

BAC Summer Short Course "RW" Swim Meet

Sunday, June 30, 2019

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: Barracuda Aquatic Club & Metro Committee
Sanction No. 19-217

ENTRIES DUE: Wednesday, June 19th 2019
Warm-Up Begins: 7:30 AM
Start of Meet: 9:00 AM

**MAXIMUM OF 4 EVENTS FOR THE MEET, 3 INDIVIDUAL AND 1 RELAY FOR A TOTAL OF 4 EVENTS
BAC WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE-**

POOL: Bellflower Aquatic Center, 14001 S. Bellflower Blvd. Bellflower Ca. 90706. The pool is located on the grounds of Thompson Park, across the street from the St. John Bosco football stadium. .

COURSE: Competition will be held in the outdoor, 25-YD, 10-lane pool. A Colorado Timing System will be used. Pool depth: start end 13ft in lane 10 to 5 ft in lane 1. The turn ends are the same depths. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 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 20 minutes before the start of the meet. The pool will close 15 minutes before the start of competition. All swimmers must use 3- point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Tom Mirabella- email: tommy1ton@vizon.net

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 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 6 EVENTS.** 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 age years old on 5/19/2019 to enter this meet. Timers are requested to be provided by each team. Events will be swum slowest to fastest OR fastest to slowest. Swimmer may swim a maximum of 4 events per day. All coaches and officials on deck 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 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: 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 Metro Committee athletes who hold 2019 USA Swimming Registration. Registration application must be received by the Wednesday, June 19th, 2019 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: R&W Divisions: Ribbons 1st – 6th place Relays: Ribbons 1st – 3rd (Age Groups: 5-8, 9-10, 11-12 & 13-18) Combined events placed by age group.

ENTRY PROCEDURE: \$4.00 for each individual event along with a \$10.50 surcharge per swimmer must accompany each individual entry. 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). 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. **Email Entry Only: ocpswim@hotmail.com, Mail or Walk-In: Carol Pena 413 E. 212th Street, Carson, Ca. 90745**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, June 19th, 2019

Questions: For questions regarding the competition contact: Coach Michael 562-382-7749, swim4bac2@aol.com

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.

METRO COMMITTEE "R,W" SHORT COURSE SWIM MEET

JUNE 30th, 2019

ENTRIES DUE: WEDNESDAY, JUNE 19TH 2019

Sanction No. S19-217

BAC WILL COMPLY WITH THE 4 HOUR RULE

SWIMMERS MAY COMPETE IN A MAX OF 4 EVENTS (3 INDIVIDUAL PLUS 1 RELAY)

GIRLS EVENT #	MAX TIME	EVENT	AGE GROUP	MAX TIME	BOYS EVENT #
1	2:42.01 2:24.11 2:16.41	200 FREESTYLE	9-10 11-12 13-18	2:41.81 2:24.61 2:06.71	2
3	1:28.41 1:14.71 1:06.71 1:03.81	100 FREESTYLE	5-8 9-10 11-12 13-18	1:25.01 1:14.31 1:06.21 57.41	4
5	1:28.61 1:17.91 1:14.51	100 BACKSTROKE	9-10 11-12 13-18	1:28.71 1:20.51 1:09.31	6
7	48.11 40.51 36.21	50 BACKSTROKE	5-8 9-10 11-12	46.81 40.41 36.61	8
9	22.21	25 BACKSTROKE	5-8	21.61	10
11	1:29.31 1:16.11 1:11.11	100 BUTTERFLY	9-10, 11-12 13-18	1:29.41 1:18.21 1:05.11	12
13	46.31 38.31 34.31	50 BUTTERFLY	5-8 9-10 11-12	47.01 38.21 34.51	14
15	21.31	25 BUTTERFLY	5-8	21.31	16
17	1:40.01 1:28.91 1:25.11	100 BREASTSTROKE	9-10 11-12 13-18	1:40.51 1:29.01 1:15.81	18
19	52.31 45.61 40.81	50 BREASTSTROKE	5-8 9-10 11-12	51.01 45.61 41.01	20
21	24.01	25 BREASTSTROKE	5-8	23.31	22
23	33.91 30.71 29.71	50 FREESTYLE	9-10 11-12 13-18	34.11 30.81 26.51	24
25	40.51	50 FREESTYLE	5-8	39.41	26
27	18.11	25 FREESTYLE	5-8	17.61	28
29	3:06.51 2:46.21 2:37.71	200 IND MEDLEY	9-10 11-12 13-18	3:07.41 2:46.51 2:21.71	30
31	1:26.61 1:17.71	100 IND MEDLEY	9-10 11-12	1:26.91 1:17.71	32
33	1:41.21	100 IND. MEDLEY	5-8	1:38.51	34
35	coaches will submit relays	MIXED 200 FREESTYLE RELAY	9 -18	coaches will submit relays	35
36	coaches will submit relays	MIXED 100 FREESTYLE RELAY	5-8	coaches will submit relays	36

Age groups: 5-8, 9-10, 11-12, 13-18. Combined events placed by age group.

Legal Mixed Relays are composed of 2 females and 2 males.