

TST "BB MAX" CHAMPIONSHIP SHORT COURSE MEET

DATE OF MEET:

January 28 & 29, 2023

Sanctioned by: USA Swimming and SCS
Sanction Number: S23 - 024
Sponsored by: TST (The Swim Team)
Orange Committee

ENTRIES RECEIVED BY 5:00PM: January 18, 2023 (WEDNESDAY)

WARM UP TIME:

7:30 AM (Sat/Sun)

MEET START TIME:

8:30 AM (Sat/Sun)

PM Session will begin no sooner than 11:00 AM or 45 minutes after the conclusion of AM Session.

The following teams may enter this meet: HFAC, LTSC, MVN, SEAL, SNAP, SOCA, SPLA, TST

POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA.

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with ten (10) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".

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

MEET REFEREE: Jason Rothlein shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to jrothlein@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 2023 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first FOUR events must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **January 29, 2023**. All coaches and officials on deck must complete the CDC of NFHS Concussion course. All Coaches must have completed the CAT and CANRA.

ENTRY RESTRICTIONS: Swimmers may swim a maximum of FOUR events per day. **Relays will be swum, time permitting. 5-8 swimmers may only swim the 50 yard Freestyle once. 7-10 500 yard Freestyle swimmers enter best 200 yard Freestyle time that meets or exceeds the stated minimum time.** Swimmers must not exceed the Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the "BB" Maximum time standard for the stroke they swim in the relay, prior to this meet. *11/12 200 of stroke events will be combined with 13/14 and 15 & Up events. The 400 IM, 500, 1000, 1650 Freestyle events will be swum, alternating girls and boys. Swimmers in the 500, 1000 and 1650 yard Freestyle are asked to provide timers for three heats and their own lap counters. All Teams are asked to provide timers. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**

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 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 with bonded seams, kinetic tape, or meshed seams are not permitted at this meet. Please see the Tech Suit Policy on the SCS website.

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.

ELIGIBILITY: Open to Orange Committee athletes from the following teams (**HFAC, LTSC, MVN, SEAL, SNAP, SOCA, SPLA, TST**) who hold 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In order to compete, all athletes 18 or older must complete the free online **ATHLETE PROTECTION TRAINING**. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet.

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 **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

QUALIFYING TIMES: Swimmers must not have exceeded the time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2023 Swim Guide for exceptions). Swimmers must have achieved the stated minimum time standard to enter that event.

AWARDS: INDIVIDUAL EVENTS: 5-6, 7-8, 7-10, 11/12, 13/14. 15 & Older events will be awarded upon request.
B DIVISION: MEDALS 1st - 3rd, RIBBONS 4th - 8th
C DIVISION: RIBBONS 1st - 8th
RELAYS: RIBBONS 1st - 3rd

ENTRY FEE: **\$6.50 for each INDIVIDUAL EVENT, plus \$20.00 SURCHARGE per swimmer must accompany each individual entry card**, Relays \$20.00. Relays may be pre entered. E-mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM 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. New swimmers accepted SPACE AVAILABLE. DO NOT RE-SEND AN ENTRY FILE. A replacement file for the team will NOT be processed. **Deletions will NOT be refunded.**

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JANUARY 18, 2023. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.

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

MAKE CHECKS PAYABLE TO:	SET WATER POLO CLUB
EMAIL TO:	DIVANJ@COX.NET
And MAIL TO:	JUDI DIVAN
(Include Swimmer's name and SCS Number)	33561 CALLE MIRAMAR
	SAN JUAN CAPISTRANO. CA 92675

For further meet Information call: Tim Teeter 949-923-7981 or email: coachteeter@gmail.com Receipt of entry will not be verified by phone or email.

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.

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ENTRIES RECEIVED BY 5:00PM:

January 18, 2023 (WEDNESDAY)

Times submitted must be Best Recorded Times short course or long course.

RELAYS WILL BE SWUM, TIME PERMITTING

You may swim a maximum of 4 events per day.

The following Orange Committee Teams may enter this meet: HFAC, LTSC, MVN, SEAL, SNAP, SOCA, SPLA, TST

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

SATURDAY, JANUARY 28, 2023 - MORNING SESSION - YOUNGERS 8:30 AM

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
1	...	3:15.59	7-10	200 Yard Individual Medley	...	3:13.19	2
3	...	1:41.21	5-8	100 Yard Individual Medley	...	1:38.51	4
5	...	35.19	7-10	50 Yard Freestyle	...	34.49	6
7	...	18.11	5-8	25 Yard Freestyle	...	17.61	8
9	...	1:39.09	7-10	100 Yard Butterfly	...	1:37.09	10
11	...	48.11	5-8	50 Yard Backstroke	...	46.81	12
13	...	41.89	7-10	50 Yard Backstroke	...	42.29	14
15	...	40.51	5-8	50 Yard Freestyle	...	39.41	16
17	...	1:44.99	7-10	100 Yard Breaststroke	...	1:41.69	18
19	...	22.21	5-8	25 Yard Backstroke	...	21.61	20
21	Relays may be pre entered or entered on Deck by Coaches Only		7-10	200 Yard Freestyle Relay	Relays may be pre entered or entered on Deck by Coaches Only		22
23			5-8	100 Yard Freestyle Relay			24
25	3:18.99	2:57.19	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	3:06.69	2:47.99	26

SATURDAY, JANUARY 28, 2023 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:00am or at the discretion of the Meet Referee

27	...	2:47.29	11/12	200 Yard Individual Medley	...	2:43.99	28
29	...	2:37.59	13/14	200 Yard Individual Medley	...	2:28.49	30
	...	2:34.89	15 & Up	200 Yard Individual Medley	...	2:20.89	
31	...	1:08.29	11/12	100 Yard Freestyle	...	1:05.89	32
33	...	1:05.49	13/14	100 Yard Freestyle	...	1:00.89	34
	...	1:03.99	15 & Up	100 Yard Freestyle	...	57.89	
35	...	35.39	11/12	50 Yard Backstroke	...	34.99	36
37	2:56.59	2:43.99	11/12	200 Yard Backstroke	2:51.99	2:39.69	38
	...	2:34.89	13/14	200 Yard Backstroke	...	2:25.09	
	...	2:31.39	15 & Up	200 Yard Backstroke	...	2:17.49	
39	7:08.79	6:38.19	11/12	500 Yard Freestyle	6:57.29	6:27.49	40
41	6:47.79	6:18.69	13/14	500 Yard Freestyle	6:26.59	5:58.99	42
	6:40.59	6:11.99	15 & Up	500 Yard Freestyle	6:10.59	5:44.09	
43	...	1:17.59	11/12	100 Yard Butterfly	...	1:16.09	44
45	...	1:10.89	13/14	100 Yard Butterfly	...	1:06.09	46
	...	1:09.39	15 & Up	100 Yard Butterfly	...	1:02.69	
47	3:20.89	3:06.59	11/12	200 Yard Breaststroke	3:14.09	3:00.19	48
	...	2:57.29	13/14	200 Yard Breaststroke	...	2:43.99	
	...	2:52.79	15 & Up	200 Yard Breaststroke	...	2:36.19	
49	...	39.99	11/12	50 Yard Breaststroke	...	39.49	50
51	Relays may be pre entered or entered on Deck by Coaches Only		11/12	200 Yard Freestyle Relay	Relays may be pre entered or entered on Deck by Coaches Only		52
53			13 & Up	400 Yard Freestyle Relay			54
55	14:01.99	13:01.79	13/14	1000 Yard Freestyle	13:21.19	12:23.89	56
	13:49.19	12:49.99	15 & Up	1000 Yard Freestyle	12:52.99	11:57.79	
	14:48.09	13:44.69	11/12	1000 Yard Freestyle	14:32.59	13:30.19	

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SUNDAY, JANUARY 29, 2023 - MORNING SESSION - YOUNGERS - 8:30 AM

Girls

Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
57	3:18.99	2:57.19	7-10	200 Yard Freestyle	3:06.69	2:47.99	58
59	...	1:28.41	5-8	100 Yard Freestyle	...	1:25.01	60
61	...	1:19.99	7-10	100 Yard Freestyle	...	1:18.79	62
63	...	46.31	5-8	50 Yard Butterfly	...	47.01	64
65	...	41.79	7-10	50 Yard Butterfly	...	40.49	66
67	...	24.01	5-8	25 Yard Breaststroke	...	23.31	68
69	...	47.49	7-10	50 Yard Breaststroke	...	46.59	70
71	...	40.51	5-8	50 Yard Freestyle	...	39.41	72
73	...	1:30.69	7-10	100 Yard Backstroke	...	1:29.29	74
75	...	21.31	5-8	25 Yard Butterfly	...	21.31	76
77	...	1:31.69	7-10	100 Yard Individual Medley	...	1:28.89	78
79	...	52.31	5-8	50 Yard Breaststroke	...	51.01	80
81	Relays may be pre entered or entered on Deck by Coaches Only		7-10	200 Yard Medley Relay	Relays may be pre entered or entered on Deck by Coaches Only		82
83			5-8	100 Yard Medley Relay			84

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85	6:24.19	5:56.79	11/12	400 Yard Individual Medley	6:13.09	5:46.39	86
	6:03.59	5:37.59	13/14	400 Yard Individual Medley	5:41.49	5:17.09	
	5:55.89	5:30.49	15 & Up	400 Yard Individual Medley	5:26.99	5:03.69	
87	...	33.89	11/12	50 Yard Butterfly	...	34.19	88
89	...	1:27.19	11/12	100 Yard Breaststroke	...	1:24.49	90
91	...	1:21.69	13/14	100 Yard Breaststroke	...	1:15.49	92
	...	1:19.69	15 & Up	100 Yard Breaststroke	...	1:11.09	
93	...	2:28.99	11/12	200 Yard Freestyle	...	2:23.49	94
95	...	2:21.29	13/14	200 Yard Freestyle	...	2:12.79	96
	...	2:18.69	15 & Up	200 Yard Freestyle	...	2:06.79	
97	...	31.29	11/12	50 Yard Freestyle	...	30.29	98
99	...	30.19	13/14	50 Yard Freestyle	...	27.79	100
	...	29.49	15 & Up	50 Yard Freestyle	...	26.39	
101	2:59.99	2:47.19	11/12	200 Yard Butterfly	2:53.19	2:40.79	102
	...	2:36.89	13/14	200 Yard Butterfly	...	2:26.89	
	...	2:33.49	15 & Up	200 Yard Butterfly	...	2:20.49	
103	...	1:18.09	11/12	100 Yard Individual Medley	...	1:14.99	104
105	...	1:11.19	13/14	100 Yard Backstroke	...	1:06.39	106
	...	1:09.39	15 & Up	100 Yard Backstroke	...	1:03.19	
107	...	1:18.09	11/12	100 Yard Backstroke	...	1:15.69	108
109	Relays may be pre entered or entered on Deck by Coaches Only		13 & Up	400 Yard Medley Relay	Relays may be pre entered or entered on Deck by Coaches Only		110
111			11/12	200 Yard Medley Relay			112
113	23:23.49	21:43.19	13/14	1650 Yard Freestyle	22:18.89	20:43.19	114
	23:05.19	21:26.19	15 & Up	1650 Yard Freestyle	21:35.39	20:02.89	
	24:53.99	23:07.29	11/12	1650 Yard Freestyle	24:21.89	22:37.49	

Swimmers in the 1000 and 1650 Freestyle are asked to provide their own counters and timers