

NOVA HOSTED "BB MINIMUM" SHORT COURSE SWIM MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S23 - 030
Sponsored by: Irvine Novaquatics
Orange Committee

DATE OF MEET: January 7 & 8, 2023
ENTRIES RECEIVED BY 5:00PM: **December 28, 2022 (WEDNESDAY)**

WARM UP TIME: 8:00 AM (Sat/Sun)
MEET START TIME: 8:30 AM (Sat/Sun)

***The second session will begin no sooner than 10:00am or 30 minutes after the conclusion of the morning session.**

- POOL:** NORTHWOOD HIGH SCHOOL, 4515 Portola Parkway, Irvine, CA 92620
- COURSE:** NORTHWOOD HIGH SCHOOL POOL is a 50 meter by 25 yard pool with 10 competitive lanes with warmup/warmdown area available. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth at start and turn end: 7'.
- SPECTATORS:** Spectators will be allowed to watch on deck in a designated area only. Canopies are allowed outside the pool area. This meet will be available on YouTube: www.youtube.com/c/irvinenovaquatics
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.
- REFEREE:** Janet Knoeppel shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to janetwk1014@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 entry form. (See 2022 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an 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 **January 7, 2023**. **All coaches and officials on deck must complete the CAT and CANRA.** Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) will govern this meet. This meet will be PRE SEEDED
- SPECIAL NOTICE:** SWIMMERS MAY SWIM A MAXIMUM OF THREE (3) EVENTS PER DAY. NOVA will limit entries to meet the "4 Hour" rule for each session. The 400 IM, 500, 1000, and 1650 Freestyle events will be swum alternating girls and boys. Swimmers are asked to provide timers for three heats and their own lap counters. 7-10 swimmers entering the 500 Yard Freestyle must enter with their 200 Yard Freestyle time that meets the minimum stated time standard. 11/12 year old swimmers may only swim in one session per day. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.
- 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.
- 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 bonded seams, kinetic tape, or meshed seams are not permitted at this meet.** Please see the Tech Suit Policy on the SCS website.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- 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.
- ELIGIBILITY:** Open to Orange Committee athletes who hold 2023 USA Swimming Registration. Online registration in SWIS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. 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.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved the time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at the minimum time standard (see 2023 Swim Guide for exceptions). Discrepancy in the submitted times can lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.
- ENTRY FEE:** **\$5.50 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry card.** E-mail entry (entry.zipfile) 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. (5 PM 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. 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 5:00PM, WEDNESDAY, DECEMBER 28, 2022. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

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

MAKE CHECKS PAYABLE TO: Irvine Novaquatics	
EMAIL TO:	bonniejos5@aol.com
And MAIL TO:	BONNIE JOSEPH
(Include Swimmer's name and SCS Number)	447 E. 19 th Street
	Costa Mesa, CA 92627

For further meet information email: Kim Hoestery – kim@novaquatics.com Receipt of entry will not be verified by phone or email

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 meet.

NOVA "BB Minimum" SHORT COURSE AGE GROUP SWIM MEET

Date of Meet: January 7 & 8, 2023

ENTRIES RECEIVED BY 5:00PM: December 28, 2022 (WEDNESDAY)

*YOU MAY SWIM A MAXIMUM OF 3 EVENTS PER DAY

Times submitted must be Best Recorded Times Short Course or Long Course.

11/12 YEAR OLD SWIMMERS MAY ONLY SWIM IN ONE SESSION PER DAY

*NOVA WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE FOR EACH SESSION

*THE SECOND SESSION WILL BEGIN NO SOONER THAN 10:00 AM OR 30 MINUTES AFTER THE CONCLUSION OF THE AM SESSION.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls Saturday, January 7, 2023 8:30am Boys

No.	Minimum	Age	Event	Minimum	No.
1	2:47.29	11/12	200 Yard Individual Medley	2:43.99	2
3	3:15.59	7-10	200 Yard Individual Medley	3:13.19	4
5	48.10	5-8	50 Yard Backstroke	46.80	6
7	35.39	11/12	50 Yard Backstroke	34.99	8
9	41.89	7-10	50 Yard Backstroke	42.29	10
11	1:17.59	11/12	100 Yard Butterfly	1:16.09	12
13	1:39.09	7-10	100 Yard Butterfly	1:37.09	14
15	1:28.40	5-8	100 Yard Freestyle	1:25.00	16
17	1:08.29	11/12	100 Yard Freestyle	1:05.89	18
19	1:19.99	7-10	100 Yard Freestyle	1:18.79	20
21	52.30	5-8	50 Yard Breaststroke	51.00	22
23	1:27.19	11/12	100 Yard Breaststroke	1:24.49	24
25	47.49	7-10	50 Yard Breaststroke	46.59	26
27	6:38.19	11/12	500 Yard Freestyle	6:27.49	28
29	2:57.19	7-10	500 Yard Freestyle	2:47.99	30
Enter with 200 Yard Freestyle Time that meets the stated time standard					

Second Session will begin no sooner than 10:00am or 30 min after the conclusion of AM Session

No.	Minimum	Age	Event	Minimum	No.
31	BB for Age	11 & Up	400 Yard Individual Medley	BB for Age	32
33	BB for Age	11 & Up	100 Yard Freestyle	BB for Age	34
35	BB for Age	11 & Up	100 Yard Butterfly	BB for Age	36
37	BB for Age	11 & Up	200 Yard Backstroke	BB for Age	38
39	BB for Age	11 & up	100 Yard Breaststroke	BB for Age	40
41	BB for Age	11 & Up	1000 Yard Freestyle	BB for Age	42
43	BB for Age	11 & Up	1650 Yard Freestyle	BB for Age	44

Swimmers in the 400 Yard IM, 500, 1000, and 1650 Yard Freestyle are asked to provide timers for three heats and you must provide your own lap counters.

Girls Sunday, January 8, 2023 8:30am Boys

No.	Minimum	Age	Event	Minimum	No.
45	2:28.99	11/12	200 Yard Freestyle	2:23.49	46
47	2:57.19	7-10	200 Yard Freestyle	2:47.99	48
49	46.30	5-8	50 Yard Butterfly	47.00	50
51	33.89	11/12	50 Yard Butterfly	34.19	52
53	41.89	7-10	50 Yard Butterfly	40.49	54
55	1:18.09	11/12	100 Yard Individual Medley	1:14.99	56
57	1:31.69	7-10	100 Yard Individual Medley	1:28.89	58
59	1:41.20	5-8	100 Yard Individual Medley	1:38.50	60
61	1:08.09	11/12	100 Yard Backstroke	1:15.69	62
63	1:30.69	7-10	100 Yard Backstroke	1:29.29	64
65	40.50	5-8	50 Yard Freestyle	39.40	66
67	31.29	11/12	50 Yard Freestyle	30.29	68
69	35.19	7-10	50 Yard Freestyle	34.49	70
71	39.99	11/12	50 Yard Breaststroke	39.49	72
73	1:44.99	7-10	100 Yard Breaststroke	1:41.69	74

Second Session will begin no sooner than 10:00am or 30 min after the conclusion of AM Session

No.	Minimum	Age	Event	Minimum	No.
75	BB for Age	11 & Up	200 Yard Individual Medley	BB for Age	76
77	BB for Age	11 & Up	200 Yard Freestyle	BB for Age	78
79	BB for Age	11 & Up	100 Yard Backstroke	BB for Age	80
81	BB for Age	11 & Up	200 Yard Butterfly	BB for Age	82
83	BB for Age	11 & Up	50 Yard Freestyle	BB for Age	84
85	BB for Age	11 & Up	200 Yard Breaststroke	BB for Age	86
87	BB for Age	11 & Up	500 Yard Freestyle	BB for Age	88

7-10 Swimmers entering the 500 Yard Freestyle must enter with 200 Yard Freestyle time that meets the stated time standard.

This meet will be preseeded