

POST CIF LONG COURSE TIME TRIAL MEET

SANCTIONED BY: Southern California Swimming

DATE OF MEET: May 7, 2023

Sanction Number: S23-163

EARLY ENTRIES DUE: May 3, 2023

WARM UP TIME: 10:30AM

NO.	EVENT		NO.	EVENT
1	400 M FREE		8	100 M BACK
2	200 M IM		9	200 M Fly
3	50M FREE		10	100 M FREE
4	400 M IM		11	200 M BREAST
5	100 M FLY		12	200 M BACK
6	200 M FREE		13	800 M FREE
7	100 M BREAST		14	1500 M FREE

SPONSORED BY: **BREA Aquatics**

MEET START TIME: 12:00

POOL: Mt SAN COLLEGE COLLEGE 1100 N Grand Ave. Walnut, Ca 91789.

COURSE: Competition pool is outdoor, 50-meter course, with adjacent eight-lane 25- yard warm up pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming Pool Depth Measurement

WARM UP RULES: USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during and after this swim meet must be under the direct supervision of a USA Swimming member. There will be **NO DIVING** into the pool during these times except into the designated sprint lanes(s). **All swimmers must use 3-point, slide-in into the pool for warmup- no jumping or diving in. WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Contact Information: Omar de Armas omarswimref@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 entry form. (See 2023 SCS Swim Guide). All coaches and officials on deck must complete the CDC or NFHS concussion course and the CANRA reporting course.

CONDUCT OF MEET: The meet is conducted as a mixed gender competition, swimmers seeded by time only. Swimmers are limited to **no more than 3 (THREE) EVENTS**.

ELIGIBILITY: This is a post-CIF LCM meet open to high school swimmers and who are 2023 registered members of USA Swimming. For USA Swimming

athletes, online registration in SWIMS to be completed prior to the meet entry deadline. No late or deck registration will be accepted. All USA Swimming athletes 18 & younger must prove birth dates prior to competition. All USA Swimming athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete.

Entries are encouraged to be submitted by Wednesday, May 3, 2023 but deck entries will be accepted.

Swimmers in the 800 and 1500 Meter Freestyle are asked to provide their own timers and lap counters. Each team is asked to provide timers for each event their team swims.

Swimmers NOT attending the CIF State meet in Clovis MAY represent their clubs at this meet.

RECORDING DEVICES AND AND MEDIA NOTICE 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 acknowledgment 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) anytime athletes, coaches, officials and/or spectators are present.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member-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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

AFFILIATION: Club Transfers (unattached or attach) can only be completed online in SWIMS 3.0 At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0

SUBMITTED TIMES: Times submitted must be BEST RECORDED TIMES short course or long course from this or preceding swim season (NO WORKOUT TIMES). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must meet the minimum time standard listed in each event entered. Discrepancy in the submitted times can lead to disciplinary action. Meet will be seeded LYS.

ENTRY FEE: \$20.00 per INDIVIDUAL EVENT and SURCHARGE \$10.00 plus Facility use Charge \$10.00

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

MAKE CHECKS PAYABLE TO: BREA AQUATICS

EMAIL:

meetprocessor@gmail.com

MAIL TO:

ALINA de ARMAS

PO Box 63 Simi Valley, CA 93062

For further meet Information call: (909) 615-7643 or email: coachjodi@breaaquatics.com

Receipt of entry will not be verified by phone -or- by email.