

**Metro Committee B, R, W Short Course Swim Meet**  
**Hosted by the BARRACUDA AQUATIC Club**  
**January 26-27, 2019**  
**ENTRIES DUE: Wednesday, January 16, 2019**

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-024

Warm-up: 7:00 a.m. (Sat/ Sun)

Start of Meet: 8:30 a.m. (Sat/Sun)

Afternoon warm-up will begin immediately following AM session. Afternoon session will start 45 minutes after AM session.

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**MAXIMUM 3 INDIVIDUAL AND 1 RELAY EVENT PER DAY, 8 FOR THE MEET**  
**BAC WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE.**

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**POOL:** La Mirada Splash Regional Aquatic Center, 13806 La Mirada Blvd, La Mirada. From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, center on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, center on right. Pool is outdoor, all deep 50 meter pool with 8 or 10 competition lanes; separate 25 yard warm up pool; Colorado scoreboard. Course is 2 meters deep at start and turn ends. This competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming.

**COURSE:** Outdoor 50 meter by 25-yard pool, with up to 10 short course competition lanes. The warm up and cool down pool will be available in the main 50 meter pool on the east side of the bulkhead.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 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 30 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:** Tom Mirabella: tommy1ton@verizon.net Any questions regarding the conduct of the meet should be directed to the referee.

**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 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 6 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 1/26/2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and 1650 Freestyle events are to furnish their own timers and lap counters. Events will be swum fastest to slowest. Swimmer may swim a maximum of 3 individual events per day. Swimmers must be at least 11 years old and meet the minimum time std to enter open events. 7-8 swimmers must choose to swim as 5-8 OR 7-10 not any combination thereof. All coaches and officials on deck must complete the CDC or NFHS Concussion online 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 during 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 prohibited at this competition. See SCS 'Tech Suit' Policy at [www.scs.org](http://www.scs.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 Metro Committee athletes who hold a 2019 USA Swimming Registration. Registration application must be received by **Wednesday January 16, 2019** by the 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 **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, non-conforming times will be converted by Meet Administration for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** 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 at minimum (see 2019 Swim Guide for exceptions).

**AWARDS:** Blue Division: Medals 1<sup>st</sup> - 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> - 8<sup>th</sup> place Red Division: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place  
White Division: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place Relays: Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> place

**ENTRY FEES:** \$4.00 for each individual event along with a \$ 10.50 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. 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 \$7.00 each, payable on entry. **Entry times will not be changed after the entry deadline.**

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 16, 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.**

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**NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.**

Make Checks payable to Southern California Swimming

Questions: BAC Office 562-382-7749

Email for team electronic entries only: [ocpswim@hotmail.com](mailto:ocpswim@hotmail.com) MAIL AND WALKIN ENTRIES TO: Carol Peña 413 E 212 Th St Carson Ca 90745

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

**BAC reserves the right, based on low registration to convert the meet to a single session.**

**Teams will be notified at least 48 hours BEFORE the start of the meet if this change is to happen.**

# BARRACUDA AQUATIC CLUB

B,R,W Short Course Meet

Sanction No. S19-024

Enter Short Course Times

January 26 & 27, 2019

Enter Short Course Times

ENTRIES DUE: Wednesday, January 16, 2019

Saturday, January 26, 2019

Sunday, January 27, 2019

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
1	3:23.50		200 IM	7-10	3:24.50	2
			200 IM	11-12		3
4			100 IM	5-8		5
6			50 Breaststroke	7-10		7
			50 Breaststroke	11-12		8
9			25 Fly	5-8		10
11			50 Fly	7-10		12
			50 Fly	11-12		13
14			25 Freestyle	5-8		15
16			100 Freestyle	7-10		17
			100 Freestyle	11-12		18
19			50 Backstroke	7-10		20
			50 Backstroke	11-12		21
22			100 Fly	7-10		23
24	MIXED		100 Medly Relay	5-8		
25	Relays Time		200 Medly Relay	7-10	Relays Time	26
	Permitting		200 Medly Relay	11-12	Permitting	27
28	5:48.20	OPEN	400 IM	OPEN	5:48.90	29

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
			200 Freestyle	11-12		60
61	2:56.80		200 Freestyle	7-10	2:56.50	62
63			100 Freestyle	5-8		64
			100 Breaststroke	11-12		65
66			100 Breaststroke	7-10		67
68			25 Breaststroke	5-8		69
			50 Freestyle	11-12		70
71			50 Freestyle	7-10		72
73			50 Freestyle	5-8		74
75			100 Backstroke	7-10		76
			100 Backstroke	11-12		77
78			25 Backstroke	5-8		79
			100 IM	11-12		80
81			100 IM	7-10		82
			100 Fly	11-12		83
84	MIXED		100 Free Relay	5-8		
85	Relays Time		200 Free Relay	7-10	Relays Time	86
	Permitting		200 Free Relay	11-12	Permitting	87
88	2:46.20	OPEN	200 Backstroke	OPEN	2:51.40	89

**SWIMMERS MAY SWIM A MAXIMUM 8 EVENTS FOR THE MEET. 3 INDIVIDUAL AND 1 RELAY FOR A TOTAL OF 4 EVENTS PER DAY.**

**BAC WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE - MAIL EARLY**

Afternoon warm-up will begin immediately after AM session.

Afternoon session will start 45 minutes after the end of AM session.

Afternoon Session 2						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
30	2:43.20	OPEN	200 Fly	OPEN	2:47.40	31
32			200 IM	11-12		
33			200 IM	13-14		34
35			200 IM	15-UP		36
37			50 Fly	11-12		
38			100 Fly	13-14		39
40			100 Fly	15-UP		41
42			100 Backstroke	11-12		
43			100 Backstroke	13-14		44
45			100 Backstroke	15-UP		46
47			100 Freestyle	11-12		
48			100 Freestyle	13-14		49
50			100 Freestyle	15-UP		51
52			50 Breaststroke	11-12		
53	Relays		200 Medly Relay	11-12	Relays	
54	Time		200 Medly Relay	13-14	Time	55
56	Permitting		200 Medly Relay	15-UP	Permitting	57
58	6:24.60	OPEN	500 Freestyle	OPEN	6:29.80	59

Afternoon Session 4						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
90	3:08.80	OPEN	200 Breaststroke	OPEN	3:09.00	91
92			200 Freestyle	11-12		
93			200 Freestyle	13-14		94
95			200 Freestyle	15-UP		96
97			100 IM	11-12		
98			100 Breaststroke	13-14		99
100			100 Breaststroke	11-12		
101			100 Breaststroke	15-UP		102
103			50 Freestyle	11-12		
104			50 Freestyle	13-14		105
106			50 Backstroke	11-12		
107			50 Freestyle	15-UP		108
109			100 Fly	11-12		
110	Relays		200 Free Relay	11-12	Relays	
111	Time		200 Free Relay	13-14	Time	112
113	Permitting		200 Free Relay	15-UP	Permitting	114
115	21:32.10	OPEN	1650 Free Open	OPEN	21:51.50	116

**All Relays are deck entered.**

The 1650 will swim fastest to slowest alternating girls and boys. Swimmers in the Open 500 and 1650 Freestyle event are requested to provide their own timers and lap counters.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.

**7-8 swimmers must choose to swim either "5-8" or "7-10" (not any combination).**

**Legal Mixed 5-8 relays consist of 2 Girls and 2 Boys**

**Entry times will not be changed after the entry deadline.**

5-6 swimmers meeting the listed time standard or the following conditions may enter 7-10 events.

A swimmer may swim "up" (not "down") one distance:

- If swimmer's time meets 5-8 Red standard for 50 of stroke, may enter 100 of stroke.
- If swimmer's time meets 5-8 Blue standard for 100 free or 100 IM, may enter 200 free or 200 IM
- If swimmer has equaled or bettered 5-8 Red standard in three events, may enter 100 back, breast and or fly
- If swimmer has equaled or bettered 5-8 Blue standard in three events may enter 200 free or 200 IM