

Eastern Committee SC H & F Championships hosted by MESA

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-017

Sponsored By: MESA & Eastern Committee

Received by deadline: 5:00 pm, Wednesday, February 20, 2019

Date of Meet: March 1-3, 2019

Start of Meet: 5:00 pm Friday, 8:30 am, Saturday & Sunday

Warm-up: 4:00 pm Friday, 7:00 am Saturday & Sunday

POOL: The Drop Zone Water Park, 2165 Trumble Rd., Perris, CA 92585

DIRECTIONS: From the 215 (north or south), exit Hwy 74 East. Turn left on Trumble Rd. Pool on right side after the baseball park.

COURSE: Outdoor 50M x 25Y with 10 competition lanes. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming. Pool depth: start end 13'10" - to 7', turn end 13'10" to 7'. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. The pool will close 15 minutes before the start of each session.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. 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 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Mike Sheppard cattywampus@roadrunner.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. **SWIMMERS MUST CHECK IN with the clerk of course 40 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS 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 March 1, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 400y or longer are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest except in prelims where festival seeding will be used. **Swimmer may swim a maximum of 6 individual events and 2 relays over the meet. All coaches and officials must complete the CDC or NFHS 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.

ELIGIBILITY: Open to Eastern Committee athletes who hold 2019 USA Swimming Registration. Registration application **must be received by the meet entry deadline** 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.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

CHANGE OF AFFILIATION: 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.

SUBMITTED 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.

Scoring: Individual: 1-16 (USA Swimming Rules 102.7.3); relay: double individual points. 19 & over are not eligible for scoring.

Awards: Awards will be based on final times, regardless of division/seed time. For ages 7-10, medals will be awarded for the top eight finishers in individual events and medals first through third in all relay events. For ages 11 & up, medals will be awarded first through eighth place in **finals**, and medals first through third in relay events. Team awards: Top 3 teams Combined Team Scoring will receive trophies. Swimmers who are 19 years and older are not eligible for awards.

Entry Limit: Each event has a time standard minimum. Limit: a swimmer may swim no more than THREE (3) individual events per day and no more than six total individual events for the meet.

Relays: **Relays will be swum as timed-finals events in the morning sessions. A club may enter no more than TWO (2) relays in an event. A team may enter no more than two relays in each relay event. Relays must be pre-entered. Relays must CHECK-IN by the scratch deadline for the day swum. Relay fee is \$10.00 per entry, and relay-only swimmers (\$14.00) swimmer surcharge.**

Finals: A championship final will be offered for the following: 13-14 and 15& up events, based on prelim time, regardless of division/seed time. All 5-8, 7-10, 11-12 events will be swum as Timed Finals as well as the 1650 Freestyle, 100 Freestyle, 500 Freestyle AND 400 IM. Top 16 finishers will score.

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 (fee will be imposed) will be removed from the remainder of the meet. 19 and Up swimmers will be considered for finals, space available.

Distance Events: The 1650/1000/500 freestyle and 400 IM events (all age groups combined) are "timed finals" swum fastest to slowest in the morning session.

- Friday session and 1000/500 Freestyle swimmers are requested to supply a timer for three heats and are also responsible for providing their own lap counters.
- Entries will be seeded by time, but entered into the meet by age group time standards and awarded by each age group.

ENTRY FEES: \$5.50 for each individual event along with a **\$14.00** surcharge **per swimmer** *must accompany each individual entry card.*
NO REFUNDS. Returned checks will incur a service fee. 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 \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, February 20, 2019. 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:

Email for team electronic entries only: suzshep@roadrunner.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

Susie Sheppard

11110 Davis St

Moreno Valley, CA 92557

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.

Red Minimums except for events otherwise noted.

GIRLS	MIN	FRIDAY 5:00 PM Timed Finals	MIN	BOYS
1	3:23.50	7-10 200 IM	3:07.40	2
3*	5:36.60 Blue 5:22.00 Blue	13-14 400 IM 15 & Over 400 IM	5:18.20 Blue 5:01.20 Blue	4*
5	2:42.00 (use blue 200 time to enter)	7-10 500 Freestyle	2:41.80 (use blue 200 time to enter)	6
7*	21:32.10 (11-12) Blue 21:02.90 (13-14) Blue 20:26.80 (15/up) Blue	11-12 1650 Freestyle 13-14 1650 Freestyle - 15 & Over 1650 Freestyle	21:51.50 (11-12) Blue 20:42.80 (13-14) Blue 19:44.40 (15/up) Blue	8*

GIRLS	MIN	SATURDAY 8:30 AM	MIN	BOYS
9	2:39.60 Blue 2:33.80 Blue	13-14 200 Backstroke 15 & Over 200 Backstroke	2:31.00 Blue 2:23.90 Blue	10
11	31.90 31.90	13-14 50 Freestyle 15 & Over 50 Freestyle	30.00 28.90	12
13	2:50.90 2:52.10	13-14 200 Medley 15 & Over 200 Medley	1:05.00 1:02.60	14
15	1:31.00 1:31.60	13-14 100 Breaststroke 15 & Over 100 Breaststroke	2:24.60 2:34.40	16
17	2:40.50 Blue 2:36.60 Blue	13-14 200 Butterfly 15 & Over 200 Butterfly	2:33.30 Blue 2:21.60 Blue	18
19		13-14 200 Medley Relay		20
21		15 & Over 200 Medley Relay		22
23	5:59.60 Blue 5:57.40 Blue	13-14 Over 500 Freestyle 15 & Over 500 Freestyle Timed Final	5:48.60 Blue 5:34.80 Blue	24

GIRLS	MIN	SATURDAY Timed Finals not before 11:00 AM	MIN	BOYS
25	2:37.20	11-12 200 Freestyle	2:37.80	26
27	1:36.80	7-10 100 Backstroke	1:37.00	28
29	1:25.20	11-12 100 Backstroke	1:28.00	30
31	48.60	5-8 50 Free	47.30	32
33	37.00	7-10 50 Freestyle	37.20	34
35	33.50	11-12 50 Freestyle	33.60	36
37	2:01.40	5-8 100 Medley	1:58.20	38
39	1:34.40	7-10 100 Medley	1:34.80	40
41	1:24.70	11-12 100 Medley	1:24.70	42
43	1:49.10	7-10 100 Breaststroke	1:49.70	44
45	1:37.00	11-12 100 Breaststroke	1:37.10	46
47	55.60	5-8 50 Butterfly	56.40	48
49	41.80	7-10 50 Butterfly	41.60	50
51	37.40	11-12 50 Butterfly	37.70	52
53		5-8 100 Medley Relay		54
55		7-10 200 Medley Relay		56
57		11-12 200 Medley Relay		58
59	6:24.60 Blue	11-12 500 Freestyle	6:29.80 Blue	60

GIRLS	MIN	SUNDAY 8:30 AM	MIN	BOYS
61	2:28.40	13-14 200 Freestyle	2:22.80	62
	2:28.80	15 & Over 200 Freestyle	2:16.20	
63	1:17.40	13-14 100 Butterfly	1:13.80	64
	1:17.50	15 & Over 100 Butterfly	1:11.00	
65	3:01.70 Blue	13-14 200 Breaststroke	2:50.80 Blue	66
	3:00.80 Blue	15 & Over 200 Breaststroke	2:43.00 Blue	
67	1:21.00	13-14 100 Backstroke	1:18.00	68
	1:21.50	15 & Over 100 Backstroke	1:14.50	
69	1:09.10	13-14 100 Freestyle	1:05.00	70
	1:08.50	15 & Over 100 Freestyle	1:02.60	
71		13-14 200 Freestyle Relay		72
73		15 & Over 200 Free Relay		74

GIRLS	MIN	SUNDAY Timed Finals not before 11:00 AM	MIN	BOYS
75	3:01.30	11-12 200 IM	3:01.70	76
77	1:46.10	5-8 100 Freestyle	1:42.00	78
79	1:21.50	7-10 100 Freestyle	1:21.00	80
81	1:12.70	11-12 100 Freestyle	1:12.20	82
83	1:49.10	7-10 100 Butterfly	1:37.60	84
85	1:23.00	11-12 100 Butterfly	1:25.30	86
87	1:02.80	5-8 50 Breaststroke	1:01.20	88
89	49.80	7-10 50 Breaststroke	49.80	90
91	44.50	11-12 50 Breaststroke	44.80	92
93	2:56.80	7-10 200 Freestyle	2:56.50	94
95	57.80	5-8 50 Backstroke	56.30	96
97	44.30	7-10 50 Backstroke	44.20	98
99	39.60	11-12 50 Backstroke	40.00	100
101		5-8 100 Freestyle Relay		102
103		7-10 200 Freestyle Relay		104
105		11-12 200 Freestyle Relay		106

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