

2023 CCAQ EC SC ABC WAG Last Ditch Swim Meet

December 1-3, 2023

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: CCAQ & Eastern Committee

Sanction No. #S23-328
Received by deadline: 5:00 pm, Wednesday, Nov. 22, 2023

Start of Meet: 5:30 pm Friday night, 8:30 am, Saturday & Sunday
Warm-up: 4:30 pm Friday, 7:00 am Saturday & Sunday

POOL: Eleanor Roosevelt High School - 7447 Scholar Way, Eastvale, CA 92507

DIRECTIONS: Take Limonite exit off I-15. Go west on Limonite (from North, turn right, from South turn left). Turn left onto Scholar Way. School is on the right-hand side. There is a large parking lot located on Citrus on the back side of the school.

COURSE: Outdoor 25-yard x 50 meters pool with 12 competition lanes. 7 warm-up lanes will be available during the meet. Pool depth: start end 7'-13', turn end 7'-13'. 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 7:00 – 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: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Jason Rothlein: jrothlein@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 form. 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 7th, 2023, to enter this meet. Swimmers competing in the 500, 1000, and 1650 freestyle events are requested to furnish their own lap counters when used. Events will be swum fastest to slowest. All coaches on deck must complete the CDC or NFHS concussion course. All coaches and officials must have completed the CANRA Mandatory Reporting Class

CHECK IN: 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.

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 World Aquatics (AQUA) swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

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 athletes who hold who hold 2023 or 2024 USA Swimming Registration. SCS athletes must be a member of an Eastern Committee Team. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age, all athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete.

CHANGE OF AFFILIATION: Club Transfers (unattached or attached) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0

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**). 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. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS:

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

B Division (includes B and BB): Ribbons 1st - 6th place

C Division: Ribbons 1st - 6th place

Relays: Medals 1st place, Ribbons 2nd - 3rd place

No medals or ribbons will be awarded for OPEN Events.

ENTRY LIMIT: A swimmer may swim no more than **FOUR (4)** individual events per day plus **ONE (1)** Relay. **Entries will be processed in the order of first received, first entered. In the event that the meet fills up before all the entries have been processed, the meet host reserves the right to limit the entries to THREE (3) individual events per day.**

ENTRY FEES: **\$5.50 for each INDIVIDUAL EVENT** along with a **\$15.50 SURCHARGE per swimmer** must accompany each individual entry card. There is a charge of **\$10.00 for each relay**. Returned checks will incur a service fee per SCS policy. 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. (5 PM 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.**

Please make Checks payable to: Circle City Aquatics

Entry Procedure: **Team Electronic Entry is highly preferred.** Electronic entry will be accepted ONLY when received with an attached Word or 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 or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. 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). Individual email entry will not be accepted.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, NOVEMBER 22, 2023. 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.)***

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

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.

Please make Checks payable to: Circle City Aquatics

Mail entries to:	Julie Fredericks, P.O. Box 624, Yucaipa, CA 92399
Hand delivered to:	36609 Parkview Terrace, Yucaipa, CA 92399
Electronic entries to:	Julie Fredericks – fredies6@hotmail.com
Meet Information:	Kendra Bierman – meetmanager2017@circlecityaquatics.com

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING AND SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Concussion Informed Consent Acknowledgment: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

MAAP 2.0 Statement: 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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), govern this meet.

As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

2023 CCAQ EC SC ABC WAG Last Ditch Swim Meet
December 1-3, 2023

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, November 22, 2023

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, 1 relay.

FRIDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1	2:47.19/	OPEN	BB 200 yd	Butterfly	2:40.79/	2
3	3:15.59/	7-10	BB 200 yd	IM	3:13.19/	4
5	3:06.59/	OPEN	BB 200 yd	Breaststroke	3:00.19/	6
7	2:57.19/	7-10	BB 500 yd	Freestyle	2:47.99/	8
9	6:38.19/	11-12	BB 500 yd	Freestyle	6:27.49/	10
11	23:07.29/	Open	BB 1650 yd	Freestyle	22:37.49/	12

SATURDAY SESSION 1 10 & UNDERS

GIRLS	min/max	age	distance	stroke	min/max	BOYS
14		5-8	100 yd	Freestyle		15
18		7-10	100 yd	Freestyle		19
20		5-8	25 yd	Freestyle		21
24		7-10	50 yd	Butterfly		25
26		5-8	50 yd	Butterfly		27
30		7-10	100 yd	Breaststroke		31
32		5-8	50 yd	Backstroke		33
36		7-10	50 yd	Backstroke		37
38		5-8	25 yd	Backstroke		39
42		5-8	100 yd	IM		43
46	Deck	7-10	200 yd	Freestyle Relay	Deck	47
48	Entered	5-8	100 yd	Freestyle Relay	Entered	49

*****Minimum 45 Minute break*****

SATURDAY SESSION 2 11-12

GIRLS	min/max	age	distance	stroke	min/max	BOYS
13*	5:56.79/	11-12	BB 400 yd	IM - MIXED	5:46.39/	13*
16		11-12	100 yd	Freestyle		17
22		11-12	50 yd	Butterfly		23
28		11-12	100 yd	Breaststroke		29
34		11-12	50 yd	Backstroke		35
40		11-12	200 yd	IM		41
44	Deck Entered	11-12	200 yd	Freestyle Relay	Deck Entered	45
50*	13:44.69/	11-12	BB 1000 yd	Freestyle - MIXED	13:30.19/	50*

*****Minimum 45 Minute break*****

SATURDAY SESSION 3 13 AND UP

GIRLS	min/max	age	distance	stroke	min/max	BOYS
51*	5:37.59/	13-up	BB 400 yd	IM	5:17.09/	52*
53		13-14	50 yd	Freestyle		54
55		15-up	50 yd	Freestyle		56
57		13-14	100 yd	Backstroke		58
59		15-up	100 yd	Backstroke		60
61		13-14	200 yd	Freestyle		62
63		15-up	200 yd	Freestyle		64
65	Deck	13-14	200 yd	Freestyle Relay	Deck	66
67	Entered	15-up	200 yd	Freestyle Relay	Entered	68
69*	13:01.79/	13-up	BB 1000 yd	Freestyle	12:23.89/	70*

Events will be swum fastest to slowest, with (*) events swum together awarded separately.

7/8 year old swimmers MAY mix/combine age groups 5-8 or 7-10.

7-10 to use 200 Freestyle time (BB minimum time) to enter 500 Freestyle.

Must be at least 11 years of age for open events with 11-12 BB minimum time.

***400 IM and 500, 1000, 1650 Freestyle alternate girls and boys heats.

Swimmers in the 500, 1000, 1650 Freestyle must provide their own timers and lap counters.

Relays swum time permitting.

SUNDAY SESSION 1 10 & UNDERS

GIRLS	min/max	age	distance	stroke	min/max	BOYS
73	2:57.19/	7-10	BB 200 yd	Freestyle	2:47.99/	74
75		5-8	50 yd	Breaststroke		76
79		7-10	50 yd	Breaststroke		80
81		5-8	25 yd	Breaststroke		82
85		7-10	50 yd	Freestyle		86
89		5-8	50 yd	Freestyle		90
93		7-10	100 yd	Butterfly		94
95		5-8	25 yd	Butterfly		96
99		7-10	100 yd	Backstroke		100
103		7-10	100 yd	IM		104
107	Deck	7-10	200 yd	Medley Relay	Deck	108
109	Entered	5-8	100 yd	Medley Relay	Entered	110

*****Minimum 45 Minute break*****

SUNDAY SESSION 2 11-12

GIRLS	min/max	age	distance	stroke	min/max	BOYS
71		11-12	200 yd	Freestyle		72
77		11-12	50 yd	Breaststroke		78
83		11-12	50 yd	Freestyle		84
87	2:43.99/	11-12	BB 200 yd	Backstroke	2:39.69/	88
91		11-12	100 yd	Butterfly		92
97		11-12	100 yd	Backstroke		98
101		11-12	100 yd	IM		102
105	Deck Entered	11-12	200 yd	Medley Relay	Deck Entered	106

*****Minimum 45 Minute break*****

SUNDAY SESSION 3 13 AND UP

GIRLS	min/max	age	distance	stroke	min/max	BOYS
111		13-14	200 yd	IM		112
113		15-up	200 yd	IM		114
115		13-14	100 yd	Freestyle		116
117		15-up	100 yd	Freestyle		118
119		13-14	100 yd	Breaststroke		120
121		15-up	100 yd	Breaststroke		122
123*	2:34.89/	13-up	BB 200 yd	Backstroke	2:25.09/	124*
125		13-14	100 yd	Butterfly		126
127		15-up	100 yd	Butterfly		128
129	Deck	13-14	200 yd	Medley Relay	Deck	130
131	Entered	15-up	200 yd	Medley Relay	Entered	132
133*	6:18.69/	13-up	BB 500 yd	Freestyle	5:58.99/	134*