

CCAT-Coastal July Long Course Meet

July 8-9, 2023 @Crespi HS *Team area on Football field

SANCTIONED BY: Southern California Swimming, USA Swimming

SPONSORED BY: CCAT Swimming Inc.

DATE: July 8-9, 2023

WARM-UP: Saturday 7/8 and Sunday 7/9 assigned warm up sessions/lanes morning 7:30am & 8:10am; afternoon warm up TBA

POOL: Robinson Aquatics Center-Crespi Carmelite High School, 5056 Zelzah Ave., Encino, California 91316. Only coaches set up on deck; team areas on football field.

DIRECTIONS: From the 101 Fwy, exit at White Oak Ave., turn south to Ventura Blvd -take a right turn, go 4 blocks, turn left on Zelzah Ave. go one blocks, turn, left on Santa Rita, and a quick right into the school parking lot. From the parking lot. Additional parking Sat/Sun: Team canopies area on football field adjacent to the pool.

COURSE: Outdoor 25y x 50m pool, with 9 competition lanes and a 4 lane – 20y warm-up pool will be available. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool depth: 6'7" at starting and turning ends. If entries allow, 6-7 competition lanes, with 1-2 50m warm up lanes.

ELIGIBILITY: Open to athletes from the SCS Coastal Committee who hold a 2023 USA Swimming registered. Registration must be completed by entry deadline. Registration is completed online, with team link, at USA Swimming.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Members under Coach supervision; teams will be assigned warm up lanes. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. One way Dive lanes will directly under coaches supervision. The pool will close 10 minutes before the start of each session. **ALL SWIMMERS MUST USE 3-POINT SLIDE IN ENTRY INTO THE POOL DURING WARM-UP, NO JUMPING OR DIVING.** Warm-up assignments will be communicated by email to coaches prior to the meet.

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 meet referee, Cami Stein. Camistein2019@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 12/Un "4 hour" rule. Coaches must scratch swimmers with the Meet Admin 20 minutes prior to start of session. After the event has been officially closed,** 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 7 years old on July 8, 2023 to enter this meet. Event heats will be swam fastest to slowest. **ALL COACHES AND OFFICIALS ON DECK MUST COMPLETE THE CDC OR NFHS CONCUSSION COURSE.** Athletes 18 years and older, must have completed the USA Swimming APT course prior to the meet. This meet will follow all State, Event maximum: 4 per day; one session per day

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 with boded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers. Tech suits may be worn by swimmers 13 years of age and older.

DECK CHANGES: Deck Changing is prohibited.

MAAPP 2.0: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP2.0"), will govern this meet.

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.

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

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** long course OR short course times from this or 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. Discrepancy in the submitted times can lead to disciplinary action.

AWARDS: No Awards

SATURDAY & SUNDAY: VENDOR SNACK BAR & Food Vendors on site; Ralphs Market across street

RELAYS: \$10.00 per relay; deck entry. The Meet Referee and Meet host reserve the right to cancel relays if the entries/timeline are over the 4 hour rule.

ENTRY FEES: \$5.50 for each individual event along with a \$15.50 surcharge per swimmer. 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. 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. 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 JUNE 28, 9:00PM. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). **The host team reserves the right to merge the two sessions to one if the entries are low.*

Please make Checks payable to: CCAT Swimming

Email for team electronic entries only to: Erica Johnson – ericajohnson.swim@gmail.com

Mail entry and entry payment to : Erica Johnson – CCAT July 321 Cuyler Harbor Dr., Camarillo, CA 93012-9182

For questions, please contact the Meet Director, Stacy Smith, 818-665-6284, stacysmith48@aol.com

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 of Use Prevention Policy (MAAPP) govern this meet.

CCAT-COASTAL LONG COURSE MEET - JULY 8/9, 2023 @Crespi HS

*4 event max per day

ENTRIES DUE WED., JULY 28th, 5:00pm

Sunday, July 9, 2023 9:00 am

Boys

Girls

No.	Age	Minimum	Event	Minimum	Age	No.
1	9/10	3:45.79	200 Meter Freestyle	3:33.49	9/10	2
3	11/12	3:02.29	200 Meter Freestyle	2:57.49	11/12	4
5	7/8	2:11.99	100 Meter Freestyle	2:11.99	7/8	6
7	9/10	2:05.90	100 Meter Freestyle	2:07.99	9/10	8
9	11/12	1:36.19	100 Meter Freestyle	1:33.99	11/12	10
11	7/8		50 Meter Backstroke		7/8	12
13	9/10		50 Meter Backstroke		9/10	14
15	11/12		50 Meter Backstroke		11/12	16
17	7/8		50 Meter Freestyle		7/8	18
19	9/10		50 Meter Freestyle		9/10	20
21	11/12		50 Meter Freestyle		11/12	22
23	9/10	2:14.79	100 Meter Breaststroke	2:09.39	9/10	24
25	11/12	1:48.89	100 Meter Breaststroke	1:46.59	11/12	26
27	7-10	By Coach	200 Meter Medley Relay	By Coach	7-10	28
29	11/12	Deck Entered	200 Meter Medley Relay	Deck Entered	11/12	30

*11/12 swimmers may enter only one session per day - either AM or PM

Swimmers must have an entry time - No NTs (no time)

PM session will begin a minimum of 45 min after end of AM session

31	OPEN	2:49.19	200 Meter Freestyle	2:44.09	OPEN	32
33	13 & Up		100 Meter Freestyle		13 & Up	34
35	OPEN	3:35.99	200 Meter Breaststroke	3:38.69	OPEN	36
37	13 & Up		50 Meter Breaststroke		13 & Up	38
39	OPEN	3:56.99	50 Meter Freestyle	3:46.99	OPEN	40
41	13 & Up		50 Meter Freestyle		13 & Up	42
43	OPEN	3:09.89	200 Meter Backstroke	2:49.09	OPEN	44
45	13 & Up		50 Meter Backstroke		13 & Up	46
47	13 & Up	Deck entered	200 Meter Freestyle Relay	Deck Entered	13 & Up	48
49	OPEN	6:25.90	400 Meter Individual Medley	6:39.19	OPEN	50
51	OPEN	22:04.00	1500 Meter Freestyle	23:25.49	OPEN	52

*4 event max per day

The 400 Meter IM and the 400, 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 I.M., 400 Free and 1500 Freestyle are requested to provide their own timers

Swimmers in the 1500 must provide own lap counters.

Sunday, July 9, 2023 9:00 am

Boys

Girls

No.	Age	Minimum	Event	Minimum	Age	No.
53	9/10	4:09.39	200 Meter Individual Medley	4:06.19	9/10	54
55	11/12	3:26.09	200 Meter Individual Medley	3:23.79	11/12	56
57	9/10		100 Meter Freestyle		7-10	58
59	11/12		100 Meter Freestyle		11/12	60
61	7-8		50 Meter Butterfly		7/8	62
63	9/10		50 Meter Butterfly		9/10	64
65	11/12		50 Meter Butterfly		11/12	66
67	7/8		50 Meter Breaststroke		7-10	68
69	9/10		50 Meter Breaststroke		7-8	70
71	11/12		50 Meter Breaststroke		11/12	72
73	9/10	1:59.19	100 Meter Backstroke	1:55.09	9/10	74
75	11/12	1:38.69	100 Meter Backstroke	1:35.49	11/12	76
77	7/10	Deck Entered	200 Meter Freestyle Relay	Deck Entered	7/10	78
	11/12	by Coach	200 Meter Freestyle Relay	by Coach	11/12	

*11/12 swimmers may enter only one session per day.

PM session will begin a minimum of 45 min after end of AM session

79	OPEN	3:05.39	200 Meter Individual Medley	3:08.49	OPEN	80
81	13 & Up		100 Meter Freestyle		13 & Up	82
83	13 & Up		100 Meter Backstroke		13 & Up	84
85	OPEN	3:05.59	200 Meter Butterfly	3:06.19	OPEN	86
87	13 & Up		50 Meter Butterfly		13 & Up	88
89	OPEN	38.29	50 Meter Butterfly	38.59	OPEN	90
91	13 & Up		100 Meter Breaststroke		13 & Up	92
93	OPEN	5:56.49	400 Meter Freestyle	5:48.89	13 & Up	94

*ALL TEAMS & CANOPIES MUST SET UP ON THE FOOTBALL FIELD