



LOMPOC TSUNAMI AQUATICS
“JO Last Chance” AGE GROUP SWIM MEET

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: Lompoc Tsunami Aquatics & Coastal Committee

Sanction No. S19-246
Entries Must be Received by deadline:
5:00 pm, Wednesday, July10, 2019

Date of Meet: July 20—21, 2019

Start of Meet: 9:00 AM Sat & Sun
Warm-up: 7:30 AM Sat & Sun

POOL: Lompoc Aquatic Center, 207 W College Ave., Lompoc, CA 93436

DIRECTIONS: From HWY 101 South, take the Orcutt exit to HWY 135. Exit HWY 1-Lompoc to “H” street. West at College Ave. Turn North past the YMCA and drive to the Aquatic Center. HWY 101 North, Next to HWY 1-Lompoc, one-mile past Gaviota Park. Turn West to Ocean Ave. Turn North to “H” street. Turn West to College Ave. Turn North past the YMCA and drive to the Aquatic Center. Overflow parking is West of the Aquatic Center at Lompoc High School.

COURSE: Indoor 25 yd. x 85 foot pool with 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7' to 9', turn end 7' to 9'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. **All swimmers must use a 3-point slide in entry into the pool for warm up/warm down, no jumping or diving.** 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.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Ernie Peterson ErnieP@kcienv.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 30 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 July 20, 2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500, 1000 & 1650 Free and 400 I.M. 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, not including relays. All officials and coaches on deck must have completed the CDC or NFHS online 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 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 Coastal 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. **As of June 23, 2019, all athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (with 30 days of turning 18), in order to compete.**

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: Ribbons 1st – 8th place individual events [5-6, 7-8, 9-10,11-12] (No awards for 13 & Over or Open events). Medals 1st —3rd place relays. Prizes will be awarded to heat winners.

ENTRY FEES: **\$4.00** for each individual event along with a **\$10.50** 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 MUST be pre-entered with event file at \$10.00 each.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JULY 10, 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:

MAIL ENTRIES TO:

Southern California Swimming

**Karen Thomas, 750 Stagecoach Road,
Arroyo Grande, CA 93420**

Email for team electronic entries only:

splashandgo@charter.net

Questions: please contact Coach Charles Sommer 805-588-6064 charles.lompoc@gmail.com or 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.

LTA "JO Last Chance" AGE GROUP SWIM MEET--EVENTS

July 20-21, 2019

SATURDAY, JULY 20: Session 1 9:00AM START

SUNDAY, JULY 21: Session 2 9:00AM START

Girls	Age	Distance			Stroke		Boys
1	Mixed Age		200	YD	Free-Relay		2
3	5-8	BRW	50	YD	Free	BRW	4
5	7-10	BRW	50	YD	Free	BRW	6
7	11-12	BRW	50	YD	Free	BRW	8
9	13 & Over	BRW	50	YD	Free	BRW	10
11	5-8	BRW	25	YD	Breast	BRW	12
13	7-10	BRW	100	YD	Breast	BRW	14
15	11-12	BRW	100	YD	Breast	BRW	16
17	13 & Over	BRW	100	YD	Breast	BRW	18
19	5-8	BRW	25	YD	Fly	BRW	20
21	7-10	BRW	100	YD	Fly	BRW	22
23	11-12	BRW	100	YD	Fly	BRW	24
25	13 & Over	BRW	100	YD	Fly	BRW	26
27	5-8	BRW	50	YD	Back	BRW	28
29	7-10	BRW	50	YD	Back	BRW	30
31	11-12	BRW	50	YD	Back	BRW	32
33	13 & Over	BRW	50	YD	Back	BRW	34
35	OPEN	2:46.20	200	YD	Back	2:51.40	36
37	5-8	BRW	100	YD	I.M.	BRW	38
39	7-10	BRW	100	YD	I.M.	BRW	40
41	11-12	BRW	100	YD	I.M.	BRW	42
43	13 & Over	BRW	200	YD	I.M.	BRW	44

45	OPEN	6:24.60	500	YD	Freestyle	6:29.80	46
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Break will be taken at the discretion of the Meet Referee

47	OPEN	21:32.10	1650	yd	Freestyle	21:51.50	48
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Girls	Age	Distance			Stroke		Boys
49	Mixed Age		200	YD	Medley Relay		50
51	5-8	BRW	100	YD	Free	BRW	52
53	7-10	BRW	100	YD	Free	BRW	54
55	11-12	BRW	100	YD	Free	BRW	56
57	13 & Over	BRW	100	YD	Free	BRW	58
59	5-8	BRW	50	YD	Breast	BRW	60
61	7-10	BRW	50	YD	Breast	BRW	62
63	11-12	BRW	50	YD	Breast	BRW	64
65	13 & Over	BRW	50	YD	Breast	BRW	66
67	OPEN	3:08.80	200	YD	Breast	3:09.00	68
69	5-8	BRW	50	YD	Fly	BRW	70
71	7-10	BRW	50	YD	Fly	BRW	72
73	11-12	BRW	50	YD	Fly	BRW	74
75	13 & Over	BRW	50	YD	Fly	BRW	76
77	OPEN	2:43.20	200	YD	Fly	2:47.40	78
79	5-8	BRW	25	YD	Back	BRW	80
81	7-10	BRW	100	YD	Back	BRW	82
83	11-12	BRW	100	YD	Back	BRW	84
85	13 & Over	BRW	100	YD	Back	BRW	86
87	5-8	BRW	25	YD	Free	BRW	88
89	7-10	BRW	200	YD	Free	BRW	90
91	11-12	BRW	200	YD	Free	BRW	92
93	13 & Over	BRW	200	YD	Free	BRW	94
95	7-10	BRW	200	YD	I.M.	BRW	96
97	11-12	BRW	200	YD	I.M.	BRW	98
99	OPEN	5:48.20	400	YD	I.M.	5:48.90	100

Break will be taken at the discretion of the Meet Referee

101	OPEN	12:58.60	1000	YD	Free	13:09.80	102
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****Relays must be pre-entered and received with entry file.**

Swimmers are requested to have their own timers for the 400 IM events, and their own timers and lap counters for the 500, 1000 & 1650 FR events.

Events 400 yards and over will be swum alternating girls and boys, swimming fastest to slowest.

Swimmers must be at least 11 years old and meet the minimum time standard to enter OPEN events

5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event may enter 7-10 100 yd/mtr event in same stroke;
meeting 5-8 Blue in 100yd/mtr freestyle or 100 yd IM may enter 7-10 200 free or 200 IM.

7-8 swimmers may enter 5-8 or 7-10 events, but not a combination of both.

Swimmers are limited to 4 individual events per day