



SCS MLK Senior Meet

January 15, 2024

Hosted by The Swim Team

SANCTIONED BY: USA Swimming and Southern California Swimming
SPONSORED BY: Southern California Swimming and The Swim Team

Sanction #: S24-009
Due date: Monday,
January 8, 2024

DATE OF MEET: January 15, 2024
START TIME: 9:00 AM

WARM-UP TIMES: 7:00 AM

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

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50-meter pool with seven (7) swimming lanes and two (2) warm up lanes. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start Ends Lane 1 = 8' 6" slopes to Lane 9 = 8' 1" and Turn End is 4'.

WARM-UP: 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 a current **2023 or 2024 USA Swimming member coach**. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s) as directed by the meet referee. 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. Sprint and pace will take place within your assigned lane or lanes. If you are sharing a lane, you will be asked to work together for pace and sprint.

MEET REFEREE: Questions regarding conduct of the meet should be made directly to meet referee Cami Stein- CamiStein2019@gmail.com

RULES: USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), will govern this meet. All Athletes 18 years and older must complete the online Athlete Protection Training prior to the meet in order to compete. "All coaches and officials on deck must complete the CANRA Mandatory Reporting course prior to the start of the meet."

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with World Aquatics swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. at any Sanctioned meet.

DECK CHANGES are prohibited. Individual changing tents will be allowed in team bullpen areas.

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 without the use of the backstroke ledge. 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.

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.

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2024 USA Swimming or WA membership presenting the clubs list on the form. For USA Swimming athletes, online registration in SWIMS 3.0 must be completed prior to the meet deadline. No late or on deck registration will be accepted. All USA Swimming athletes 18 & younger must prove birth dates prior to competition. All USA Swimming athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) in order to compete. 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.

QUALIFYING TIMES: All athletes must have one (1) qualifying time to enter the meet. Submit ACTUAL times achieved for each event.

ENTRY LIMIT: A swimmer may swim 6 events at this meet.

CHECK-IN AND SCRATCH DEADLINES: Positive check-in for Monday events will be 7:30pm Sunday by email to Alina de Armas, tstentries@yahoo.com. Additional scratches may be submitted to the Admin by 7:30am Monday.

ENTRY FEES. \$6.50 per event and \$20.00 surcharge per swimmer. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. A check for the total amount must accompany each entry to the address below, (NOT THE SWIM OFFICE).

SEND ELECTRONIC ENTRY FILE (entry.zip) TO: tstentries@yahoo.com
MAKE CHECKS PAYABLE TO: Set Water polo

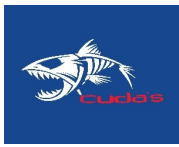
MAIL TO: Alina DeArmas
PO Box 63 Simi Valley, CA 93062-0063

Closed Deck Protocol: The Swim Team Invitational runs a closed deck protocol. Coaches, officials, athletes and designated volunteers will have access to the deck.

APT / Concussion Protocol: All coaches on deck must have completed the CDC or NFHS Concussion course. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet. Per current MAAPP 2.0 guidelines there will be separate, athlete only locker rooms and separate adult, non-athlete bathrooms open for use. **All athletes 18 years and older must complete the online Athlete Protection Training prior to the entry deadline to compete.**

MAAPP 2.0: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) govern this meet.

LIABILITY: IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.



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WOMEN EVENT No.	YD	MT	Session 1	MT	YD	MEN EVENT No.
1	1:21.69	1:34.79	100 M BREASTSTROKE	1:28.09	1:15.49	2
3	2:36.89	2:59.19	200 M BUTTERFLY	2:27.99	2:26.89	4
5	2:21.29	2:41.79	200 M FREESTYLE	2:32.29	2:12.79	6
7	2:37.59	3:01.79	200 M IND. MEDLEY			
			400 IND. MEDLEY	6:04.69	5:17.09	8
9	30.19	34.49	50 M FREESTYLE	31.99	27.79	10
11	1:11.19	1:23.59	100 M BACKSTROKE	1:17.89	1:06.39	12
13	6:18.69	5:40.59	400 M FREESTYLE	5:24.09	5:58.99	14
BREAK (determined by the coaches)						
			Session 2			
15	1:10.89	1:20.39	100 M BUTTERFLY	1:15.49	1:06.09	16
17	2:57.29	3:23.99	200 M BREASTSTROKE	3:10.79	2:43.99	18
19	1:05.49	1:14.79	100 M FREESTYLE	1:09.49	1:01.89	20
21	5:37.59	6:25.89	400 M IND. MEDLEY			
			200 M IND. MEDLEY	2:51.39	2:28.49	22
23	2:34.89	2:58.69	200 M BACKTROKE	2:49.09	2:25.09	24
25	12:01.69	11:41.99	800 M FREESTYLE	11:13.99	12:26.69	26

A swimmer can swi no more than 6 individual events per day. All events are timed final events and will be swum slow to fast. The 800 Freestyle will be swum fastest to slowest. Swimmers in the 800 Freestyle should be prepared to supply a timer for three heats as well as providing their own lap counter.