

LASA Senior Distance
Saturday November 18

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored by: LASC
Date of Meet: November 18, 2017
Warm-up: 7:30 AM

Sanction No. **S17-343**
Received by deadline: 5:00 pm, November 8
Start of Meet: 9:00 AM, Saturday

POOL: San Fernando Regional Pool: 208 Park Ave., San Fernando, CA 91340. Please use Google Maps or a like service for pool directions.

COURSE: Outdoor 20 lane 25-yard pool. Eight lanes will be used for competition with an additional lanes for warm up. This competition course has been certified with 104.2.2 ©, on file with USA Swimming. The start and turn depths are minimum depth of 7'.
WARM UP ASSIGNMENTS: Depending on entries each team may be assigned warm up times and lanes.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30-8:45 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 as needed at the discretion of the Meet Referee. The pool will close 15 minutes before the start of the session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 individual events.**

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, 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.

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 Pacific Committee and Coastal Committee athletes who hold 2017 OR 2018 USA Swimming Registration who are 11 or older on the day of the meet. 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" and subject to penalties in SCS Swim Guide, Part 1, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must provide 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 WORKOUT 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.

ENTRY FEES: \$5.50 for each individual event along with a \$10.50 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. 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 \$10.00 each, payable on entry.

RELAY ENTRY FEES: **\$10.00** per relay team; relays will be deck-entered, but prior electronic entries will be accepted and appreciated.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5PM, WEDNESDAY, November 8, 2017. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

RELAYS: Each team will be allowed to enter at minimum an A relay per event. After all A relays are accepted, all other relays will be accepted by entry time up to 24 total relays.

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO: Alina de Armas
PO Box 63
Simi Valley, CA 93062

Email for team electronic entries only: alina@dearms.co

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.

LASA Senior Distance Meet
Saturday - November 18, 2017

Start of Warm up: 7:30 am			Start of Meet: 9:00 am			
Women				Men		
Event No.	LC	SC	Event	SC	LC	Event No.
1	6:18.80	6:24.60	500 Free	6:29.80	5:46.60	2
3	3:31.00	3:08.80	200 BR	3:09.00	3:31.20	4
5	3:09.20	2:46.20	200 BK	2:51.40	3:11.80	6
6	3:05.70	2:43.20	200 FL	2:47.40	3:07.20	8
9	Deck Entered by Coach		200 Medley Relay	Deck Entered by Coach		10
11	6:31.20	5:48.20	400 IM	5:48.90	6:32.30	12
13	11:44.20	12:58.60	1000 FR	13:09.80	11:43.70	14