

# CSSC Holiday Meet

## December 6 - 8, 2019



**SANCTIONED BY:** Southern California Swimming, USA Swimming  
**SPONSORED BY:** Conejo Simi Swim Club and Coastal Committee.  
**DATE:** December 6-8, 2019  
**WARM-UP:** Friday 4 PM, Sat. & Sun. 7:30 AM

**SANTION No:** S19-  
**RECEIVED BY DEADLINE:** 5:00 pm, November 27, 2018  
**START OF THE MEET :**Friday 5 PM, Sat. & Sun. 9:00 am

**POOL:** Rancho Simi Community Pool, 1765 Royal Ave., Simi Valley, California

**DIRECTIONS:** From East, 118 Freeway to Erringer Road, South to Royal Avenue, turn Right to pool. From West, 101 Freeway to 23 Freeway North, turn Right on Olsen Road, turn Right on Royal Avenue to pool.

**COURSE:** Outdoor 50-meter x 25 yard with 8 competition lanes and 7 warm-up lanes will be available. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool depth: start end 6 ft, turn end 14 ft.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Members under Coach supervision; 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. **ALL SWIMMERS MUST USE 3-POINT SLIDE IN ENTRY INTO THE POOL DURING WARM-UP, NO JUMPING OR DIVING.** The meet host reserves the right to assign warm-up lanes, times, and add warm-up sessions if needed.

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the meet referee. Contact Information: Leanne Colvin, ltc5@hotmail.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. **This meet will limit entries to meet the "4 hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 30 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 December 6, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 IM, 500 Free, 1000 Free and 1650 Free are requested to furnish their own timers for three heats and lap counters. Events will be swam fastest to slowest. **Swimmers may swim a maximum of 4 events each day. Distance events will be swum alternating girls and boys. Afternoon session will start 45 minutes after the close of the morning session. ALL COACHES AND OFFICIALS ON DECK 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 posted on the [SCS Website](#).

**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 Coastal Committee who hold 2019 or 2020 USA Swimming registration. **Registration applications must be received by Wednesday, November 27, 2019 at 5 pm** by meet processor, administrative referee or SCS Office. Late applications will be considered "on deck" and 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. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. All athletes 18 years of age and older must complete the free online Athlete Protection Training (APT), to compete in the meet.**

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form to the SCS Office. At the meet, a swimmer may only UNATTCH (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or 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. Discrepancy in the submitted times can lead to disciplinary action.

**AWARDS:** Blue/Red/White Divisions: Ribbons for ages 12 & under are awarded to 1-8 places for ages 5 - 6, 7 - 8, 9 - 10 and 11 - 12.

**ENTRY FEES:** \$4.00 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. 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.**

**ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5PM, WEDNESDAY November 27, 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  
Email for team electronic entries only: [tklinskey@yahoo.com](mailto:tklinskey@yahoo.com)  
Questions: SCS Office (310) 684-1151

Mail Entries to: CSSC Holiday Meet c/o Kelly Linskey  
5261 Goldenridge Ct.  
Camarillo, CA 93012

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. Current USA Swimming Rules, including the Minor Athlete of Use Prevention Policy (MAAPP) govern this meet.

# CSSC Holiday Meet

## December 6 - 8, 2019



### Friday, December 6<sup>th</sup> Session Begins @ 5:00pm

| Girls | Age   | Time STD (MIN) | Event     | Time STD (MIN) | Age   | Boys |
|-------|-------|----------------|-----------|----------------|-------|------|
| 1     | 7-10  | 3:23.50        | 200 I.M.  | 3:24.50        | 7-10  | 2    |
| 3     | Open  | 6:07.30        | 400 I.M.  | 5:48.90        | Open  | 4    |
| 5     | 11/12 | 6:59.50        | 500 Free  | 7:05.30        | 11/12 | 6    |
| 7     | Open  | 21:32.10       | 1650 Free | 21:51.50       | Open  | 8    |

### Saturday, December 7<sup>th</sup> Morning Session Begins @ 9:00am

|    |      |         |            |         |      |    |
|----|------|---------|------------|---------|------|----|
| 9  | 7-10 | 2:56.80 | 200 FREE   | 2:56.50 | 7-10 | 10 |
| 11 | 5-8  | 1:28.40 | 100 FREE   | 1:25.00 | 5-8  | 12 |
| 13 | 7-10 | BRW     | 50 FLY     | BRW     | 7-10 | 14 |
| 15 | 5-8  | BRW     | 25 FLY     | BRW     | 5-8  | 16 |
| 17 | 7-10 | BRW     | 100 BACK   | BRW     | 7-10 | 18 |
| 19 | 5-8  | BRW     | 50 BACK    | BRW     | 5-8  | 20 |
| 21 | 7-10 | BRW     | 100 BREAST | BRW     | 7-10 | 22 |
| 23 | 5-8  | BRW     | 50 BREAST  | BRW     | 5-8  | 24 |
| 25 | 7-10 | BRW     | 50 FREE    | BRW     | 7-10 | 26 |
| 27 | 5-8  | BRW     | 50 FREE    | BRW     | 5-8  | 28 |

### Sunday, December 8<sup>th</sup>, Morning Session Begins @ 9:00am

|    |      |         |           |         |      |    |
|----|------|---------|-----------|---------|------|----|
| 53 | 7-10 | BRW     | 100 I.M.  | BRW     | 7-10 | 54 |
| 55 | 5-8  | 1:41.20 | 100 I.M.  | 1:38.50 | 5-8  | 56 |
| 57 | 7-10 | BRW     | 50 BACK   | BRW     | 7-10 | 58 |
| 59 | 5-8  | BRW     | 25 BACK   | BRW     | 5-8  | 60 |
| 61 | 7-10 | BRW     | 100 FLY   | BRW     | 7-10 | 62 |
| 63 | 5-8  | BRW     | 50 FLY    | BRW     | 5-8  | 64 |
| 65 | 7-10 | BRW     | 100 FREE  | BRW     | 7-10 | 66 |
| 67 | 5-8  | BRW     | 25 FREE   | BRW     | 5-8  | 68 |
| 69 | 7-10 | BRW     | 50 BREAST | BRW     | 7-10 | 70 |
| 71 | 5-8  | BRW     | 25 BREAST | BRW     | 5-8  | 72 |

Saturday, December 7<sup>th</sup>, Afternoon Session will not begin prior to 12:00pm, 45 Minute Warm-up at Conclusion of Morning Session

Sunday, December 8<sup>th</sup>, Afternoon Session will not begin prior to 12:00pm, 45 Minute Warm-up at Conclusion of Morning Session

|    |         |         |            |         |         |    |
|----|---------|---------|------------|---------|---------|----|
| 29 | 11/12   | BRW     | 200 FREE   | BRW     | 11/12   | 30 |
| 31 | 13 Over | BRW     | 200 FREE   | BRW     | 13 Over | 32 |
| 33 | 11/12   | BRW     | 50 BACK    | BRW     | 11/12   | 34 |
| 35 | OPEN    | 3:01.40 | 200 BACK   | 3:07.30 | OPEN    | 36 |
| 37 | 11/12   | BRW     | 100 BREAST | BRW     | 11/12   | 38 |
| 39 | 13 Over | BRW     | 100 BREAST | BRW     | 13 Over | 40 |
| 41 | 11/12   | BRW     | 50 FREE    | BRW     | 11/12   | 42 |
| 43 | 13 Over | BRW     | 50 FREE    | BRW     | 13 Over | 44 |
| 45 | 11/12   | BRW     | 100 FLY    | BRW     | 11/12   | 46 |
| 47 | 13 Over | BRW     | 100 FLY    | BRW     | 13 Over | 48 |
| 49 | 11/12   | BRW     | 100 I.M.   | BRW     | 11/12   | 50 |

|    |         |         |            |         |         |    |
|----|---------|---------|------------|---------|---------|----|
| 73 | 11/12   | BRW     | 200 I.M.   | BRW     | 11/12   | 74 |
| 75 | 13 Over | BRW     | 200 I.M.   | BRW     | 13 Over | 76 |
| 77 | 11/12   | BRW     | 100 FREE   | BRW     | 11/12   | 78 |
| 79 | 13 Over | BRW     | 100 FREE   | BRW     | 13 Over | 80 |
| 81 | OPEN    | 3:25.90 | 200 BREAST | 3:26.20 | OPEN    | 82 |
| 83 | 11/12   | BRW     | 50 BREAST  | BRW     | 11/12   | 84 |
| 85 | 13 Over | BRW     | 100 BACK   | BRW     | 13 Over | 86 |
| 87 | 11/12   | BRW     | 100 BACK   | BRW     | 11/12   | 88 |
| 89 | OPEN    | 2:58.10 | 200 FLY    | 3:02.60 | OPEN    | 90 |
| 91 | 11/12   | BRW     | 50 FLY     | BRW     | 11/12   | 92 |

Break determined by the Referee

|    |         |         |          |         |         |    |
|----|---------|---------|----------|---------|---------|----|
| 51 | 13 Over | 6:59.50 | 500 FREE | 7:05.30 | 13 Over | 52 |
|----|---------|---------|----------|---------|---------|----|

Break determined by the Referee

|    |      |          |           |          |      |    |
|----|------|----------|-----------|----------|------|----|
| 93 | Open | 12:58.60 | 1000 FREE | 13:09.80 | Open | 94 |
|----|------|----------|-----------|----------|------|----|

Entries will be limited to the 4 hour rule

Swimmers for Friday Evening and the 500 Free and 1000 Free are requested to provide their own timers.

Swimmers in the 500 Free, 1000 Free, and 1650 Free are requested to provide their own lap counters.

The 400 IM, 500 Free, 1000 Free, and the 1650 will be swum Fast to Slow, alternating Girls and Boys

**7-8 SWIMMERS MAY ENTER 5-8 OR 7-10 EVENTS BUT NOT A COMBINATION**

If length of sessions combined is 4 hours or less, sessions will be combined as follows:

**Saturday: 9-12, 29-32, 13-16, 33-34, 17-20, 35-38, 21-24, 39-44, 25-28, 45-52**

**Sunday: 53-56, 73-78, 57-60, 79-82, 61-64, 83-84, 65-68, 85-88, 69-72, 89-94**