi@breaaquatics.com)  
*Receipt of entry will not be verified by phone -or- by email.*