

RST "It's Swimtember" BRW SC Meet

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S17-256

Sponsored By: RST & Eastern Committee

Received by deadline: 5:00 pm, September 6, 2017

Date of Meet: September 15-17, 2017

Friday warm up at 4:00 pm; Meet start at 5:00 pm

Friday night session ONLY - POOL: Crafton Hills College Aquatics Center - 11711 Sand Canyon Road, Yucaipa, CA 92399

CLOSED DECK - only athletes, officials, coaches, and volunteer workers will be permitted on deck. **NO FOOD ALLOWED ON DECK.** Teams may set up tarps/EZ Ups in grass area only, no folding chairs or tarps/EZ Ups in spectator bleachers. **NO PARKING PERMIT REQUIRED.** Additional meet parking in lots I & H. **NO RV, TRAILERS, OR CAMPERS** allowed in the aquatic parking lot. All RVs, trailers, or campers must park in Lot H.

Saturday & Sunday Warm-up: 7:00 am; Start of Meet: 8:30 am, Saturday & Sunday at RHS

All other sessions at: POOL: Redlands High School - 840 E Citrus, Redlands, CA 92373

DIRECTIONS: From the East: Take I-10 to Cypress exit. Turn Left on Cypress to Roosevelt. Turn right on Roosevelt to the pool. From the West: Take I-10 to University exit. Turn right on University to Cypress. Turn right on Cypress to Roosevelt. Turn right on Roosevelt to the pool. A large parking lot is available west of the pool. The parking area is accessed most easily from Roosevelt Ave. **No parking is allowed inside the gated area.**

COURSE: Redlands High School has two outdoor, 25 yard pools with six swimming lanes in each. A warm up/cool down lane will remain open during the meet under coaches supervision. The competition course is SCS certified for semi-automatic and manual timing only. Pool depth: Deep Pool: start end 8.0 ft., turn end 8.68 ft; Shallow Pool: start end 4.11 ft, turn end 4.04 ft.

WARM-UP Procedures: 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.

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 40 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 September 15, 2017 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and longer freestyle events and 13/up 400 IM are requested to furnish their own timers for three heats and lap counters when used. 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: Swimmer 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 (or are) 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:**

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 the following Eastern Committee teams athletes who hold 2017 or 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 (**NO WORK OUT 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. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons: 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

**Awards for 13-18 year olds available upon request.*

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, September 6, 2017. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED or transferred to alternate site if space available). 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: Susie Sheppard

Email for team electronic entries only: suzshep@roadrunner.com

11110 Davis Street

Questions: SCS Office (310) 684-1151

Moreno Valley, CA 92557

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.

RST September BRW SC Meet

September 15-17, 2017

Friday Night session at Crafton Hills College only, Saturday & Sunday at RHS

ENTRIES MUST BE RECEIVED BY 5:00 PM: September 6, 2017 (Wednesday)

This meet is subject to the 4 hour rule per session. Relays swum time permitting.

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.

FRIDAY ONLY both meets at Crafton Hills College in Yucaipa

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1	3:08.80/	OPEN	200 yd	Breaststroke	3:09.00/	2
3	3:23.50/	7-10	BR 200 yd	IM	3:24.50/	4
5	5:48.20/	OPEN	400 yd	IM	5:48.90/	6
7	**2:56.80/	7-10	BR 500 yd	Freestyle	**2:56.50/	8
9	12:58.60/	OPEN	1000 yd	Freestyle	13:09.80/	10

** 7-10 Use 200 Free Time to enter 500 Free

***400 IM and 500, 1000 frees will be swum alternating girls and boys heats

and swimmers provide their own timers and/or lap counters.

Must be at least 11 for open events with 11-12 blue minimum time.

7/8 year old swimmers may enter either 5-8 or 7-10 events

but not any combination of age groups

SATURDAY

Session 2 - 10 & Under events - morning session in shallow pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
11		7-10	BRW 200 yd	Freestyle		12
13		7-10	BRW 50 yd	Breaststroke		14
15	1:02.80/	5-8	BR 50 yd	Breaststroke	1:01.20/	16
17		7-10	BRW 100 yd	Freestyle		18
19	1:46.10/	5-8	BR 100 yd	Freestyle	1:42.00/	20
21		5-8	BRW 25 yd	Freestyle		22
23		7-10	BRW 50 yd	Butterfly		24
25	55.60/	5-8	BR 50 yd	Butterfly	56.40/	26
27		7-10	BRW 100 yd	Backstroke		28
29		5-8	BRW 25 yd	Backstroke		30
31	Deck	7-10	BRW 200 yd	Freestyle Relay	Deck	32
33	Entered	5-8	BRW 100 yd	Freestyle Relay	Entered	34

SUNDAY

Session 5 - 10 & Under events - morning session in shallow pool

GIRLS	min/max	age	distance	stroke	min/max	BOYS
73		7-10	BRW 100 yd	IM		74
75		5-8	BRW 100 yd	IM		76
77		7-10	BRW 50 yd	Freestyle		78
79	48.60/	5-8	BR 50 yd	Freestyle	47.30/	80
81		7-10	BRW 100 yd	Butterfly		82
83		5-8	BRW 25 yd	Butterfly		84
85		7-10	BRW 50 yd	Backstroke		86
87	57.80/	5-8	BR 50 yd	Backstroke	56.30/	88
89		7-10	BRW 100 yd	Breaststroke		90
91		5-8	BRW 25 yd	Breaststroke		92
93	Deck	7-10	BRW 200 yd	Medley Relay	Deck	94
95	Entered	5-8	BRW 100 yd	Medley Relay	Entered	96

Session 3 - 11-12 swimmers - morning session in deep pool

35		11-12	BRW 200 yd	IM		36
37		11-12	BRW 50 yd	Backstroke		38
39		11-12	BRW 100 yd	Breaststroke		40
41	2:58.10/	11-12	BR 200 yd	Butterfly	3:02.60/	42
43		11-12	BRW 50 yd	Butterfly		44
45		11-12	BRW 100 yd	Freestyle		46
47	3:01.40/	11-12	BR 200 yd	Backstroke	3:07.30/	48
49		11-12	BRW 200 yd	Freestyle Relay	Deck	50
	Entered				Entered	

Session 6 - 11-12 Swimmers - morning session in deep pool

97		11-12	BRW 200 yd	Freestyle		98
99		11-12	BRW 100 yd	Backstroke		100
101		11-12	BRW 50 yd	Breaststroke		102
103		11-12	BRW 50 yd	Freestyle		104
105		11-12	BRW 100 yd	IM		106
107		11-12	BRW 100 yd	Butterfly		108
109	Deck	11-12	BRW 200 yd	Medley Relay	Deck	110
	Entered				Entered	

*****Minimum 45 Minute break *****

*****Minimum 45 Minute break *****

Session 4 - 13 and over swimmers - afternoon session in deep pool

51	2:54.50/	13-up	BR 200 yd	Backstroke	2:45.10/	52
53		13-14	BRW 100 yd	Breaststroke		54
55		15-up	BRW 100 yd	Breaststroke		56
57		13-14	BRW 200 yd	IM		58
59		15-up	BRW 200 yd	IM		60
61		13-14	BRW 100 yd	Freestyle		62
63		15-up	BRW 100 yd	Freestyle		64
65	2:55.10/	13-up	BR 200 yd	Butterfly	2:47.30/	66
67	Deck	13-14	BRW 200 yd	Freestyle Relay	Deck	68
69	Entered	15-up	BRW 200 yd	Freestyle Relay	Entered	70
71	6:24.60/	OPEN	500 yd	Freestyle	6:29.80/	72

Session 7 - 13 and over swimmers - afternoon session in deep pool

111		13-14	BRW 200 yd	Freestyle		112
113		15-up	BRW 200 yd	Freestyle		114
115		13-14	BRW 100 yd	Backstroke		116
117		15-up	BRW 100 yd	Backstroke		118
119		13-14	BRW 50 yd	Freestyle		120
121		15-up	BRW 50 yd	Freestyle		122
123		13-14	BRW 100 yd	Butterfly		124
125		15-up	BRW 100 yd	Butterfly		126
127	Deck	13-14	BRW 200 yd	Medley Relay	Deck	128
129	Entered	15-up	BRW 200 yd	Medley Relay	Entered	130