



2019 Canyons "Q" Meet

Saturday – Sunday – February 16-17, 2019

Sanctioned By: USA--Swimming & Southern California Swimming

Sponsored By: Canyons Aquatic Club

Warm-up Time: 7:30am

Sanction Number: #S19-044

Entries Due: 5:00 p.m. Wed, Feb 6, 2019

Start of Meet: 9:00 am

Pool: The Santa Clarita Aquatic Center competition pool is an outdoor 25 yard x 50 meter, 20 lane pool. A separate warm--up/warm--down 10--lane, 25--yard course pool will be open during the meet. Competition courses have been certified in accordance with 104.22.2(C) on file of USA Swimming. Pool depth at start and turn end is 7'6". **Prelims sessions may be run 11-12/13 & Up age groups on 2 courses up to 10 lanes, Timed finals for 10 & Under age groups on one courses up to 10 lanes after the prelims sessions, --Finals sessions will be run on 2 courses: Girls event on North side pool/Boys event on South side pool 8 lanes -- age groups will be assigned to a specific course based on entries. If the number of entries do not warrant running two courses, events will be run in combined age groups on one course.** All events will be swum fast--to--slow. If entries warrant, prelims will be split into 2 sessions 13 & older beginning at 9:00 with subsequent session times posted base on timeline.

Directions: SANTA CLARITA AQUATIC CENTER, 20850 Centre Pointe Parkway, Santa Clarita, CA 91350. From 14 FWY NORTH: Take GOLDEN VALLEY exit. Left on GOLDEN VALLEY. Right on CENTRE POINTE PARKWAY. Right into second driveway. From 14 FWY SOUTH: Take GOLDEN VALLEY exit. Right on GOLDEN VALLEY. Right on CENTRE POINTE PARKWAY. Right into second driveway.

Warm--up times: Controlled warm--ups will begin on Sat--Sun at 7:30 AM in the competition pool. The competition pool will be closed at 8:50 AM with supervised warm--up/warm--down available in the adjoining area of pool. Warm--up procedures will be emailed by Wednesday. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. Based on entries, warm--up may be split and teams may be assigned to specific warm--up times.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. Scot Ranslem: scotranslem@discover.com

Rules: USA Swimming Rules govern; ; Current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must compete in their own age group. Age on February 16, 2019 determines age for the meet. Prelims and timed finals sessions will be swum fast to slow. A swimmer may enter all events for which the time standard has been met and can be verified. **Limit:** a swimmer can swim no more than 6 individual events during the meet, no more than 3 individual events per day. Qualifying times for 10 & Under, 11, 12, 13, 14, 15 & Over groups are the National BB Standard. These standards shall supersede any errors on the meet form or in the entry file. **All coaches on deck must complete the CDC or NFHS Concussion course.**

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 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) any time athletes, coaches, officials and/or spectators are present.

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 2019 FINA and USA Swimming registered swimmers. Registration application must be received by **Wednesday, Feb 6 at 5pm** by meet processor, administrative official/referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

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 (or are) 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.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

Distance Events: The **1650/1000/500 yard freestyle and 400 IM** events (age groups combined) will be swum fastest to slowest alternating girls and boys heats. All heats of the 1650 and 1000 free will be swum at the end of prelims session. Swimmers in the 1000 and 1650 are asked to provide 1 timers for their heat and lane. **THE 1000/1650 yard freestyle events will be swum at the same time in different pool. The events will be assigned to a specific course based on entries. . All age groups combined will be swum fastest to slowest, alternating girls and boys heats.**

Submitted/Qualifying Times: Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2017 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) -- refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action. NOTE: Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry, only proof of entered time.

Entry Procedure: Team Electronic Entry is highly preferred.

Electronic entry will be accepted ONLY when received with:

1. Entry file (.zip or .sd3)
 2. Proof of time report showing meet and dates for each entry (.pdf or Word)
 3. Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e--mail entry. Failure to comply will be referred to the SCS Board of Review.
- Individual entry: Submit a completed individual SCS entry form with payment via snail mail. Individuals may not e--mail or text entries.

New Entries: New entries (added events) will be processed when received by the processor by the entry deadline. Deletions will NOT be refunded. New events achieved at meets held between February 9 and February 10 will be accepted. Entries and fees must be submitted to the Administrative Referee of the meet where the times are achieved. Only new events will be accepted (no updates, no previously achieved times).

Fees: Individual surcharge (including relay--only swimmers): \$14.50. Event fee: \$5.50 per event. Relays:. Returned checks will incur a service fee per SCS policy

Scoring/Awards: Medals will be awarded to the top 3 athletes in each age division. 4th through 8th will receive distinctive awards.

Finals – Saturday, Sunday: A single championship final (**8 swimmers**) will be offered for 11, 12, 13, 14, 15 & UP; single age championship final (8 swimmers) for 11-12 for 400IM/500 freestyle events. 10 & Under events, 200 backstroke, 200 breaststroke, and 200 butterfly for 11-12 age group events are timed finals. All age group's 1000 & 1650 freestyle are timed finals. **SCRATCH FOR THE FINALS:** 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 will be removed from the next event of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. **Finals sessions will be run on 2 courses: Girls event on North side pool/Boys event on South side pool 8 lanes.**

SCRATCH DEADLINES: Scratches: Saturday 8:45 a.m. for Saturday events; Saturday 5:30 pm for Sunday events.

400 IM, 500/1000/1650 Positive check-in is required by the START of the session.

Time Trials: Sanction #S19-044A

Will be swum, time permitting, on Saturday and Sunday only, following the preliminary sessions. Three (3) events per day limit applies (Q events + Time trials = 3 events per day or less) Entry fee is \$15.00 per event, no refunds after seeding. Time trials are open to 2019 FINA and USA Swimming registered swimmers who are entered in at least 1 individual event or relay in the meet. Participants must provide their own backup timers. The Administrative Referee/Official will determine the order of events.

Entries must be received by Wednesday, February 6, 2019 at 5:00 p.m.

Make checks payable to: Southern California Swimming

Mail entries to: Canyons "Q" Meet
c/o Madison Cho
23622 Shadylane Place
Valencia, CA 91354

Email: madicho@gmail.com

Hand delivered to: Same as mail entries to

FOR INFORMATION: For additional information visit www.canyons.org. Receipt of entry will not be confirmed by phone or by email.
HOTEL INFORMATION: www.canyons.org

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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SATURDAY MORNING 9:00 AM							
GIRLS		SESSION 1: PRELIMINARY - COURSE 1			BOYS		
	SC MIN	LC MIN	AGE	EVENT	SC MIN	LC MIN	
1	2:25.09	2:45.69	13	200 Yard Freestyle	2:17.39	2:38.59	2
	2:22.19	2:42.59	14		2:12.49	2:32.69	
	2:19.19	2:38.69	15&UP		2:07.49	2:26.09	
3	1:24.19	1:36.89	13	100 Yard Breaststroke	1:18.69	1:30.99	4
	1:22.89	1:35.19	14		1:15.69	1:28.09	
	1:20.69	1:32.49	15&UP		1:12.09	1:23.49	
5	2:39.69	3:04.89	13	200 Yard Backstroke	2:31.69	2:56.19	6
	2:35.79	3:00.49	14		2:25.89	2:49.79	
	2:32.39	2:55.59	15&UP		2:19.19	2:41.39	
7	1:13.19	1:23.19	13	100 Yard Butterfly	1:08.99	1:18.59	8
	1:11.59	1:21.09	14		1:06.39	1:15.49	
	1:09.99	1:19.49	15&UP		1:03.39	1:11.79	
9	31.09	35.29	13	50 Yard Freestyle	28.99	33.29	10
	30.29	34.69	14		27.89	32.09	
	29.79	33.79	15&UP		26.79	30.19	
11	5:46.79	6:36.59	13	400 Yard Individual Medley	5:28.49	6:19.49	12
	5:39.39	6:28.79	14		5:17.39	6:04.69	
	5:31.99	6:18.79	15&UP		5:05.59	5:47.29	
All heats of the 1000 Freestyle will be swum at the end of prelims session							
13	13:44.69	12:29.19	11-12	1000 Yard Freestyle	13:30.19	12:15.19	14
	13:19.89	11:57.39	13		12:48.49	11:37.59	
	13:08.09	11:41.99	14		12:23.49	11:13.99	
	12:49.99	11:28.39	15&UP		11:57.79	10:50.39	
SATURDAY AFTERNOON							
GIRLS		SESSION 2: TIMED FINALS			BOYS		
	SC MIN	LC MIN	AGE	EVENT	SC MIN	LC MIN	
31	2:57.39	3:20.99	10 &	200 Yard Freestyle	2:47.99	3:11.19	32
33	47.49	53.99	10 &	50 Yard Breaststroke	46.59	53.29	34
35	1:30.69	1:45.99	10 &	100 Yard Backstroke	1:29.69	1:42.99	36
37	1:39.08	1:52.99	10 &	100 Yard Butterfly	1:37.99	1:51.39	38
39	35.19	39.89	10 &	50 Yard Freestyle	34.49	39.49	40
41	3:15.59	3:43.19	10 &	200 Yard Individual Medley	3:13.19	3:39.59	42

SATURDAY MORNING 9:00 AM							
GIRLS		SESSION 1: PRELIMINARY - COURSE 2			BOYS		
	SC MIN	LC MIN	AGE	EVENT	SC MIN	LC MIN	
15	2:33.89	2:56.59	11	200 Yard Freestyle	2:33.19	2:56.19	16
	2:29.39	2:49.89	12		2:23.79	2:44.89	
17	41.69	48.19	11	50 Yard Breaststroke	42.59	48.89	18
	39.99	45.49	12		39.59	45.39	
19	1:20.99	1:35.29	11	100 Yard Backstroke	1:21.19	1:34.99	20
	1:18.49	1:30.99	12		1:16.29	1:28.49	
21	2:43.99	3:10.19	11-12	200 Yard Backstroke- TIMED FINAL	2:40.29	3:06.49	22
23	1:21.69	1:32.99	11	100 Yard Butterfly	1:22.09	1:33.89	24
	1:18.29	1:28.49	12		1:16.49	1:26.29	
25	32.49	36.89	11	50 Yard Freestyle	32.29	37.09	26
	31.49	35.89	12		30.29	34.69	
27	5:56.79	6:48.29	11-12	400 Yard Individual Medley	5:46.39	6:39.39	28
All heats of the 1650 Freestyle will be swum at the end of prelims session							
29	23:07.29	23:55.39	11-12	1650 Yard Freestyle	22:37.49	23:25.49	30
	22:19.99	22:59.69	13		22:05.29	22:05.29	
	21:45.19	22:23.09	14		21:26.69	21:26.69	
	21:26.19	22:02.19	15&UP		20:02.89	20:33.99	
<p>*The 1650/1000/500 yard freestyle and 400 IM events (age groups combined) will be swum fastest to slowest, alternating girls and boys heats. * All heats of the 1650 and 1000 free will be swum after the timed finals session on Saturday, before the finals.*Two events will be swum at the same time in different pools. *Swimmers in the 1000 and 1650 are asked to provide 2 timers for their heat and lane.</p>							
FINALS EVENT ORDER							
GIRLS: NORTH SIDE POOL				SESSION 5: SATURDAY FINALS		BOYS: SOUTH SIDE POOL	
11, 12, 13, 14, 15&UP				200 FREESTYLE		11, 12, 13, 14, 15&UP	
11, 12				50 BREASTSTROKE		11, 12	
13, 14, 15&UP				100 BREASTSTROKE		13, 14, 15&UP	
11, 12				100 BACKSTROKE		11, 12	
13, 14, 15&UP				200 BACKSTROKE		13, 14, 15&UP	
11, 12, 13, 14, 15&UP				100 BUTTERFLY		11, 12, 13, 14, 15&UP	
11, 12, 13, 14, 15&UP				50 FREESTYLE		11, 12, 13, 14, 15&UP	
11-12, 13, 14, 15&UP				400 INDIVIDUAL MEDLEY		11- 12, 13, 14, 15&UP	



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SUNDAY MORNING 9:00 AM							
GIRLS			SESSION 3: PREMILARY - COURSE 1		BOYS		
	SC MIN	LC MIN	AGE	EVENT	SC MIN	LC MIN	
43	2:43.09	3:06.99	13	200 Yard Individual Medley	2:34.39	2:57.39	44
	2:39.39	3:03.49	14		2:28.59	2:52.19	
	2:36.19	2:59.69	15&UP		2:21.79	2:43.99	
45	1:07.09	1:16.79	13	100 Yard Freestyle	1:03.29	1:12.39	46
	1:05.99	1:15.49	14		1:00.99	1:09.99	
	1:04.59	1:13.59	15&UP		58.39	1:07.09	
47	3:02.89	3:29.09	13	200 Yard Breaststroke	2:50.29	3:15.89	48
	2:58.49	3:25.69	14		2:44.89	3:11.29	
	2:54.69	3:20.79	15&UP		2:36.59	3:02.49	
49	1:14.19	1:26.09	13	100 Yard Backstroke	1:09.99	1:21.69	50
	1:12.09	1:23.69	14		1:06.99	1:18.49	
	1:10.09	1:21.99	15&UP		1:03.49	1:14.69	
51	2:42.69	3:03.69	13	200 Yard Butterfly	2:33.19	2:56.49	52
	2:38.29	3:00.39	14		2:27.34	2:49.09	
	2:34.89	2:54.79	15&UP		2:20.59	2:40.39	
53	6:27.99	5:47.39	13	500 Yard Freestyle	6:09.99	5:35.09	54
	6:20.39	5:41.59	14		5:58.29	5:23.29	
	6:12.09	5:07.29	15&UP		5:45.99	5:09.89	

SUNDAY AFTERNOON							
GIRLS			SESSION 4: TIMED FINALS		BOYS		
	SC MIN	LC MIN	AGE	EVENT	SC MIN	LC MIN	
71	1:31.69	N/A	10 &	100 Yard Individual Medley	1:29.39	N/A	72
73	41.89	48.89	10 &	50 Yard Backstroke	43.29	49.19	74
75	1:19.99	1:31.49	10 &	100 Yard Freestyle	1:18.79	1:29.79	76
77	41.79	47.29	10 &	50 Yard Butterfly	40.49	45.99	78
79	1:44.99	2:01.49	10 &	100 Yard Breaststroke	1:41.89	1:57.69	80

SATURDAY MORNING 9:00 AM							
GIRLS			SESSION 3: PREMILARY - COURSE 2		BOYS		
	SC MIN	LC MIN	AGE	EVENT	SC MIN	LC MIN	
55	2:53.29	3:19.69	11	200 Yard Individual Medley	2:56.39	3:22.49	56
	2:47.69	3:12.09	12		2:44.19	3:08.99	
57	1:10.89	1:20.89	11	100 Yard Freestyle	1:10.59	1:20.99	58
	1:08.28	1:18.59	12		1:05.89	1:15.69	
59	3:08.59	3:36.09	11-12	200 Breaststroke- TIMED FINAL	3:00.99	3:28.99	60
61	1:31.79	1:46.19	11	100 Yard Breaststroke	1:31.39	1:46.59	62
	1:27.69	1:40.69	12		1:24.59	1:38.29	
63	36.89	42.69	11	50 Yard Backstroke	37.79	43.79	64
	35.69	41.19	12		35.29	40.89	
65	2:47.89	3:10.19	11-12	200 Butterfly - TIMED FINAL	2:43.99	3:07.69	66
67	35.39	39.99	11	50 Yard Butterfly	36.59	41.79	68
	34.19	38.49	12		34.19	38.69	
69	6:38.39	5:56.49	11-12	500 Yard Freestyle	6:27.49	5:48.69	70

FINALS EVENT ORDER		
GIRLS	SESSION 6: SUNDAY FINALS	BOYS
11, 12, 13, 14, 15&UP	200 INDIVIDUAL MEDLEY	11, 12, 13, 14, 15&UP
11, 12, 13, 14, 15&UP	100 FREESTYLE	11, 12, 13, 14, 15&UP
11,12	100 BREASTSTROKE	11,12
13, 14, 15&UP	200 BREASTSTROKE	13, 14, 15&UP
11, 12	50 BACKSTROKE	11, 12
13, 14, 15&UP	100 BACKSTROKE	13, 14, 15&UP
11, 12	50 BUTTERFLY	11, 12
13, 14, 15&UP	200 BUTTERFLY	13, 14, 15&UP
11-12, 13, 14, 15&UP	500 FREESTYLE	11-12, 13, 14, 15&UP