

STAR BR/W 13 & older LC March Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: STAR & Eastern Committee
Date of Meet: March 23-24, 2019
Warm-up: Warm 7:00 am, Saturday & Sunday

Sanction No. S19-018
Received by deadline: 5:00 pm, Wednesday, March 13, 2019
Start of Meet: 9:30 am Saturday & Sunday

POOL: West Valley High School, 3401 Mustang Way, Hemet, California 92545

DIRECTIONS: From the 10 Fwy, exit Hwy 79/Beaumont Ave. Go South on CA Hwy-79. Hwy 79 will turn into Sanderson Ave at Ramona Exp. Follow Sanderson Ave for 7.5 miles and turn right on Mustang Way– School is on the left. From 215 Fwy exit Newport Ave. Go East. Newport Ave will turn into Domenigoni Pkwy, follow to Sanderson Ave and turn left on Sanderson, then left again on Mustang Way.

COURSE: Outdoor 50 meter x 25 yard with 7 competition lanes and additional warm-up lane. Pool depth: start end 13' turn end 3.5'. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 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 entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Mike Sheppard cattywampus@roadrunner.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 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 23, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 400m or longer are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day. All coaches and officials 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 on the SCS website: www.socalswim.org.

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 Eastern Committee athletes who hold 2019 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**). 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.

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

ENTRY FEES: \$4.00 for each individual event along with a \$10.00 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. (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. Relays will be deck-entered at \$10.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, March 13, 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

MAIL ENTRIES TO:

Email for team electronic entries only: fredies6@hotmail.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

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.

PLEASE NOTE: BASED ON NUMBER OF ENTRIES, MEET COULD BE COMBINED TO ONE SESSION/DAY

STAR BR/W 13 up LC Meet

March 23-24, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, March 13, 2019

BASED ON NUMBER OF ENTRIES, THE MEET COULD BE COMBINED TO ONE SESSION/DAY
9:30 AM START TIME

This meet is subject to the 4 hour rule per session. Relays swum time permitting.

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

Events will be swum fastest to slowest, starred events swum together awarded separately.

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

No awards for open events - swimmers must be at least 11 years old and meet time standard to compete in open events.

Events 400 m and longer will be swum alternating girls and boys, swimmers are requested to provide own timers and lap counters (800).

11-12 year old swimmers entering the 400 IM enter 200 IM times.

GIRLS	MIN	AGE			STROKE	MIN	BOYS	
1	3:25.00	11-12	BR	200	m	IM	3:25.30	2
3		5-8	BRW	50	m	Butterfly		4
5		7-10	BRW	50	m	Butterfly		6
7		11-12	BRW	50	m	Butterfly		8
9		5-8	BRW	50	m	Breaststroke		10
11		11-12	BRW	50	m	Breaststroke		12
13		7-10	BRW	50	m	Breaststroke		14
15	3:22.60	11-12	BR	200	m	Butterfly	3:24.20	16
17		7-10	BRW	100	m	Backstroke		18
19		11-12	BRW	100	m	Backstroke		20
21		5-8	BRW	100	m	Freestyle		22
23		11-12	BRW	100	m	Freestyle		24
25		7-10	BRW	100	m	Freestyle		26
27	3:50.20	11-12	BR	200	m	Breaststroke	3:50.40	28
29	Deck Entered	5-8		200	m	Free Relay	Deck Entered	30
31		7-10		200	m	Free Relay		32
33		11-12		400	m	Free Relay		34
*****45 MINUTE BREAK*****								
35	11:44.20	OPEN		800	m	Freestyle	11:43.70	36
37		13-14	BRW	100	m	Breaststroke		38
39		15-up	BRW	100	m	Breaststroke		40
41		13-14	BRW	50	m	Freestyle		42
43		15-up	BRW	50	m	Freestyle		44
45*		13-14	BRW	200	m	Butterfly		46*
45*		15-up	BRW	200	m	Butterfly		46*
47		13-14	BRW	200	m	Freestyle		48
49		15-up	BRW	200	m	Freestyle		50
51		13-14	BRW	100	m	Backstroke		52
53		15-up	BRW	100	m	Backstroke		54
55	Deck Entered	13-14		400	m	Free Relay	Deck Entered	56
57		15-up		400	m	Free Relay		58
*****BREAK DETERMINED BY MEET REFEREE*****								
59*	6:55.10	13-14	BR	400	m	IM	6:33.00	60*
59*	6:37.70	15-up	BR	400	m	IM	6:12.80	60*

GIRLS	MIN	AGE			STROKE	MIN	BOYS	
61	2:57.70	11-12	BR	200	m	Freestyle	2:58.40	62
63	3:19.30	7-10	BRW	200	m	Freestyle	3:19.00	64
65		11-12	BRW	100	m	Butterfly		66
67		7-10	BRW	100	m	Butterfly		68
69	3:26.50	11-12	BR	200	m	Backstroke	3:29.40	70
71		5-8	BRW	50	m	Backstroke		72
73		7-10	BRW	50	m	Backstroke		74
75		11-12	BRW	50	m	Backstroke		76
77		5-8	BRW	50	m	Freestyle		78
79		7-10	BRW	50	m	Freestyle		80
81		11-12	BRW	50	m	Freestyle		82
83		7-10	BRW	100	m	Breaststroke		84
85		11-12	BRW	100	m	Breaststroke		86
87	Deck Entered	5-8		200	m	Medley Relay	Deck Entered	88
89		7-10		200	m	Medley Relay		90
91		11-12		400	m	Medley Relay		92
93	3:49.30	7-10	BR	200	m	IM	3:50.40	94
95	3:25.00	11-12	BR	400	m	IM(use 200 time)	3:25.30	96
*****45 MINUTE BREAK*****								
97	5:47.30	OPEN		400	m	Freestyle	5:46.60	98
99*		13-14	BRW	200	m	Backstroke		100*
99*		15-up	BRW	200	m	Backstroke		100*
101		13-14	BRW	100	m	Butterfly		102
103		15-up	BRW	100	m	Butterfly		104
105		13-14	BRW	200	m	IM		106
107		15-up	BRW	200	m	IM		108
109*		13-14	BRW	200	m	Breaststroke		110*
109*		15-up	BRW	200	m	Breaststroke		110*
111		13-14	BRW	100	m	Freestyle		112
113		15-up	BRW	100	m	Freestyle		114
115	Deck Entered	13-14		400	m	Medley Relay	Deck Entered	116
117		15-up		400	m	Medley Relay		118