

Southern California Senior Q Challenge 2020

Long Course (A,B,C Finals)

SANCTIONED BY: USA Swimming and Southern California Swimming **SANCTION NO:** S20-060

SPONSORED BY: SoCal Swimming and Riverside Aquatics

DATE OF MEET: February 14, 15, 16 2020

ENTRIES DUE: Received by 5:00 PM Wed, February 5, 2020

HEATS AND FINALS: (C, B, A)

START TIMES: Friday Timed Finals 5:00 pm

Sat / Sun Prelims 9:00 am

Sat / Sun Finals 5:00 pm

WARM-UPS: Friday 3:30 pm – 4:50 pm

Sat/Sun Prelims 7:00 am – 8:50 am

Sat/Sun Finals 3:30 pm – 4:50 pm

POOL: Riverside Aquatics Complex, 4800 Magnolia Ave, Riverside, CA • From the 91 Fwy, exit at 14th St., go west to Olivewood, turn left, turn right on Saunders/City College Dr., turn right on Saunders (first street on right). Pool is at the end of Saunders.

PARKING: Special event parking passes are required for this aquatic event. One-day passes are \$5.00. Parking attendants will be selling passes on site prior to the start of each session. For online parking passes: <https://www.credentialsops.com/CGI-BIN/gacgiord.pgm?ALUMPPD01270> or use the Parkmobile app. Visitors will NOT be able to park in staff parking.

COURSE: The Riverside Aquatics Complex at Riverside Community College competition pool is an outdoor 25 yard x 50 meter (9 lane) pool. Competition course has been certified in accordance with 104.22.2(C) on file with USA Swimming. Pool depth is 8' at start end is 7.0' and turn end is 13'. Colorado Timing will be used.

Warm-up Procedure/Times: Prelims - Assigned warm-ups will begin each day 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 pool. There will be assigned warm up times and lanes; two warm-up sessions may be used. Finals – warm-ups 3:00 PM. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.

Meet Referee: Mike Sheppard (cattywampus@roadrunner.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 check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first 2 events (prelims) will close one-half hour prior to the start of the session. Prelims sessions will be swum fast to slow. Limit: a swimmer can swim no more than 3 individual events per day. In order there will be a Consolation and Championship Final for all events except 800 & 1500 freestyle. All coaches and officials on deck must have completed the online 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.

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 Changes: Deck Changes are prohibited.

Eligibility: Open to 2020 SCS member athletes who meet any one of the following conditions:

1. Have swum the Road to Omaha Meet.
2. Have swum a January Geo Q meet.
3. Have met the listed time standard on this form.

All entries are due by 5:00 PM, Wednesday, February 5.

Submitted/Qualifying Times: All entry times should be submitted in Long Course meters, as the conforming course. The order of seeding shall be LCM, SCY. All swimmers who participated in a January Geo Q qualifier are automatically eligible to enter the Q Challenge. Swimmers who swam the Geo Committee Q meets may enter up to three events per day, regardless of whether they make the posted time standards on the meet form. Those swimmers who swam the Road to Omaha meet may only enter events in which they meet the listed Qualifying standard on this form plus bonus events (see bonus rule on this form). Those swimmers who did not swim a Geo Q qualifier meet or the Road to Omaha meet may still enter the Q Challenge; however, they may only enter events in which they meet the listed time standards for the Q Challenge, plus bonus events (see bonus rule on this form). Times will be verified through SWIMS.

Bonus Rule: A swimmer automatically qualified in one or two events may enter up to three total events. A swimmer automatically qualified in three or four events may enter up to 5 total events. A swimmer automatically qualified in 5 or more events must meet the qualifying standards in all events entered. There will be no bonus qualifying standards. These rules do not apply to swimmers who have qualified for the Q Challenge via participation in a Geo Committee meet. They may enter up to three events per day and have no requirement to meet automatic time standards (they may enter up to three events per day, regardless of time standard).

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.

Entry Fees: \$14 individual surcharge, \$7.50 per event. Returned checks will incur a service fee per SCS policy. Make checks payable to: **Southern California Swimming**

Mail entries to: **SCS Senior Q Challenge**
C/O Susie Sheppard
11110 Davis Street
Moreno Valley, CA 92557

Email Entries to: **suzshep@roadrunner.com**

No certified, registered, special delivery or mail requiring a signature will be accepted.

Southern California Senior 'Q' Challenge

Entry Deadline 5:00 PM, Wednesday, February 5, 2020

Women	LCM	SCY	Friday, February 14, 2020	SCY	LCM	Men
1	9:52.49	10:57.99	Women 800 Free – Men 1500 Free	17:12.29	17:42.79	2
Saturday, February 15, 2020						
3	2:16.69	1:59:59	200 Meter Freestyle	1:48.79	2:06.59	4
5	1:20.99	1:09.49	100 Meter Breaststroke	1:02.59	1:13.29	6
7	2:32.19	2:13.79	200 Meter Butterfly	2:02.19	2:19.79	8
9	29.49	25.69	50 Meter Freestyle	22.79	26.59	10
11	2:35.39	2:14.19	Women 200 IM – Men 400 IM	4:21.89	5:03.49	12
13	1:11.39	1:01.19	100 Meter Backstroke	55.39	1:05.09	14
15	4:47.59	5:19.49	Women 400 Meter Freestyle			
			Timed Final Men 800	10:16.39	9:20.09	16
Sunday, February 16, 2020						
17	1:09.09	1:00.89	100 Meter Butterfly	54.39	1:02.59	18
19	2:54.49	2:32.39	200 Meter Breaststroke	2:17.09	2:40.19	20
21	1:03.69	55.49	100 Meter Freestyle	49.49	57.69	22
23	5:29.09	4:46.99	Women 400 IM – Men 200 IM	2:01.59	2:22.29	24
25	2:33.39	2:12.29	200 Backstroke	2:00.59	2:21.29	26
			Men 400 Meter Freestyle	4:55.99	4:28.49	27
28	18:54.19	18:16.79	Timed Final Women 1500 Free			

ENTER long course meter times
Meet will be swum LONG COURSE METERS

Friday warm-ups 3:30 PM. Meet starts 5:00 PM
Saturday and Sunday Prelim warm-ups 7:00-8:50 AM. Meet starts at 9:00 AM
Host reserves the right to split and assign two warm-up sessions
Finals warm-up 3:30 PM. Finals start 5:00 PM

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 meet.