

SET SWIM TEAM LONG COURSE "BR" AGE GROUP SWIM MEET

DATE OF MEET: **May 31, June 1 & 2, 2019**

Sanctioned by: USA Swimming and SCS
Sanction Number: S19-149
Sponsored by: SET Swim Team
Orange Committee

ENTRIES RECEIVED BY 5:00 PM: **May 22, 2019 (Wednesday)**

WARM UP TIME: 4:00 PM (Fri), 7:00 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 8:30 AM (Sat/Sun)

The following Orange Committee Teams may enter this meet: AAM, AQUA, BACK, CMAC, COTO, DA, EAST, GSC, LTSC, NBS, ORCA, RIPT, SCAT, SEAL, SET, SPLA, SWRD, WASC
Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the Morning Session

- POOL:** EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North: Take I-5 or I-405 South, exit Lake Forest Drive. Go left to Serrano, turn Right, Parking and Pool on right hand side.
- COURSE:** EL TORO HIGH SCHOOL POOL is an outdoor 50 meter by 25 yard pool with 10 25 yard lanes. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point slide in entries into the pool for warm up, no jumping or diving in.
- MEET REFEREE:** Richard Davis shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly at Richard.e.davis@gte.net.
- RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2018 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on May 31, 2019. All coaches and officials on deck must complete the CDC or NFHS Concussion course.
- SPECIAL NOTICE:** Swimmers may swim a maximum of THREE (3) events per day. Out of District swimmers/teams are welcome, however, their entries will only be accepted once all Orange Committee member entries are accepted and the "4 hour" rule is met. **SET will limit entries to meet the "4 Hour" rule for each session. 7-8 year old swimmers may enter 5-8 or 7-10 events, but not a combination. Only swimmers 11 years and older who meet the stated time standard may enter OPEN events. Please note: Swimmers may enter a stroke and distance only once even if it is offered twice.** 400 IM and 1500 free will swim alternating girls and boys heats. Boys 800 free and girls 1500 free will swim Saturday alternating heats; girls 800 free and boys 1500 free will swim Sunday alternating heats. Swimmers are requested to provide a timer for 3 heats. Lap counters for 800/1500 are the swimmer's responsibility. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- RECORDING DEVICES & MEDIA:** 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 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.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming 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. 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 ATHLETES WHO ARE 2019 USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. **NO ON-DECK ENTRIES.** Registration application must be **received by Wednesday, May 22, 2019** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.
- CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. After entries close Meet Admin will convert non-conforming times for seeding purposes only.
- QUALIFYING TIMES:** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2019 Swim Guide for exceptions).
- AWARDS:** INDIVIDUAL EVENTS: RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 5/6, 7/8, 7-10 and 11/12, 13 & Up. OPEN events will not be awarded.
- ENTRY FEE:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card.** E-mail entry (entry.zipfile) 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 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. 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 5 PM, WEDNESDAY, MAY 22, 2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** **To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED. PLEASE MAIL IN A BUSINESS SIZE ENVELOPE.

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|---|-------------------------------|
| MAKE CHECKS PAYABLE TO: | SOUTHERN CALIFORNIA SWIMMING |
| EMAIL TO: | divanj@cox.net |
| And MAIL TO: | JUDI DIVAN |
| (Include Swimmer's name and SCS Number) | 33561 CALLE MIRAMAR |
| | SAN JUAN CAPISTRANO. CA 92675 |

For further meet Information EMAIL: setswimteam@gmail.com

Receipt of entry will not be verified by phone.

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.

SET SWIM TEAM LONG COURSE "BR" AGE GROUP SWIM MEET

Date of Meet: May 31, June 1 & 2, 2019

Entries Due: **MAY 22, 2019 (Wednesday)**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

SUBMIT BEST RECORDED LONG COURSE METER TIMES

SET WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE

Swimmers will be limited to a maximum of 3 events per day

RELAYS WILL BE SWUM TIME PERMITTING.

Swimmers entering Open events must be at least 11 years old and have achieved the stated time standard

7-8 year old swimmers may swim in 5-8 or 7-10 events but not a combination.

| Girls | | Friday, May 31, 2019 5:00 pm | | | Boys | |
|-------|---------|------------------------------|-----------------------------|--------------------|---------|-----|
| No. | Age | Minimum | Event | Minimum | Age | No. |
| 1 | 11/12 | 3:25.00 | 200 Meter Individual Medley | 3:25.30 | 11/12 | 2 |
| 3 | OPEN | 6:31.20 | 400 Meter Individual Medley | 6:32.30 | OPEN | 4 |
| 5 | 11/12 | 6:18.80 | 400 Meter Freestyle | 6:18.10 | 11/12 | 6 |
| 7 | 13 & Up | Red for Age | 400 Meter Freestyle | Red for Age | 13 & Up | 8 |

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| Girls | | Saturday, June 1, 2019 8:30 am | | | Boys | |
|-------|-------|--------------------------------|------------------------|----------------|-------|-----|
| No. | Age | Minimum | Event | Minimum | Age | No. |
| 9 | 7-10 | 3:19.30 | 200 Meter Freestyle | 3:19.00 | 7-10 | 10 |
| 11 | 11/12 | 2:57.70 | 200 Meter Freestyle | 2:58.40 | 11/12 | 12 |
| 13 | 7-10 | 1:49.70 | 100 Meter Butterfly | 1:49.80 | 7-10 | 14 |
| 15 | 11/12 | 1:35.30 | 100 Meter Butterfly | 1:36.10 | 11/12 | 16 |
| 17 | 7-10 | 50.60 | 50 Meter Backstroke | 50.50 | 7-10 | 18 |
| 19 | 5-8 | 1:05.30 | 50 Meter Backstroke | 1:03.80 | 5-8 | 20 |
| 21 | 11/12 | 45.40 | 50 Meter Backstroke | 45.80 | 11/12 | 22 |
| 23 | 7-10 | 41.90 | 50 Meter Freestyle | 41.50 | 7-10 | 24 |
| 25 | 5-8 | 54.70 | 50 Meter Freestyle | 53.30 | 5-8 | 26 |
| 27 | 11/12 | 38.00 | 50 Meter Freestyle | 37.60 | 11/12 | 28 |
| 29 | 7-10 | 56.00 | 50 Meter Breaststroke | 56.00 | 7-10 | 30 |
| 31 | 5-8 | 1:10.30 | 50 Meter Breaststroke | 1:08.50 | 5-8 | 32 |
| 33 | 11/12 | 50.20 | 50 Meter Breaststroke | 49.80 | 11/12 | 34 |
| 35 | 5-10 | By Coach | 200 Meter Medley Relay | By Coach | 5-10 | 36 |
| 37 | 11/12 | Deck Entered | 200 Meter Medley Relay | Deck Entered | 11/12 | 38 |

Second Session will begin no sooner than 10:30am

| | | | | | | |
|----|---------|--------------------|------------------------|--------------------|---------|----|
| 39 | 13 & Up | Red for Age | 200 Meter Freestyle | Red for Age | 13 & Up | 40 |
| 41 | 13 & Up | Red for Age | 100 Meter Butterfly | Red for Age | 13 & Up | 42 |
| 43 | OPEN | 3:31.00 | 200 Meter Breaststroke | 3:31.20 | OPEN | 44 |
| 45 | 13 & Up | Red for Age | 50 Meter Freestyle | Red for Age | 13 & Up | 46 |
| 47 | OPEN | 3:09.20 | 200 Meter Backstroke | 3:11.80 | OPEN | 48 |
| 49 | 13 & Up | Deck Entered | 400 Meter Medley Relay | By Coach | 13 & Up | 50 |

10 Minute Break at the discretion of the referee

| | | | | | | |
|----|------|-----------------|----------------------|-----------------|------|----|
| | | | 800 Meter Freestyle | 11:43.70 | OPEN | 51 |
| 52 | OPEN | 22:11.60 | 1500 Meter Freestyle | | | |

| Girls | | Sunday, June 2, 2019 8:30 am | | | Boys | |
|-------------------------------------|-------|------------------------------|-----------------------------|----------------|-------|-----|
| No. | Age | Minimum | Event | Minimum | Age | No. |
| 53 | 7-10 | 3:49.30 | 200 Meter Individual Medley | 3:50.40 | 7-10 | 54 |
| 55 | 11/12 | 1:49.10 | 100 Meter Breaststroke | 1:49.20 | 11/12 | 56 |
| 57 | 7-10 | 2:02.40 | 100 Meter Breaststroke | 2:03.10 | 7-10 | 58 |
| 59 | 11/12 | 41.90 | 50 Meter Butterfly | 42.70 | 11/12 | 60 |
| 61 | 7-10 | 47.20 | 50 Meter Butterfly | 47.00 | 7-10 | 62 |
| 63 | 5-8 | 1:02.40 | 50 Meter Butterfly | 1:03.20 | 5-8 | 64 |
| 65 | 11/12 | 1:37.60 | 100 Meter Backstroke | 1:39.00 | 11/12 | 66 |
| 67 | 7-10 | 1:50.30 | 100 Meter Backstroke | 1:50.50 | 7-10 | 68 |
| 69 | 11/12 | 1:22.40 | 100 Meter Freestyle | 1:22.00 | 11/12 | 70 |
| 71 | 7-10 | 1:32.00 | 100 Meter Freestyle | 1:31.60 | 7-10 | 72 |
| 73 | 5-8 | 1:59.20 | 100 Meter Freestyle | 1:54.60 | 5-8 | 74 |
| 75 | 7-10 | 3:02.70 | 400 Meter Freestyle | 3:02.40 | 7-10 | 76 |
| Enter with 200 Meter Freestyle Time | | | | | | |
| 77 | 11/12 | Deck Entered | 200 Meter Freestyle Relay | Deck Entered | 11/12 | 78 |
| 79 | 5-10 | By Coach | 200 Meter Freestyle Relay | By Coach | 5-10 | 80 |

Second Session will begin no sooner than 10:30am

| | | | | | | |
|----|---------|--------------------|-----------------------------|--------------------|---------|----|
| 81 | 13 & Up | Red for Age | 200 Meter Individual Medley | Red for Age | 13 & Up | 82 |
| 83 | 13 & Up | Red for Age | 100 Meter Freestyle | Red for Age | 13 & Up | 84 |
| 85 | 13 & Up | Red for Age | 100 Meter Backstroke | Red for Age | 13 & Up | 86 |
| 87 | OPEN | 3:05.70 | 200 Meter Butterfly | 3:07.20 | OPEN | 88 |
| 89 | 13 & Up | Red for Age | 100 Meter Breaststroke | Red for Age | 13 & Up | 90 |
| 91 | 13 & Up | Deck Entered | 400 Meter Freestyle Relay | By Coach | 13 & Up | 92 |

10 Minute Break at the discretion of the referee

| | | | | | | |
|----|------|-----------------|----------------------|-----------------|------|----|
| 93 | OPEN | 11:44.20 | 800 Meter Freestyle | | | |
| | | | 1500 Meter Freestyle | 22:10.90 | OPEN | 94 |

The 400 Meter IM and the 400, 800 & 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle are requested to provide timers for three heats.

Swimmers in the 800 and 1500 Meter Freestyle are requested to provide their own lap counters

7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle Time that meets the minimum time standard.