

2023
Southern California Swimming/Beach Cities Swimming
SUMMER AGE GROUP CHAMPIONSHIPS

July 20-23, 2023



Thursday/Friday/Saturday/Sunday Prelims and Finals

Hosted By:
Southern California Swimming & Beach Cities Swimming



**2023 SCS/Beach Cities Swimming
SUMMER AGE GROUP CHAMPIONSHIPS**
Hosted by Southern California Swimming & Beach Cities Swimming
July 20-23, 2023

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of entry. Entry zip file 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. Relays must be pre-entered on electronic entry. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the email entry. **Failure to comply will be referred to the SCS Board of Review.** Entry updates (added events or time updates) will be processed when received by the processor by the entry deadline. Please see Updates and Late Qualifications below on meet form for NEW events achieved after deadline. Deletions will NOT be refunded. **Entry on an SCS Individual Entry Form will be accepted. Card must be completely filled out including USA Swimming registration number.**

OPEN TO: Southern California Swimming members affiliated or training with the following teams:

Coastal: ALL (except: RNGD)

Desert: SAND

Eastern: NONE

Metro: LDST, LKWD, MSST, PASA, SGSG

Orange: CMAC, COTO, DA, GWSC, SCAT, SPLA

Pacific: ALL (except: BLST, ROSE, SPAR)

ELIGIBILITY: OPEN ONLY TO 2023 SOUTHERN CALIFORNIA SWIMMING, USA Swimming REGISTERED SWIMMERS, who have met the SCS Summer Age Group Championship time standard in each event entered. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted.

DIRECTIONS: **George Mannon Aquatic Center:** 2320 Crenshaw Blvd. Torrance, CA 90501. From the 405 Freeway South/North: Exit at Crenshaw Blvd. and go South. Just past the Honda Service Center and before Sepulveda Blvd., turn left into the driveway to the parking lot. Traffic circle is for drop-off only. NO PARKING IN TRAFFIC CIRCLE. Park in lined/marked spaces only.

COURSE: George Mannon Aquatic Center is an outdoor 50-meter by 25-yard pool with 8 competition lanes and 6 warm-up lanes. Water depth at start end is 7.6 ft. and the same depth at the turn end. The competition course has been certified in accordance with 104.2.2c.

WARM UP: The competition pool will be available for assigned warm up at 6:50 AM each day of the competition. A separate 25 yard 6 lane warm up pool will be available throughout the competition. SCS warm up policy will be enforced. All swimmers must use Three point, slide in entries into the pool for warm up, no jumping or diving.

RULES: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Coaches must declare scratches daily. The entry list for the next day will be available by the conclusion of prelims. Scratches close 1 hour before the start of prelims. Distance swimmers in the 1500 must check in by an hour before the event is to be swum on Thursday. Swimmers in the 800 must check in by 5:00 PM on Saturday to be seeded in the event on Sunday. Swimmers must compete in their own age group. Age on July 20, 2023 determines age for the meet.

Prelims sessions will be swum slow to fast. Heats of the 800 and 1500 Freestyle will be swum fast to slow, alternating girls and boys heats. The fastest heat of the 800 and 1500 Freestyle will be swum in finals.

All coaches and officials on deck must complete the CDC or NFHS Concussion online course and the CANRA Mandatory Reporting training course.

All athletes 18 years or older must complete online ATHLETE PROTECTION TRAINING (APT) in order to compete.

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 for 5-12 swimmers.

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.

DECK CHANGES: Deck changes are prohibited

RECORDING DEVICES &

MEDIA NOTICE: The use of audio visual recording devices, including cell phones, is 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.

MEET REFEREE: **The Meet Referee is in charge of the conduct of the meet. Meet Referee is Scot Ranslem at scotranslem@discover.com**

MEET START TIMES: Preliminary sessions will begin at 8:30 AM. Warmups for FINALS sessions will begin no sooner than 2 hours after the completion of the final heat of the preliminary session.

DISTANCE EVENTS: The 800 / 1500-meter freestyle events (all age groups combined) are "timed finals" with standard seeding procedures. Events will be swum fastest to slowest alternating girls & boys heats. **Swimmers in the 1500 must check in an hour before the event is to be swum on Thursday. Swimmers in the 800 must check in by 5:00 PM on Saturday to be seeded in the event on Sunday.** Coaches may check swimmers in for the 800 & 1500. Swimmers in the 800 & 1500 freestyle should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters. The fastest heat of 800 & 1500 will be swum in the evening finals.

BONUS EVENTS: Swimmers who qualify for 1 event can swim two (2) bonus events for a total of three (3) events. Swimmers who qualify for 2 events can swim one (1) bonus event for a total of three (3) events. Swimmers who qualify for 3 events can swim one (1) bonus event for a total of four (4) events. Bonus events chosen must be 200 meters or shorter. All Bonus events must be National BB or faster. If the swimmer qualifies for either the 800 or 1500 LCM freestyle (1000 or 1650 SCY), they may swim the other distance as a bonus event.

EVENT LIMIT: A swimmer may **enter NO more than NINE events** that meet qualifying time standards. **Swimmers may swim a MAXIMUM of THREE (3) individual events per day, but may swim NO MORE than SIX individual events for the meet.**

COMBINED EVENTS: The 13/14 and 15 & UP events will be combined for PRELIMS and TIMED FINALS (excluding relays). FINALS will be swum, scored, and awarded by age group.

FINALS: A consolation and championship final, in that order (16 swimmers), will be offered for all prelims/finals events. Relays, 800 & 1500 freestyle are timed finals. The fastest heat of 800 & 1500 Freestyle who have checked in will swim in finals, the remainder will swim fast-to-slow, alternating girls and boys, in prelims.
The national finals scratch rule will be used.

A swimmer must scratch or place intent on an event within 30 minutes of announcement of preliminary results. A finals "no-show" (original top 16 places only) will be removed from the remainder of the meet. A swimmer missing his/her last finals event of the meet will be fined \$50 due to SCS before his/her next SCS competition.

19 & up swimmers will be considered for finals, space available.

SUBMITTED TIMES: Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". For Seeding purposes ONLY: after entries close, non-conforming times will be converted by meet administration.

If using an entry card, time on front of card must be clearly marked with either "L" or "Y". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. (See 2023 SCS Swim Guide or www.socalswim.org for SHORT COURSE YARD and SHORT COURSE METER time standards) Time standards must have been achieved on or after Sept. 1, 2021, and must be verifiable. Meets outside SCS or non USA Swimming meets are provable only with official results subject to SCS approval. (Refer to 2023 SCS Swim Guide.)

As a reminder: No updated times will be accepted after the meet entry deadline

PROOF OF TIME: This is a proof of time meet. **All entry times will be verified through the USA Swimming SWIMS times database.** An unverified entry time must be proven prior to the beginning of the competition or the swimmer or relay will be scratched from that event. Only swimmers and/or relay teams with verified times will be seeded. Entry times not proven by the scratch deadline shall be subject to the "Responsibility Clause" in the USA Swimming Rules & Regulations (207.8.3)

DISABLED SWIMMER ENTRY: A swimmer with a disability may enter a 200-meter event (except the 200 IM), if her/his 100-meter entry time qualifies for the 200-meter event; likewise, a 400-meter event if her/his 200-meter time qualifies for the 400-meter event. A swimmer so entered shall be seeded in the slowest heat and swim the lesser distance.

ENTRIES DUE: Entries must be **RECEIVED** no later than **5:00 PM PDT Wednesday, July 12, 2023**. **Relays must be pre-entered by coaches with provable times. NO LATE ENTRIES** will be accepted. All entries not meeting the deadline **WILL BE REJECTED**. To avoid any concern regarding receipt of entry card enclose a self-addressed stamped envelope or postcard. **No certified, registered, special delivery or mail requiring a signature will be accepted.** If signature is not waived, entry **WILL BE REJECTED**. Receipt of entry will NOT be confirmed by phone -or- by email. Note: keep a copy of the entry form for your records.

Individual emailed, scanned, or texted entry will not be accepted.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) 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

ENTRY PROCEDURE:

Team Electronic Entry is highly preferred.

Electronic entry will be accepted ONLY when received with:

1. **Entry file (.zip or .sd3)**
2. **Proof of Time report showing meet and dates for each entry (.pdf or Word)**
3. **Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the email entry. Failure to comply will be referred to the SCS Board of Review. If monies are not received by the start of the meet, the swimmers will not be allowed to compete.**

Individual entry: Submit a completed Individual Entry Form (www.socalswim.org under "Forms") with payment.

Individual emailed, scanned, or texted entry will not be accepted.

UPDATES AND LATE QUALIFICATION:

Swimmers achieving a new event for the first time from the due date of the 2023 SCS/CITI Summer Age Group Championships entry to the Sunday prior to the meet (July 12-16), may enter the meet by submission of an additional team entry using the entry file under the title of "Last Ditch Entries 2023 SCS/CITI Summer Age Group Championship". The instructions and the meet event file will be on the SCS website on Thursday morning (July 13). These entries must be submitted no later than 11:00 PM PDT on Monday, July 17, 2023. These entries cannot be used to improve the seed time of a prior entry. A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the New Qualifying Swims entry file and submitting to the Administrative Referee, Erica Johnson at e-mail: EricaJohnson.swim@gmail.com on or before 7/17/23.

AWARDS: Individual: 1st-8th places, custom medals.
Relays: 1st-3rd place teams, custom medals.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

RELAYS: A \$20.00 fee must accompany all relay entries. Relays must be pre-entered with provable times. Entry deadline for relays is **5:00 PM PDT Wednesday, July 12, 2023**. RELAY ONLY swimmers must pay the \$20.00 surcharge per swimmer. Changes/Additions for Relay Only swimmers DUE NO later than 6:00 PM PDT Wednesday, July 19. The fastest two heats of relays in each event will swim at the end of the evening finals each day; all other relays will swim at the end of prelims.

A club entering a **single relay** in an event must meet the published Summer Age Group Championship soft cut as a team time or based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (past 18 months).

A club entering **multiple relays** in an event must meet the published Summer Age Group Championship hard cut for each of the relays entered. Teams must use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed when entering multiple relays in an event.

NOTE: When entering the 13-Up 200 Medley Relays, teams must enter a provable 200 Medley time.

ENTRY FEES: \$7.50 per individual event. \$25.00 surcharge per swimmer.
\$20.00 per relay event. \$25.00 surcharge each for relay only swimmers.

**NO REFUNDS - RETURNED CHECK will incur a service fee per SCS policy
MAKE CHECKS PAYABLE TO – Beach Cities Swimming**

Mail entries to:

**2023 SCS/CITI
SUMMER AGE GROUP CHAMPIONSHIPS**
c/o Erica Johnson
321 Cuyler Harbor Drive
Camarillo CA 93012

EMAIL TEAM ELECTRONIC ENTRY FILES TO: EricaJohnson.swim@gmail.com

Hand delivered to:

SAME AS ABOVE

FOR INFORMATION: Email: Mel Kuo at melvinkuo88@gmail.com or Kelly Miyashita at kelly.miyashita@gmail.com

TIME TRIALS: Sanction #S23-220

Will be swum provided all three JO meets can offer Time Trials between the AM/PM sessions of selected days, time permitting. 3 events per day limit applies (JO events + Time Trials = 3 events per day or less). Deck Entered. Entry fee is \$20.00 per event, no refunds after seeding. Open only to 2023 SCS swimmers who are entered in at least 1 individual event or relay in the JO's. The Administrative Referee will determine the order of events.

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.



2023 SCS/Beach Cities Swimming SUMMER AGE GROUP CHAMPIONSHIPS

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ORDER OF EVENTS

THURSDAY, JULY 20. 8:30 AM START. 1st Warm up – 6:50 AM

Girls	MIN	AGE	EVENT	MIN	Boys
1	1:22.60	11-12	100 M Back	1:23.40	2
3	2:48.40	13-14	200 M Back	2:42.20	4
	2:44.50	15 & UP	200 M Back	2:31.70	
5	1:20.80	11-12	100 M Fly	1:21.80	6
7	2:57.20	13-14	200 M Fly	2:50.00	8
	2:48.90	15 & UP	200 M Fly	2:33.60	
9	1:10.60	11-12	100 M Free	1:10.40	10
11	1:06.70	13-14	100 M Free	1:03.20	12
	1:04.30	15 & UP	100 M Free	58.70	
13	20:37.60	13-14	1500 M Free*	20:00.30	14
	20:21.20	15 & UP	1500 M Free*	19:07.50	
15	9:52.10	13-14	800 M Fr Relay	9:28.20	16
17	9:30.80	15 & UP	800 M Fr Relay	8:48.90	18

* NOTE: The 1500 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys, with the Fastest Heat of Girls and Boys swimming as the last two individual events of the Finals session. The 1500 M Freestyle will be placed and scored by Age Group. Swimmers in the 1500 M Freestyle should provide one (1) timer for three (3) heats, as well as providing their own lap counters. **1500 FREE will be closed to swim one hour prior to the event swimming. Coaches may check swimmers in for the 1500.**

FRIDAY, JULY 21. 8:30 AM START. 1st Warm up – 6:50 AM

Girls	MIN	AGE	EVENT	MIN	Boys
19	1:39.30	5-10	100 M Fly	1:39.70	20
21	2:25.70	13-14	200 M Free	2:18.40	22
	2:20.60	15 & UP	200 M Free	2:07.70	
23	2:56.70	5-10	200 M Free	2:57.00	24
25	2:33.70	11-12	200 M Free	2:32.70	26
27	1:34.90	5-10	100 M Back	1:35.90	28
29	5:53.00	13-14	400 M IM	5:37.90	30
	5:46.70	15 & UP	400 M IM	5:21.90	
31	49.60	5-10	50 M Breast	50.50	32
33	43.20	11-12	50 M Breast	43.40	34
35	1:28.50	13-14	100 M Breast	1:22.60	36
	1:25.10	15 & UP	100 M Breast	1:15.30	
37	2:28.80	5-10	200 M Fr Relay	2:30.10	38
39	2:12.60	11-12	200 M Fr Relay	2:12.10	40
41	2:06.60	13-14	200 M Fr Relay	1:59.70	42
43	2:03.50	15 & UP	200 M Fr Relay	1:51.40	44
45	2:54.70	5-10	200 M Med Relay	2:57.10	46
47	2:33.00	11-12	200 M Med Relay	2:34.30	48
49	5:15.20	13-14	200 M Med Relay**	5:02.20	50
51	5:05.20	15 & UP	200 M Med Relay**	4:38.50	52

** NOTE: Please enter 200 Medley Relay times for the 200 M Med Relay.

SATURDAY, JULY 22. 8:30 AM START. 1st Warm up – 6:50 AM

Girls	MIN	AGE	EVENT	MIN	Boys
53	1:21.00	5-10	100 M Free	1:21.20	54
55	5:24.40	11-12	400 M Free	5:28.60	56
57	5:06.00	13-14	400 M Free	4:57.00	58
	4:58.00	15 & UP	400 M Free	4:33.90	
59	41.70	5-10	50 M Fly	42.00	60
61	35.70	11-12	50 M Fly	35.90	62
63	1:15.20	13-14	100 M Fly	1:10.00	64
	1:12.50	15 & UP	100 M Fly	1:04.00	
65	3:19.10	5-10	200 M IM	3:19.20	66
67	2:53.80	11-12	200 M IM	2:54.40	68
69	2:45.10	13-14	200 M IM	2:34.80	70
	2:38.90	15 & UP	200 M IM	2:24.30	
71	5:35.10	11-12	400 M Med Relay	5:38.60	72
73	5:15.20	13-14	400 M Med Relay	5:02.20	74
75	5:05.20	15 & UP	400 M Med Relay	4:38.50	76

SUNDAY, JULY 23. 8:30 AM START. 1st Warm up – 6:50 AM

Girls	MIN	AGE	EVENT	MIN	Boys
77	1:47.50	5-10	100 M Breast	1:49.40	78
79	1:33.10	11-12	100 M Breast	1:34.00	80
81	3:10.70	13-14	200 M Breast	3:02.10	82
	3:08.50	15 & UP	200 M Breast	2:51.20	
83	43.80	5-10	50 M Back	44.10	84
85	38.40	11-12	50 M Back	38.50	86
87	1:17.60	13-14	100 M Back	1:13.60	88
	1:14.60	15 & UP	100 M Back	1:08.20	
89	36.60	5-10	50 M Free	36.40	90
91	32.50	11-12	50 M Free	32.30	92
93	30.80	13-14	50 M Free	28.60	94
	29.60	15 & UP	50 M Free	26.40	
95	10:43.20	13-14	800 M Free***	10:18.40	96
	10:26.90	15 & UP	800 M Free***	9:48.50	
97	4:48.20	11-12	400 M Fr Relay	4:49.70	98
99	4:34.50	13-14	400 M Fr Relay	4:21.20	100
101	4:24.60	15 & UP	400 M Fr Relay	4:01.20	102

*** NOTE: The 800 M Freestyle (timed final) will be combined, swum Fastest to Slowest, alternating Girls and Boys. The fastest Heat of Girls and Boys swimming the 800 M Freestyle will be during the Finals session after events #82 and #88, respectively. Swimmers in the 800 M Freestyle should provide one (1) timer for three (3) heats, as well as providing their own lap counters. **800 FREE will close for check in at 5:00 PM Saturday. Coaches may check swimmers in for the 800.**