

PST April RW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming Sanction No. S18-074

Sponsored By: PST & Eastern Committee

Received by deadline: 5:00 pm, Wednesday, March 28, 2018

Date of Meet: April 7 and 8

Start of Meet: 8:30 am, Saturday & Sunday

Warm-up: 7:00 am, Saturday & Sunday

POOL: Grand Terrace High School 21810 W Main St. Grand Terrace, CA, 92313

DIRECTIONS: Take I-215, take exit 37 toward Iowa Ave. Turn right on S Iowa Ave. Turn left on W Main St. The pool is on the west side of the campus COURSE: Outdoor 25yd pool with 8 competition lanes and 4 warm-up warm-down lanes. The competition course has been certified in accordance with 104.2.2(C). Pool Depth at Start End Lane 1 = 7'0" Lane 10=7'0", Turn End Lane 1 = 7'0", lane 10=7'0".

WARM-UP Procedures: Safety Rule: All swimmers must use a three point slide in entries when entering the pool for warm up or warm down. 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.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Jason Rothlein, jtrothlein@gmail.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 55 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 April 7, 2018 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 Freestyle are requested to furnish their own lap counters and timers for three heats. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day.**

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 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 all Eastern Committee athletes who hold 2018 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. Coaches and swimmers should be prepared to verify all submitted times. Swimmers may not enter events in which they have achieved the MAXIMUM time listed or faster. Discrepancies in submitted times could lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS: Red Division: Ribbons 1st - 6th place White Division: Ribbons: 1st - 6th place Relays: Ribbons 1st - 3rd place

ENTRY FEES: **\$3.50** for each individual event along with a **\$8.00** 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. (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 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. 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 \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, March 28, 2018. 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: Alina de Armas
PO Box 63
Simi Valley, CA 93062

Email for team electronic entries only:

alina@dearmas.co (or any questions) 805-444-0317

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.

High School swimmers are responsible for making sure they are Unattached at this meet.

PST "Great Like Chocolate Cake Invitational" RW SC Meet
April 7 - April 8, 2018

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday March 28, 2018

This meet is subject to the 4 hour rule per session.

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

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

400 and 500 yd events will be swum alternating girls and boys, swimmers are requested to provide own timers, and lap counters (500).

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

Saturday

Girls	Min/Max				Min/Max	Boys
1	/1:41.21	5-8	100 yd	RW	IM	2
3	3:23.50/3:06.51	7-10	200 yd	R	IM	4
		11-12	200 yd	RW	IM	5
6	/48.11	5-8	50 yd	RW	Backstroke	7
8	/40.51	7-10	50 yd	RW	Backstroke	9
		11-12	50 yd	RW	Backstroke	10
11	/28.81	5-8	25 yd	RW	Breaststroke	12
13	/1:40.01	7-10	100 yd	RW	Breaststroke	14
		11-12	100 yd	RW	Breaststroke	15
16	/1:28.41	5-8	100 yd	RW	Freestyle	17
18	/1:14.71	7-10	100 yd	RW	Freestyle	19
		11-12	100 yd	RW	Freestyle	20
21	/25.61	5-8	25 yd	RW	Butterfly	22
23	/38.31	7-10	50 yd	RW	Butterfly	24
		11-12	50 yd	RW	Butterfly	25
26	DECK	5-8	100 yd		Medley Relay	27
	ENTERED	11-12	200 yd		Medley Relay	28
29		7-10	200 yd		Medley Relay	30
		11-12	500 yd	R	Freestyle	31

Minimum 45 minute break between sessions

32	/2:46.21	11-12	200 yd	RW	IM	
	/2:36.61	13-14	200 yd	RW	IM	
33	/2:37.71	15-up	200 yd	RW	IM	34
	/34.31	11-12	50 yd	RW	Butterfly	
35	/1:11.01	13-14	100 yd	RW	Butterfly	37
36	/1:11.01	15-up	100 yd	RW	Butterfly	39
40	/1:28.91	11-12	100 yd	RW	Breaststroke	
	/3:01.71	13-14	200 yd	RW	Breaststroke	42
41	/3:00.81	15-up	200 yd	RW	Breaststroke	
	/36.21	11-12	50 yd	RW	Backstroke	
43	/2:39.61	13-14	200 yd	RW	Backstroke	45
	/2:33.81	15-up	200 yd	RW	Backstroke	
44	/1:06.71	11-12	100 yd	RW	Freestyle	
46	/1:03.41	13-14	100 yd	RW	Freestyle	48
47	/1:02.81	15-up	100 yd	RW	Freestyle	50
49	ENTERED	11-12	200 yd		Medley Relay	53
51	DECK	13-up	200 yd		Medley Relay	53
	/5:59.61	13-14	500 yd	RW	Freestyle	
	/5:57.41	15-up	500 yd	RW	Freestyle	55
54	6:59.50/6:24.60	11-12	500 yd	R	Freestyle	

Sunday

Girls	Min/Max				Min/Max	Boys
56	/1:26.61	7-10	100 yd	RW	IM	57
		11-12	100 yd	RW	IM	58
59	/21.71	5-8	25 yd	RW	Freestyle	60
61	2:56.80/2:42.01	7-10	200 yd	R	Freestyle	62
		11-12	200 yd	RW	Freestyle	63
64	/46.31	5-8	50 yd	RW	Butterfly	65
66	/1:29.31	7-10	100 yd	RW	Butterfly	67
		11-12	100 yd	RW	Butterfly	68
69	/40.51	5-8	50 yd	RW	Freestyle	70
71	/33.91	7-10	50 yd	RW	Freestyle	72
		11-12	50 yd	RW	Freestyle	73
74	/26.61	5-8	25 yd	RW	Backstroke	75
76	/1:28.61	7-10	100 yd	RW	Backstroke	77
		11-12	100 yd	RW	Backstroke	78
79	/52.31	5-8	50 yd	RW	Breaststroke	80
81	/45.61	7-10	50 yd	RW	Breaststroke	82
		11-12	50 yd	RW	Breaststroke	83
84	DECK	5-8	100 yd		Freestyle Relay	85
	ENTERED	7-10	200 yd		Freestyle Relay	87
		11-12	200 yd		Freestyle Relay	88

Minimum 45 minute break between sessions

89	/2:24.11	11-12	200 yd	RW	Freestyle	
	/2:16.11	13-14	200 yd	RW	Freestyle	
90	/2:16.41	15-up	200 yd	RW	Freestyle	91
92	/1:17.91	11-12	100 yd	RW	Backstroke	
93	/1:14.11	13-14	100 yd	RW	Backstroke	94
95	/1:14.51	15-up	100 yd	RW	Backstroke	96
97	/30.71	11-12	50 yd	RW	Freestyle	
98	/29.31	13-14	50 yd	RW	Freestyle	99
100	/29.31	15-up	50 yd	RW	Freestyle	101
102	/1:16.11	11-12	100 yd	RW	Butterfly	
	/2:40.51	13-14	200 yd	RW	Butterfly	104
103	/2:36.61	15-up	200 yd	RW	Butterfly	
105	/40.81	11-12	50 yd	RW	Breaststroke	
106	/1:23.41	13-14	100 yd	RW	Breaststroke	107
108	/1:23.91	15-up	100 yd	RW	Breaststroke	109
110	/1:17.71	11-12	100 yd	RW	IM	
111	DECK	13-up	200 yd		Freestyle Relay	112
	ENTERED	11-12	200 yd		Freestyle Relay	
113	6:07.30/5:36.61	13-14	400 yd	R	IM	
114	5:51.50/5:22.01	15-up	400 yd	R	IM	115