

Pacific/Metro Committee Senior Q Meet

January 18-19, 2020

Hosted by Los Angeles Swim Club

ENTRIES DUE: Must be received by 5:00 pm, Tuesday, Jan 14, 2020

Warm Up: 7:30 am

START TIME: Saturday/Sunday, 8:30 am

Sanctioned by: USA Swimming & Southern California Swimming

Sponsored By: LASC

Date of Meet: Saturday Jan 18 & Sunday Jan 19, 2020

Warm-up: 7:30 am

POOL: Castaic Aquatic Center, 31350 Castaic Rd. Castaic, CA 91384

DIRECTIONS: Please use Google Maps or a like service for directions.

COURSE: Outdoor 25 yard x 50 meter with 8-10 competition lanes and 6-8 warm down lanes. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 7 ft., turn end 7 ft.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:20 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

Leanne Colvin - Ltc5@hotmail.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. **SWIMMERS MUST CHECK IN with the clerk of course 30 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. Timers are requested to be provided by each team. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 individual events per day.** **Concussion Protocol:** All coaches and officials on deck must have completed the CDC or NFHS Concussion 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 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 permitted at this meet. Please see the Tech Suit Policy on the SCS website: www.socalswim.org.

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 **Metro** and **Pacific Committee** athletes who hold 2020 USA Swimming Registration who are **12 or older on the day of the meet.** 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. **All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.**

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 (**NO WORK OUT TIMES**). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: No awards will be handed out.

ENTRY FEES: \$5.50 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. Prior to entry deadline 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 \$10.00 per relay team, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5pm, Jan 14th. 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

Questions: Alina de Armas 805-444-0317

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

WOMEN			SATURDAY EVENTS	MEN		
EV #	METERS	YARDS		YARDS	METERS	EV #
1	2:42.30	2:23.30	200 IM	2:11.00	2:28.70	2
3	30.70	26.90	50 Freestyle	24.20	27.70	4
5	1:14.50	1:05.80	100 Butterfly	58.30	1:06.20	6
7	1:28.10	1:17.50	100 Breaststroke	1:09.40	1:19.10	8
9	1:16.40	1:07.70	100 Backstroke	1:01.40	1:09.30	10
11	4:57.70	5:33.50	500 Freestyle	5:15.00	4:41.40	12
13	5:40.69	5:01.49	400 IM	4:34.59	5:13.09	14

WOMEN			SUNDAY EVENTS	MEN		
EV #	METERS	YARDS		YARDS	METERS	EV #
15	2:23.10	2:06.00	200 Freestyle	1:55.20	2:11.10	16
17	2:47.70	2:28.90	200 Backstroke	2:17.20	2:34.70	18
19	3:10.90	2:48.30	200 Breaststroke	2:33.40	2:54.30	20
21	1:06.40	58.30	100 Freestyle	52.70	1:00.10	22
23	2:54.00	2:34.20	200 Butterfly	2:18.30	2:36.40	24
25	10:31.80	11:47.80	1000 Freestyle	11:20.20	10:07.10	26

*** A swimmer with Winter Junior Nationals time in an event will swim that event as exhibition.

Swimmers need to supply both lap counters and timers for the 1000 Freestyle

A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer can swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for one or two individual events may enter the event(s) and up to three total events; a swimmer who meets the automatic time standard for three or four events may enter the events and up to five total events; a swimmer meeting the automatic time standard in five or more events must prove all events entered. Label bonus events "B". Please enter bonus events with the best short course time available in SWIMS.

All events will be swum fastest to slowest. The 1000 free events will be swum fastest to slowest with alternating heats of Women and Men.