

YST B/R LC Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: YST & Eastern Committee
Date of Meet: March 28-29, 2015
Warm-up: 7:30 am, Saturday & Sunday

Sanction No. S15-059
Received by deadline: 5:00 pm, March 18, 2015
Start of Meet: 9:00 am, Saturday & Sunday

POOL: Crafton Hills College Aquatics Center - 11711 Sand Canyon Road, Yucaipa, CA 92399 **CLOSED DECK** - only athletes, officials, coaches, and volunteer workers will be permitted on deck. Teams are allowed one team photographer per session who must see YST & College Administrator prior to each session. **NO FOOD ALLOWED ON DECK.** Teams may set up tarps/EZ Ups in grass area only, no folding chairs or tarps/EZ Ups in spectator bleachers. Additional meet parking in lots I & H. **PARKING PERMITS REQUIRED.** Parking is \$2 per day, cash only. Parking permits will be sold the day of the meet via parking attendants. Anyone who already has a CHC or SBVC Spring Semester parking permit displayed in their car will not have to pay the daily fee.

DIRECTIONS: From I-10 W, exit Yucaipa Blvd, turn left. From I-10 E, exit Yucaipa Blvd, turn right At Sand Canyon Rd/14th St, turn left. College entrance is on the right.

COURSE: Outdoor 50 meter x 25 yard with 7 competition lanes plus one lane will be open for warm-up/down throughout the meet. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7', turn end 7'.

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 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each 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. **This meet will limit entries to meet the "4 Hour" rule. 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 28, 2015 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 and 800 freestyle events and 13/up 400 IM are requested to furnish their own timers for three heats and lap counters when used. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day.**

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.

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 CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 all Eastern Committee athletes who hold 2015 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**). 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.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: **\$3.25** for each individual event along with a **\$7.00** 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. (5 PM postmark would queue before a 10 PM 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 \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, March 18, 2015. 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
Email for team electronic entries only: fredies6@gmail.com
Questions: SCS Office (800) 824-6206

MAIL ENTRIES TO:

Julie Fredericks
P O Box 624
Yucaipa, CA 92399

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.

**YST B/R LC Meet
March 28-29, 2015**

Saturday

GIRLS	MIN	AGE				STROKE	MIN	BOYS
1	3:31.00	11-12	B	200	m	Breaststroke	3:31.20	2
3	1:02.40	5-8	BR	50	m	Butterfly	1:03.20	4
5	41.90	11-12	BR	50	m	Butterfly	42.70	6
7	47.20	7-10	BR	50	m	Butterfly	47.00	8
9	1:10.30	5-8	BR	50	m	Breaststroke	1:08.50	10
11	50.20	11-12	BR	50	m	Breaststroke	49.80	12
13	56.00	7-10	BR	50	m	Breaststroke	56.00	14
15	3:07.90	11-12	B	400	m	IM	3:08.20	16
17	Deck	5-8		200	m	Free Relay	Deck	18
19	Entered	11-12		200	m	Free Relay	Entered	20
21		7-10		200	m	Free Relay		22
23	1:37.60	11-12	BR	100	m	Backstroke	1:39.00	24
25	1:50.30	7-10	BR	100	m	Backstroke	1:50.50	26
27	3:05.70	11-12	B	200	m	Butterfly	3:07.20	28
29	1:59.20	5-8	BR	100	m	Freestyle	1:54.60	30
31	1:22.40	11-12	BR	100	m	Freestyle	1:22.00	32
33	1:32.00	7-10	BR	100	m	Freestyle	1:31.60	34
*****BREAK DETERMINED BY MEET REFEREE*****								
35	11:44.20	Open		800	m	Freestyle	11:43.70	36
*****30 MINUTE BREAK, NO EARLIER THAN 1:00 START*****								
37	1:42.50	13-14	BR	100	m	Breaststroke	1:37.30	38
39	1:44.80	15-up	BR	100	m	Breaststroke	1:33.40	40
41	2:48.10	13-14	BR	200	m	Freestyle	2:42.00	42
43	2:48.70	15-up	BR	200	m	Freestyle	2:34.70	44
45	1:32.90	13-14	BR	100	m	Backstroke	1:31.60	46
47	1:33.60	15-up	BR	100	m	Backstroke	1:27.10	48
49	Deck	13-14		200	m	Free Relay	Deck	50
51	Entered	15-up		200	m	Free Relay	Entered	52
*****BREAK DETERMINED BY MEET REFEREE*****								
53	3:17.40	13-14	BR	200	m	Butterfly	3:08.90	54
55	3:13.00	15-up	BR	200	m	Butterfly	2:54.80	56
57	36.40	13-14	BR	50	m	Freestyle	33.00	58
59	37.00	15-up	BR	50	m	Freestyle	33.00	60
*****BREAK DETERMINED BY MEET REFEREE*****								
61*	6:55.10	13-14	BR	400	m	IM	6:33.00	62*
	6:37.70	15-up	BR	400	m	IM	6:12.80	

Sunday

GIRLS	MIN	AGE				STROKE	MIN	BOYS
63	2:57.70	11-12	BR	200	m	Freestyle	2:58.40	64
65	3:19.30	7-10	BR	200	m	Freestyle	3:19.00	66
67	1:05.30	5-8	BR	50	m	Backstroke	1:03.80	68
69	45.40	11-12	BR	50	m	Backstroke	45.80	70
71	50.60	7-10	BR	50	m	Backstroke	50.50	72
73	1:35.30	11-12	BR	100	m	Butterfly	1:36.10	74
75	1:49.70	7-10	BR	100	m	Butterfly	1:49.80	76
77	Deck	11-12		200	m	Medley Relay	Deck	78
79	Entered	5-8		200	m	Medley Relay	Entered	80
81		7-10		200	m	Medley Relay		82
83	3:09.20	11-12	B	200	m	Backstroke	3:11.80	84
85	3:49.30	7-10	BR	200	m	IM	3:50.40	86
87	3:25.00	11-12	BR	200	m	IM	3:25.30	88
89	54.70	5-8	BR	50	m	Freestyle	53.30	90
91	41.90	7-10	BR	50	m	Freestyle	41.50	92
93	38.00	11-12	BR	50	m	Freestyle	37.60	94
95	2:02.40	7-10	BR	100	m	Breaststroke	2:03.10	96
97	1:49.10	11-12	BR	100	m	Breaststroke	1:49.20	98
*****BREAK DETERMINED BY MEET REFEREE*****								
99	5:47.30	OPEN		400	m	Freestyle	5:46.60	100
*****30 MINUTE BREAK, NO EARLIER THAN 12:30 START*****								
101	3:19.60	13-14	BR	200	m	Backstroke	3:09.20	102
103	3:12.70	15-up	BR	200	m	Backstroke	3:00.70	104
105	1:27.60	13-14	BR	100	m	Butterfly	1:23.60	106
107	1:27.70	15-up	BR	100	m	Butterfly	1:20.60	108
109	Deck	13-14		200	m	Medley Relay	Deck	110
111	Entered	15-up		200	m	Medley Relay	Entered	112
*****BREAK DETERMINED BY MEET REFEREE*****								
113	3:43.00	13-14	BR	200	m	Breaststroke	3:33.00	114
115	3:41.90	15-up	BR	200	m	Breaststroke	3:20.40	116
117	1:18.50	13-14	BR	100	m	Freestyle	1:14.00	118
119	1:19.00	15-up	BR	100	m	Freestyle	1:11.40	120
121	3:13.40	13-14	BR	200	m	IM	3:04.20	122
123	3:14.90	15-up	BR	200	m	IM	2:55.70	124

Events 400 m and longer will be alternated girls and boys.

** 11-12 swimmers entering the 400 IM must enter 200 IM times.

** Swimmers are requested to have own timers (and lap counters for the 800) for events 800 FR, 400 FR, 400 IM

**7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

**relays swum time permitting

**400 IM will be swum together and awarded separately by age group

**Swimmers must be at least 11 years old to compete in an open event & must meet the entry time standards

**No awards for open events

****This meet is subject to the 4 hour rule per session**