

# 2020 Road to Omaha LCM Invitational hosted by GWSC and Southern California Swimming



**SANCTIONED BY:** Southern California Swimming/USA Swimming

**Sanction Number:** #S20-003/Time Trials S20-003A

**SPONSORED BY:** Golden West Swim Club/SCS

**DATE OF MEET:** January 17-20, 2020

**USA Swimming and FINA Athletes:** Heats & Finals

**ENTRIES MUST BE RECEIVED BY:** 5 PM Wednesday, January 8, 2020

**START TIME:** PRELIMS 9 am; FINALS no sooner than 2 hours after end of PRELIMS

**WARM-UP:** Pool will open for warm-up at 7:00 am FRI, SAT, SUN and MON

**ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED. FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION. IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3) AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH. SINGLE TEAM CHECK AND SIGNED HARD COPY MUST BE SUBMITTED. THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED IF NOT IN SWIMS.**

**POOL:** GOLDEN WEST COLLEGE POOL, 15744 GOLDENWEST ST., HUNTINGTON BEACH, CA. Take 405 freeway north or south to Goldenwest St. Go south on Goldenwest St. past McFadden to Golden West College. Park in Lot A, Sections 1-2 near the tennis courts for quick access to the pool. Additional parking available on Gothard, 1 block east of Goldenwest St.

**COURSE:** GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Measurement at Start and Turn End: 4' – 9'.

### ENTRY INTO THE MEET

**ELIGIBILITY & AFFILIATION:** Open to athletes who hold current 2020 USA Swimming, FINA, or USMS membership. USA Swimming registration application must be received by SCS Office by January 8, 2020. There are substantial penalties for swimmer and club (2020 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**QUALIFYING TIMES:** Team entries may be submitted electronically (signed hard-copy and single team check must be submitted). Individual entries may be made on Southern California Swimming consolidated entry forms. Swimmers must have achieved the time standard after September 1, 2018. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day. **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.**

**NOTE:** If Standard is achieved in YARDS, enter event with 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".

Enter BONUS events with swimmer's actual time: indicate "YB" on entry for BONUS time achieved in YARDS, indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS.

**National Qualifiers may enter at the National meter minimum; please indicate on entry.**

**PROOF OF TIME:** This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE: A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered.**

**THE MEET WILL BE LIMITED TO THE FIRST 800 SWIMMERS (FIRST COME, FIRST SERVED).**

**MAKE CHECKS PAYABLE TO:  
and MAIL ENTRIES TO:**

**SOUTHERN CALIFORNIA SWIMMING  
Judi Divan  
33561 Calle Miramar  
San Juan Capistrano, CA 92675**

**Or E-MAIL ENTRIES TO:**

**[divanj@cox.net](mailto:divanj@cox.net)**

**For Information, call Tracy Maurer at (231) 330-1061 or email [tracymaurer60@gmail.com](mailto:tracymaurer60@gmail.com)  
-or- call Southern California Swimming at (310) 684-1151.**

**ENTRY FEES:** \$7.50 per individual event plus \$14.00 per swimmer surcharge. E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM postmark would queue before a 10 PM 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 SCS 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. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

**ENTRIES CLOSE:** Emailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on January 8, 2020 will be rejected.

### **RULES AND PROCEDURES**

**MEET REFEREE:** The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to **Richard Davis**, e-mail: [richard.e.davis@gte.net](mailto:richard.e.davis@gte.net)

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2020 SCS Swim Guide): the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for all events except the 800 & 1500 Freestyle. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top 8 places only) except last day will be removed from the remainder 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.

If warranted, the meet will be swum in 'A' and 'B' flights on all days. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. Anticipate a flighted meet. Flight decision will be announced Monday, January 13, 2020.

**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, 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.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. **Ony swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.**

**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.

**DECK CHANGES:** Deck changes are prohibited.

**RACING START CERTIFICATION:** *Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.*

**DISTANCE EVENTS:** The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures.

- \* Sunday: The fastest 8 entrants checked in for the Women's 1500 Free will swim in finals. The fastest 8 entrants checked in for the Men's 800 Free will swim in Finals. All other heats of Women's 1500/Men's 800 will be swum at the end of prelims, fastest to slowest, alternating Women and Men.
- \* Monday: The fastest 8 entrants checked in for the Women's 800 Free will swim in finals. The fastest 8 entrants checked in for the Men's 1500 Free will swim in Finals. All other heats of Women's 800/Men's 1500 will be swum at the end of prelims, fastest to slowest, alternating Women and Men.

### **SCRATCH DEADLINES:**

***Scratches: Friday 1/17 8:00 a.m. for Saturday events; Friday 1/17 5:30 pm for Saturday's events;  
Saturday 1/18 5:30 pm for Sunday's events;  
Sunday 1/19 5:30 p.m. for Monday's events.***

### **POSITIVE CHECK-IN DEADLINES:**

***Saturday, 1/18 5:30 p.m. Positive checkin for Sunday's Women's 1500 Free and Men's 800 Free.  
Sunday 1/19 5:30 p.m. Positive checkin for Monday's Men's 1500 Free and Women's 800 Free.***

***A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.***

**WARMUP:** From 7:00-8:15 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING**. From 8:15-8:50 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No paddles will be allowed in the competition pool. The small pool will be available for warm-up/cool down at all times - No diving at any time. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

**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.**

**Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), govern this meet.**

**DECK-ENTERED TIME TRIALS - Sanction No: #S20-003A**

**DATES:** January 17-20, 2020

**TIME:**

Following the Preliminary sessions if time permits.

**ENTRY:** Deck entry

**ENTRY FEE:**

\$15.00/event (check/cash buys card at Clerk of Course).  
after seeding. No refunds after Time Trials are seeded.

**EVENTS:** Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

**ELIGIBILITY:** Open to USA Swimming or FINA registered swimmers entered in the meet .

# 2020 Road to Omaha LCM Invitational

## hosted by GWSC and Southern California Swimming

SANCTIONED BY: Southern California Swimming/USA Swimming

Sanction Number: #S20-003/Time Trials S20-003A

SPONSORED BY: Golden West Swim Club/SCS

DATE OF MEET: January 17-20, 2020

USA Swimming and FINA Athletes: Heats & Finals

ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, January 8, 2020

Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order

Automatic Timing - Open to 2020 USA Swimming and FINA Athletes

WOMEN			MEN			
Event No.	Time LCM	Time SCY	Event Name	Time LCM	Time SCY	Event No.
<b>FRIDAY - 01/17/20</b>						
1	5:29.09	4:46.99	400 Meter Individual Medley	5:03.49	4:21.89	2
3	1:09.09	1:00.89	100 Meter Butterfly			
			100 Meter Breaststroke	1:13.29	1:02.59	4
5	1:11.39	1:01.19	100 Meter Backstroke			
			400 Meter Freestyle	4:28.49	4:55.99 Enter 500 Y Free Time	6
<b>SATURDAY - 01/18/20</b>						
7	2:16.69	1:59.59	200 Meter Freestyle	2:06.59	1:48.79	8
9	1:20.99	1:09.49	100 Meter Breaststroke			
			100 Meter Backstroke	1:05.09	55.39	10
11	4:47.59	5:19.49 Enter 500Y Free Time	400 Meter Freestyle			
			200 Meter Butterfly	2:19.79	2:02.19	12
13	2:35.39	2:14.19	200 Meter Individual Medley			
<b>SUNDAY - 01/19/20</b>						
14	18:54.19	18:16.79 Enter 1650Y Free Time	1500 Meter Freestyle			
			100 Meter Freestyle	57.69	49.49	15
16	2:32.19	2:13.79	200 Meter Butterfly			
			200 Meter Breaststroke	2:40.19	2:17.09	17
			800 Meter Freestyle	9:20.09	10:16.39 Enter 1000Y Free Time	18
19	1:03.69	55.49	100 Meter Freestyle			
			200 Meter Backstroke	2:21.29	2:00.59	20
<b>MONDAY - 01/20/20</b>						
21	2:54.49	2:32.39	200 Meter Breaststroke			
			200 Meter Individual Medley	2:22.29	2:01.59	22
23	9:52.49	10:57.99 Enter 1000Y Free Time	800 Meter Freestyle			
			100 Meter Butterfly	1:02.59	54.39	24
25	2:33.39	2:12.29	200 Meter Backstroke			
26	29.49	25.69	50 Meter Freestyle	26.59	22.79	27
			1500 Meter Freestyle	17:42.79	17:12.29 Enter 1650Y Free Time	28

Individual Entries must be made on Southern California Swimming consolidated entry forms.  
Team entries may be submitted electronically (signed hard copy and single team check must be submitted).  
This is a Proof of Time Meet. Entries will be run through SWIMS Times Recon prior to the meet.

If Standard is achieved in YARDS, enter event with 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'.

Enter BONUS events with swimmer's ACTUAL time; indicate 'YB' for BONUS time achieved in YARDS, 'LB' for BONUS time achieved in LONG COURSE METERS.

**Nationals Qualifiers may enter at the National meter minimum; please indicate on entry:**

**NOTE: A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered.**

**DISTANCE EVENTS:** The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures.

- \* Sunday: The fastest 8 entrants checked in for the Women's 1500 Free will swim in finals. The fastest 8 entrants checked in for the Men's 800 Free will swim in Finals. All other heats of Women's 1500/Men's 800 will be swum at the end of prelims, fastest to slowest, alternating Women and Men.
- \* Monday: The fastest 8 entrants checked in for the Women's 800 Free will swim in finals. The fastest 8 entrants checked in for the Men's 1500 Free will swim in Finals. All other heats of Women's 800/Men's 1500 will be swum at the end of prelims, fastest to slowest, alternating Women and Men.

**THE MEET WILL BE LIMITED TO THE FIRST 800 SWIMMERS (FIRST COME, FIRST SERVED).**

**For Information, call Tracy Maurer at (231) 330-1061 or email [tracymaurer60@gmail.com](mailto:tracymaurer60@gmail.com)**  
**-or- call Southern California Swimming at (310) 684-1151**