

STAR BR Short Course Meet

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: STAR & Eastern Committee
Date of Meet: January 18-19, 2020
Warm-up: 12:15 PM Saturday & Sunday

Sanction No. S20-015
Received by deadline: 5:00 pm, Wednesday January 8, 2020
Start of Meet: 1:00 PM Saturday & Sunday

POOL: Hemet High School. Stetson Ave, Hemet CA. 92544

DIRECTIONS: Take 215 North/South exit Newport Rd. Newport Rd turns into Domenigoni Pkwy. Turn left onto State Street. Turn Right on to Changers Street.

COURSE: Outdoor 25 yard, short course pool. 14 lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 13', turn end 13'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 2:00 – 2:45 pm. 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. Lisa Fredrick charligirl88@yahoo.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, 2020 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in events 400y or longer are requested to furnish their own timers for three heats and lap counters. Events will be swum **fastest to slowest. Swimmer may swim a maximum of 4 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 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: Athletes who hold 2020 USA Swimming Registration. Open to all the Eastern Committee.

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. **Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. All athletes 18 years of age and older must complete the online Athlete Protection Training (APT), to compete in the meet.**

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: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place

ENTRY FEES: \$4.00 for each individual event along with a \$10.00 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.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 8, 2020. 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:

MAIL ENTRIES TO:

Susie Sheppard
11110 Davis St.
Moreno Valley, CA 92557

Email for team electronic entries only: suzshep@roadrunner.com Questions: please contact the Meet Processor or the SCS office (310-684-1151)

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.

STAR BR SC MEET January 18-19, 2020																	
ENTRIES MUST BE RECEIVED BY 5:00 PM : January 8, 2020 (Wednesday)																	
**This meet is subject to the 4 hour rule per session																	
Times submitted must be best recorded times short or long course.																	
Maximum 4 individual events per day																	
Swimmers in the 400 IM must provide their own timers																	
Events will be swum fastest to slowest.																	
OPEN events swimmers need to be at least 11yrs old																	
Events of 400 yards and over will alternate girls and boys heats.																	
SATURDAY							SUNDAY										
GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS	GIRLS	min/max	Age	Distance			Stroke	min/max	BOYS
1	:41.80/	5-10	BR	50	yd	Butterfly	:41.60/	2	31	2:42.00/	5-10	B	200	yd	Freestyle	2:41.80/	32
3	:37.40/	11-12	BR	50	yd	Butterfly	:37.70/	4	33	2:37.40/	11-12	BR	200	yd	Freestyle	2:37.80/	34
5A	1:17.40/	13-14	BR	100	yd	Butterfly	1:13.80/	6A	35A	2:28.40/	13-14	BR	200	yd	Freestyle	2:22.80/	36A
5B	1:17.50/	15-18	BR	100	yd	Butterfly	1:11.00/	6B	35B	2:28.80/	15-18	BR	200	yd	Freestyle	2:16.60/	36B
7	1:49.10/	5-10	BR	100	yd	Breaststroke	1:49.70/	8	37	1:37.40/	5-10	BR	100	yd	Butterfly	1:37.60/	38
9	1:37.00/	11-12	BR	100	yd	Breaststroke	1:37.10/	10	39	1:23.00/	11-12	BR	100	yd	Butterfly	1:25.30/	40
11	3:17.30/	OPEN		200	yd	Breaststroke	2:57.80/	12	41	2:50.90/	OPEN		200	yd	Butterfly	2:47.30/	42
13	1:21.50/	5-10	BR	100	yd	Freestyle	1:21.00/	14	43	:37.00/	5-10	BR	50	yd	Freestyle	:37.20	44
15	1:12.70/	11-12	BR	100	yd	Freestyle	1:12.20/	16	45	:33.50	11-12	BR	50	yd	Freestyle	:33.60/	46
17A	1:09.10/	13-14	BR	100	yd	Freestyle	1:05.00/	18A	47A	:31.90	13-14	BR	50	yd	Freestyle	:30.00/	48A
17B	1:08.50/	15-18	BR	100	yd	Freestyle	1:02.60/	18B	47B	:31.90/	15-18	BR	50	yd	Freestyle	:28.90/	48B
19	:44.30	5-10	BR	50	yd	Backstroke	:44.20/	20	49	1:36.80/	5-10	BR	100	yd	Backstroke	1:37.00/	50
21	:39.60	11-12	BR	50	yd	Backstroke	:40.00	22	51	1:25.20/	11-12	BR	100	yd	Backstroke	1:28.00/	52
23A	1:21.00/	13-14	BR	100	yd	Backstroke	1:18.00/	24A	53	2:48.10/	OPEN		200	yd	Backstroke	2:37.30/	54
23B	1:21.50/	15-18	BR	100	yd	Backstroke	1:14.50/	24B	55	1:34.40	5-10	BR	100	yd	IM	1:34.80/	56
25	3:06.50/	5-10	B	200	yd	IM	3:07.40	26	57	1:24.70	11-12	BR	100	yd	IM	1:24.70	58
27	3:01.30/	11-12	BR	200	yd	IM	3:01.70/	28	59A	2:50.90/	13-14	BR	200	yd	IM	2:42.60	60A
29	5:51.50/	OPEN		400	yd	IM	5:28.80/	30	59B	2:52.10/	15-18	BR	200	yd	IM	2:34.70/	60B