

RAA Eastern Committee Q Qualifier Meet

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-025

Sponsored By: RAA & Eastern Committee

Received by deadline: 5:00 pm, Wednesday, January 9, 2019

Date of Meet: January 19-20, 2019

Start of Prelims: 8:30am Start of finals: 4:00pm

Warm-up: 7:00am- 8:20am

POOL: Riverside Aquatics Complex. 4800 Magnolia Ave. Riverside. PARKING PERMITS REQUIRED. Permits can be purchased in the following ways: (1) parking attendants (2) at the RAA program booth (3) online at <https://www.credentialsops.com/CGI-BIN/gacgiord.pgm?ALUMPPD01270>; (4) from parking meters onsite; (4) via ParkNOW! mobile phone app.

DIRECTIONS: Exit 14th St. from the 91 Freeway. Go West to Olivewood & turn left. Turn Right on Saunders/City College Dr. and turn right on Saunders (First street on right). The pool is at the end of Saunders.

COURSE: Outdoor 50 meter x 25 yard with 10 competition lanes with a warm-up warm down area. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end: 8' turn end 13'.

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. 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. Paul Szuszkiewicz - pszsz@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. **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 January 18, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 1000y/m or longer are requested to furnish their own timers for three heats and lap counters. Events will be swum **fastest to slowest** with the first 3 heats championship seeding (**400 im and 500 free the first 2 heats will be championship seeded**) Swimmer may swim a maximum of 3 events per day. All coaches and officials must complete 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 will be 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: www.socalswim.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 Eastern Committee athletes who hold 2019 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**). 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: Top 6 finishers in each event will be recognized for moving on to Senior Champs

ENTRY FEES: \$7.50 for each individual event along with a \$14.00 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. (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 \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, Wednesday, January 9, 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.)**

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO:

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

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

Susie Sheppard

11110 Davis St.

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.

RAA Senior LCM/SCY Q Qualifier Meet
January 19-20, 2018

Saturday events

	Event #	Girls' Time Standards	Events	Boy's Time Standards	Event #
Open	1 1	2:16.00	200 Freestyle 200 Freestyle	2:14.70	2 2
Open	3 3	1:22.20	100 Breaststroke 100 Breaststroke	1:22.50	4 4
Open	5 5	2:40.50	200 Butterfly 200 Butterfly	2:33.30	6 6
Open	7 7	1:11.90	100 Backstroke 100 Backstroke	1:12.70	8 8
Open	9 9	28.70	50 Freestyle 50 Freestyle	28.60	10 10
Open	11 11	5:36.60	400 Individual Medley 400 Individual Medley	5:18.20	12 12
Open	25 25	12:37.00	1000 Freestyle 1000 Freestyle	12:23.20	26 26

Sunday events

Open	13 13	1:02.20	100 Freestyle 100 Freestyle	1:01.60	14 14
Open	15 15	2:39.60	200 Backstroke 200 Backstroke	2:31.00	16 16
Open	17 17	1:11.70	100 Butterfly 100 Butterfly	1:12.00	18 18
Open	19 19	3:01.70	200 Breaststroke 200 Breaststroke	2:50.80	20 20
Open	21 21	6:00.00	500 Freestyle 500 Freestyle	6:09.90	22 22
Open	23 23	2:30.90	200 Individual Medley 200 Individual Medley	2:33.80	24 24

A swimmer can swim no more than 3 individual events per day.

A swimmer may enter any event for which the standard has been met and can be verified.

The 1000 freestyle will be swum as a Timed Final between prelims and finals on Saturday.

All timed finals events will be swum fastest to slowest.

Swimmers for 1000 free should be prepared to supply a timer for three heats and provide their own lap counters. Heats will alternate girls and boys.

The top 6 from each event will qualify to represent Eastern Committee at Senior Championship meet in February.