

CCAQ BRW SC January Meet

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No. S19-014

Sponsored By: CCAQ & Eastern Committee

Received by deadline: 5:00 pm, January 16, 2019

Date of Meet: January 25-27, 2019

Start of Meet: 5:00 pm; Friday; 8:30 am Saturday & Sunday

Warm-up: Friday 4:00 pm, Saturday & Sunday 7:00 am

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

DIRECTIONS: From the north, take I15 S to Limonite. Turn right onto Limonite, left onto Scholar Way, school is on the right. From the South, take I15 N to Sixth St and turn left to Hamner, right onto Hamner to Citrus. Left onto Citrus to Scholar Way, school will be on left. Use of additional parking lot off Citrus recommended.

COURSE: Outdoor 25 yard x 50 meters pool with 10 competition lanes. 6 warm-up lanes will be available during the meet. Pool depth: start end 7.0', turn end 7.0'. The competition course has been certified in accordance with 104.2.2(C).

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: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Jason Rothlein - jtrothlein@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. **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 25, 2019 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 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.socialswim.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 Eastern 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.

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
White Division: Ribbons 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd 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. Relays will be deck-entered at \$10.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, January 14, 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 Southern California Swimming

MAIL ENTRIES TO:

Email for team electronic entries only: fredies6@hotmail.com

Questions: please contact the Meet Processor or the SCS office (310-684-1151)

Julie Fredericks

P O Box 624

Yucaipa, CA 92399

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.

CCAQ BRW SC January Meet

January 25-27, 2019

ENTRIES MUST BE RECEIVED BY 5:00 PM: January 16, 2019 (Wednesday)

FRIDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1		11-12	BRW 200 yd	IM		2
3	3:23.50/	7-10	BR 200 yd	IM	3:24.50/	4
5	2:58.10/	11-12	BR 200 yd	Butterfly	3:02.60/	6
7		15-up	BRW 200 yd	Breaststroke		8
9		13-14	BRW 200 yd	Breaststroke		10
11	3:25.90/	11-12	BR 200 yd	Breaststroke	3:26.20/	12
13	2:56.80/	7-10	BR 500 yd	Freestyle	2:56.50/	14
15		11-12	BRW 500 yd	Freestyle		16
17	12:58.60/	OPEN	1000 yd	Freestyle	13:09.80/	18

This meet is subject to the 4 hour rule per session.

No awards for open events

Times submitted must be best recorded times short or long course.

Maximum 4 individual events per day, 1 relay.

7/8 year old swimmers may enter either 5-8 or 7-10 events but not any combination of age groups

**400 IM and 500/1000/1650 frees will be swum alternating girls and boys

Swimmers should provide own timers and/or lap countswimmers should provide own timers

** 7-10 Use 200 Free Time to enter 500 Free (requires 7-10 200 Free red time to enter)

**11-12 Swimmers in the 400 IM must enter 200 IM times (requires 11-12 200 IM red time to enter)

Events will be swum fastest to slowest.

Must be at least 11 for open events with 11-12 blue minimum time.

Relays swum time permitting.

SATURDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
20	57.80/	5-8	BR 50 yd	Backstroke	56.30/	21
		11-12	BRW 50 yd	Backstroke		22
23		7-10	BRW 50 yd	Backstroke		24
		11-12	BR 100 yd	Butterfly		25
26	1:37.40/	7-10	BR 100 yd	Butterfly	1:37.60/	27
		11-12	BRW 100 yd	Freestyle		28
29		7-10	BRW 100 yd	Freestyle		30
31		5-8	BRW 100 yd	IM		32
33		7-10	BRW 100 yd	IM		34
		11-12	BR 200 yd	Backstroke	3:07.30/	35
36	1:02.80/	5-8	BR 50 yd	Breaststroke	1:01.20/	37
		11-12	BRW 100 yd	Breaststroke		38
39		7-10	BRW 50 yd	Breaststroke		40
41		5-8	BRW 100 yd	Medley Relay		42
43	Deck Entered	7-10	BRW 200 yd	Medley Relay	Deck Entered	44
		11-12	BRW 200 yd	Medley Relay		45
*****MINIMUM 45 MINUTE BREAK*****						
46		11-12	BRW 50 yd	Backstroke		
47		13-14	BRW 400 yd	IM		48
49	3:01.30/	11-12	BR 400 yd	IM		
50		15-up	BRW 400 yd	IM		51
52		11-12	BRW 100 yd	Freestyle		
53		13-14	BRW 100 yd	Freestyle		54
55		15-up	BRW 100 yd	Freestyle		56
57	3:01.40/	11-12	BR 200 yd	Backstroke		
58		13-14	BRW 200 yd	Backstroke		59
60		15-up	BRW 200 yd	Backstroke		61
62		11-12	BRW 100 yd	Breaststroke		
63		13-14	BRW 100 yd	Breaststroke		64
65		15-up	BRW 100 yd	Breaststroke		66
67		11-12	BRW 100 yd	Butterfly		
68		13-14	BRW 100 yd	Butterfly		69
70		15-up	BRW 100 yd	Butterfly		71
*****5 MINUTE BREAK*****						
72		11-12	BRW 200 yd	Medley Relay		
73	Deck Entered	13-14	BRW 200 yd	Medley Relay	Deck Entered	74
75		15-up	BRW 200 yd	Medley Relay		76
*****Break determined by Meet Referee*****						
77	6:24.60/	OPEN	500 yd	Freestyle	6:29.80/	78

SUNDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
80	2:56.80/	7-10	BR 200 yd	Freestyle	2:56.50/	81
82		5-8	BRW 25 yd	Freestyle		83
84	48.60/	5-8	BR 50 yd	Freestyle	47.30/	85
		11-12	BRW 50 yd	Butterfly		86
87		7-10	BRW 50 yd	Butterfly		88
89	55.60/	5-8	BR 50 yd	Butterfly	56.40/	90
91		5-8	BRW 25 yd	Butterfly		92
		11-12	BRW 100 yd	IM		93
94	1:49.10/	7-10	BR 100 yd	Breaststroke	1:49.70/	95
		11-12	BRW 50 yd	Breaststroke		96
97		5-8	BRW 25 yd	Breaststroke		98
		11-12	BRW 100 yd	Backstroke		99
100	1:36.80/	7-10	BR 100 yd	Backstroke	1:37.00/	101
102		5-8	BRW 25 yd	Backstroke		103
		11-12	BRW 50 yd	Freestyle		104
105		7-10	BRW 50 yd	Freestyle		106
107	1:46.10/	5-8	BR 100 yd	Freestyle	1:42.00/	108
		11-12	BRW 200 yd	Freestyle Relay		109
110	Deck Entered	7-10	BRW 200 yd	Freestyle Relay	Deck Entered	111
112		5-8	BRW 100 yd	Freestyle Relay		113
*****MINIMUM 45 MINUTE BREAK*****						
114		11-12	BRW 50 yd	Breaststroke		
115		13-14	BRW 200 yd	IM		116
117		11-12	BRW 100 yd	IM		
118		15-up	BRW 200 yd	IM		119
120		11-12	BRW 50 yd	Freestyle		
121		13-14	BRW 50 yd	Freestyle		122
123		15-up	BRW 50 yd	Freestyle		124
125		11-12	BRW 50 yd	Butterfly		
126		13-14	BRW 200 yd	Butterfly		127
128		15-up	BRW 200 yd	Butterfly		129
130		11-12	BRW 100 yd	Backstroke		
131		13-14	BRW 100 yd	Backstroke		132
133		15-up	BRW 100 yd	Backstroke		134
135		11-12	BRW 200 yd	Freestyle		
136		13-14	BRW 200 yd	Freestyle		137
138		15-up	BRW 200 yd	Freestyle		139
*****5 MINUTE BREAK*****						
140		11-12	BRW 200 yd	Freestyle Relay		
141	Deck Entered	13-14	BRW 200 yd	Freestyle Relay	Deck Entered	142
143		15-up	BRW 200 yd	Freestyle Relay		144
*****Break determined by Meet Referee*****						
145	21:32.10/	OPEN	1650 yd	Freestyle	21:51.50/	146