

SOCAL AQUATICS "SUMMER JO MAX" CHAMPIONSHIP SHORT COURSE MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S22- 170
Sponsored by: Social Aquatics
Orange Committee

DATE OF MEET: July 15, 16 & 17, 2022
ENTRIES RECEIVED BY 5:00PM: July 6, 2022 (Wednesday)

WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 6:00 PM (Fri), 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter: AZOT, CMAC, COTO, DA, EVO, LTSC, MVN, NBS, SCAL, SCAT, SEAL, SPLA, TST

***The second session will begin no sooner than 1:00 pm or 70 minutes after the conclusion of the first session**

POOL: TUSTIN HIGH SCHOOL, Located at 1171 EL CAMINO REAL, TUSTIN, CA. From the North: Take I-5 Freeway South and exit on Newport Blvd. Turn LEFT under freeway. Go to first light and turn RIGHT on El Camino Real. Pool and parking lot are on the LEFT approx. 1½ blocks. From the South: Take I-5 Freeway North and exit on Redhill Avenue. Turn RIGHT and go to first light. Turn LEFT on El Camino Real. Pool and parking lot are on the RIGHT approx. 1½ blocks.

COURSE: TUSTIN HIGH SCHOOL pool is an outdoor 25 yard pool with up to TEN (10) swimming lanes and a warm-up area. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Start End = 13', Turn End = 7'.

WARM UP PROCEDURES: 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). **Teams will be assigned warm up time, which will be announced.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.

MEET REFEREE: Cami Stein shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly at camistein2019@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 2020 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 must check in for the first 4 events **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **July 15, 2022**. **All coaches on deck must complete the CDC of NFHS Concussion course and CAT.** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. Meet check-in may or may not be available depending on the site's guidelines.

SPECIAL NOTICE: Swimmers may swim a maximum of THREE events per day. Swimmers in the 400 IM, 500, 1000 and 1650 Freestyle are asked to provide a timer for three heats; freestyle requires own lap counter. Swimmers may only enter an event once. 7-10 500 yard Freestyle swimmers enter best 200 Yard Freestyle time that meets or exceeds the stated minimum time. The 400 IM, 500, 1000 and 1650 Yard Freestyles and 200's of stroke will be swum alternating girls and boys. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** Relays will be swum, time permitting. All teams are requested to provide timers.

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 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.

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.**

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2022 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, July 6, 2022 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.

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. After entries close, Meet Admin will convert non-conforming times for seeding purposes only. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES: Swimmers must not exceed the JO Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the Summer "JO" Maximum time standard for the stroke they swim in the relay, prior to this meet.

AWARDS: Awards will be given based on FINISH TIME. Awards will be given to the following age groups: 5-8, 7-10, 11-12, 13-14, 15-UP.

INDIVIDUAL EVENTS: MEDALS 1st-3rd, RIBBONS 4-8

RELAYS: RIBBONS 1-3

SCORING: Team points will be awarded as follows: C: 9,7,6,5,4,3,2,1, B: 19,17,16,15,14,13,12,11, BB: 29,27,26,25,24,23,22,21, A: 39,37,36,25,34,33,32,21
RELAYS: 78,74,72,70,68,66,64

ENTRY FEE: **\$5.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card.** Relays \$15.00. E-Mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of a coach and will be dated as official at that time. (5PM 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.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY JULY 6, 2022. 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.

MAKE CHECKS PAYABLE TO: EMAIL TO: And MAIL TO: (Include Swimmer's name and SCS Number)	SOCAL Aquatics meetprocessor@gmail.com Alina deArmas PO Box 63 Simi Valley, CA 93062
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For further meet Information email kbawley@tustin.k12.ca.us

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

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this event, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19: USA Swimming, Inc., cannot prevent participants from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

COVID-19: BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS MEET.

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.

SOCAL AQUATICS "SUMMER JO MAX" CHAMPIONSHIPS SHORT COURSE MEET

DATE OF MEET: JULY 15, 16 & 17, 2022

ENTRIES DUE: JULY 6, 2022 (Wednesday)

Times submitted must be BEST RECORDED TIMES short course or long course.

Swimmers may only swim an event once

You may swim a maximum of 3 events per day.

The following Orange Committee teams may attend: AZOT, CMAC, COTO, DA, EVO, LTSC, MVN, NBS, SCAL, SCAT, SEAL, SPLA, TST

Girls **FRIDAY, JULY 15, 2022 - EVENING SESSION - 6:00 PM**

Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
1	...	2:32.11	11/12	200 Yard Individual Medley	...	2:32.61	2
	...	2:24.41	13/14			2:16.91	
	...	2:20.31	15 & Up			2:08.01	
3	3:18.99	2:34.71	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	3:06.69	2:35.01	4
5	...	28.21	11/12	50 Yard Freestyle	...	28.01	6
7	...	26.71	13/14		...	25.11	
	...	26.01	15 & Up		...	23.31	
9	24:53.99	...	11/12	1650 Yard Freestyle	24:21.89	...	10
	23:23.49	20:01.31	13/14		22:18.89	19:25.11	
	22:48.49	19:45.41	15 & Up		21:08.59	18:33.91	
11	Coaches Enter Relays on Deck		11/12	200 Yard Freestyle Relay	Coaches Enter Relays on Deck		12

SATURDAY, JULY 16, 2022 - MORNING SESSION - YOUNGERS 9:00 AM

13	...	1:10.81	5-8	100 Yard Freestyle	...	1:10.91	14
15	...	2:54.71	7-10	200 Yard Individual Medley	...	2:54.91	16
17	...	14.60	5-8	25 Yard Freestyle	...	14.65	18
19	...	43.41	7-10	50 Yard Breaststroke	...	44.21	20
21	...	43.41	5-8		...	44.21	22
23	...	1:10.81	7-10	100 Yard Freestyle	...	1:10.91	24
25	...	18.50	5-8	25 Yard Backstroke	...	17.50	26
27	...	38.51	7-10	50 Yard Backstroke	...	38.81	28
29	...	36.51	5-8	50 Yard Butterfly	...	36.81	30
31	...	1:27.31	7-10	100 Yard Butterfly	...	1:27.71	32
33	Coaches Only		7-10	200 Yard Freestyle Relay	Coaches Only		34
35	Enter Relays on Deck		5-8	100 Yard Freestyle Relay	Enter Relays on Deck		36

SATURDAY, JULY 16, 2022 - AFTERNOON SESSION - OLDERS - 70 Minutes AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

37	6:24.19	...	11/12	400 Yard Individual Medley	6:13.09	...	38
	6:03.59	5:09.11	13/14		5:41.49	4:55.61	
	5:51.19	5:03.51	15 & Up		5:19.89	4:41.41	
39	...	1:01.61	11/12	100 Yard Freestyle	...	1:01.41	40
41	...	58.01	13/14		...	54.91	
	...	56.51	15 & Up		...	49.11	
43	2:56.59	...	11/12	200 Yard Backstroke	2:51.99	...	44
	...	2:28.01	13/14		...	2:22.51	
	...	2:24.51	15 & Up		...	2:14.51	
45	...	1:10.81	11/12	100 Yard Butterfly	...	1:11.81	46
47	...	1:05.81	13/14		...	1:02.21	
	...	1:03.41	15 & Up		...	56.41	
49	...	37.61	11/12	50 Yard Breaststroke	...	37.81	50
51	3:20.89	...	11/12	200 Yard Breaststroke	3:14.09	...	52
	...	2:46.51	13/14		...	2:38.81	
	...	2:44.51	15 & Up		...	2:29.11	
53	...	1:12.61	11/12	100 Yard Backstroke	...	1:13.31	54
55	Coaches Only		13 & Up	400 Yard Freestyle Relay	Coaches Only		56
57	Enter Relays on Deck		11/12		Enter Relays on Deck		58
59	6:47.79	5:39.41	13/14	500 Yard Freestyle	6:26.59	5:29.41	60
	6:35.69	5:30.61	15 & Up		6:02.19	5:03.81	
	7:08.79	5:59.61	11/12		6:57.29	6:04.51	

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Girls

SUNDAY, JULY 17, 2022 - MORNING SESSION - YOUNGERS - 9:00 AM

Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
61	...	1:18.71	7-10	100 Yard Individual Medley	...	1:18.91	62
63	...	1:18.71	5-8		...	1:18.91	64
65	...	31.91	7-10	50 Yard Freestyle	...	31.81	66
67	...	31.91	5-8		...	31.81	68
69	...	1:34.11	7-10	100 Yard Breaststroke	...	1:35.81	70
71	...	19.80	5-8	25 Yard Breaststroke	...	19.90	72
73	...	1:23.51	7-10	100 Yard Backstroke	...	1:24.41	74
75	...	38.51	5-8	50 Yard Backstroke	...	38.81	46
77	...	36.51	7-10	50 Yard Butterfly	...	36.81	78
79	...	16.30	5-8	25 Yard Butterfly	...	16.50	80
81	...	2:34.71	7-10	200 Yard Freestyle	...	2:35.01	82
83	Coaches Only		5-8	100 Yard Medley Relay	Coaches Only		84
85	Enter Relays on Deck		7-10	200 Yard Medley Relay	Enter Relays on Deck		86

SUNDAY, JULY 17, 2022 AFTERNOON SESSION - OLDERS - 70 Minutes AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

87	...	2:14.21	11/12	200 Yard Freestyle	...	2:13.31	88
89	...	2:07.11	13/14		...	2:00.61	90
	...	2:02.61	15 & Up		...	1:52.21	
91	...	1:21.21	11/12	100 Yard Breaststroke	...	1:22.01	92
93	...	1:17.11	13/14		...	1:12.61	94
	...	1:15.01	15 & Up		...	1:07.21	
95	...	31.21	11/12	50 Yard Butterfly	...	31.41	96
97	2:59.99	...	11/12	200 Yard Butterfly	2:53.19	...	98
	...	2:35.51	13/14		...	2:29.11	
	...	2:28.11	15 & Up		...	2:14.41	
99	...	33.71	11/12	50 Yard Backstroke	...	33.91	100
101	...	1:08.11	13/14	100 Yard Backstroke	...	1:05.31	102
	...	1:06.41	15 & Up		...	1:00.41	
103	...	1:08.91	11/12	100 Yard Individual Medley	...	1:07.81	104
105	Coaches Only		13 & Up	400 Yard Medley Relay	Coaches Only		106
107	Enter Relays on Deck		11/12	200 Yard Medley Relay	Enter Relays on Deck		108
109	14:01.99	11:53.51	13/14	1000 Yard Freestyle	13:21.19	11:26.01	110
	13:46.19	11:35.41	15 & Up		12:43.39	10:52.81	
	14:48.09	...	11/12		14:32.59	...	

TEAM WARM UP TIME WILL BE ASSIGNED AND ANNOUNCED

The 200 of stroke, 400 Yard IM, 500, 1000 and 1650 Yard Freestyle will be swum alternating girls and boys.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST