



SCS January LC One Day Senior Meet

January 21, 2019

SANCTIONED BY: USA Swimming and Southern California Swimming SANCTION NO:S19-031

SPONSORED BY: Southern California Swimming and The La Mirada Armada

ENTRIES DUE: Received by 5:00 PM Wed, January 9, 2019

DATE OF MEET: Monday, January 21, 2019
START TIMES: Monday, Session 1, 8:00 AM Session 2, 11:00 AM
WARM-UP TIMES: Monday, Session 1, 7:00 AM Session 2, 10:00 AM



POOL: LA MIRADA SPLASH REGIONAL AQUATIC CENTER, 13806 La Mirada Blvd, La Mirada. From 5 Fwy South exit Valley View, head North to Alondra, turn right to La Mirada Blvd, turn left, center on right. From 5 Fwy North exit Beach Blvd north to La Mirada Blvd, turn left, center on right.

COURSE: Competition pool is an outdoor, 50-meter pool, 2 meters to 14' deep. A separate 25-yard warm-up pool will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. New Daktronic timing system in use

WARM-UP: 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 a current **2019 USA Swimming member coach**. There will be ***NO DIVING*** into the pool during these times except into the designated sprint lane(s) as directed by the meet referee. 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. **SPLIT SESSION WARM-UPS for preliminary session will be announced and posted if necessary.**

MEET REFEREE: The Meet Referee is Mike mc McMinn-1mikemcminn@gmail.com. Questions regarding conduct of the meet should be made directly to the meet referee.

RULES: USA Swimming Rules will govern. Current SCS Meet procedure for a timed final SCS Senior Meet will be enforced and take precedence over any errors or omissions on this form. (See **2019 SCS Swim Guide**): Check-in is required for all events. **Prelims will be seeded fast to slow.**

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. **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.

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.

ELIGIBILITY & AFFILIATION: Open to all athletes who hold 2019 USA Swimming Registration. Registration application must be **received by the entry deadline** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide Part One, III, B. Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.

QUALIFYING TIMES: Submit ACTUAL times achieved for each event. If standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y." If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after June 1, 2017 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to **2019 SCS Swim Guide**. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet. NOTE: All entry times will be verified in advance through the USA SWIMS database.

800 & 1500 FREESTYLE: Swum fast to slow in event order. Swimmers in the 800 and 1500 must provide their own timers and lap counters.

ENTRY LIMIT: A swimmer may enter all events for which the time standard has been met and verified. A swimmer may swim no more than 5 individual events per day. A swimmer who meets the automatic time standard for any event is eligible to enter one bonus event. A swimmer is limited to swimming **ONE** bonus event. All bonus events must meet the listed bonus time standard.

MEET ATHLETE LIMIT: The meet will be limited to the first 800 Southern California Swimming athletes to enter.

SEND ELECTRONIC ENTRY FILE (entry.zip) TO: armadaswimming@gmail.com

MAIL TO: Alina DeArmas PO Box 63 Simi Valley, CA 93062-0063

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING

ENTRY FORMAT: Individual entry charge of **\$7.50 per entered event** plus **\$14.00 surcharge** and Relay fee \$20.00, must accompany entry. Club Electronic entry is encouraged. **NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.** If submitting a **Southern California Consolidated Entry Card** for swimmer, card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry

Concussion Protocol: All coaches on deck must have completed the CDC or NFHS Concussion course.

SCS JANUARY ONE DAY SENIOR MEET

Long Course Meters Timed Final



January 21, 2019

Presented by SCS and hosted by the La Mirada Armada

OPEN TO: 2019 USA Swimming Members

ENTRIES Must be received by 5:00 PM, Wednesday, January 9, 2019

SESSION #1 7:00 warm-up 8:00 start (Limited to 4 heats of men and 4 heats of women)										
EVENT	Automatic Time		Bonus Time		Stroke and Distance	Automatic Time		Bonus Time		EVENT
#	Meters	Yards	Meters	Yards		Meter	Yards	Meters	Yards	#
1	19:18.49	18:46.99	19:47.49	19:15.19	1500 Free					
					800 Free	9:25.99	10:33.39	9:40.19	10:49.29	2

60 min Warm-up Break

SESSION #2 10:00 warm-up 11:00 start										
EVENT	Automatic Time		Bonus Time		Stroke and Distance	Automatic Time		Bonus Time		EVENT
#	Meters	Yards	Meters	Yards		Meter	Yards	Meters	Yards	#
3	2:33.89	2:18.09	2:37.79	2:21.59	200 Butterfly	2:20.59	2:04.99	2:24.19	2:08.19	4
5	1:22.39	1:12.09	1:24.49	1:13.89	100 Breaststroke	1:14.29	1:04.69	1:16.19	1:06.39	6
7	2:35.39	2:15.89	2:39.29	2:19.29	200 Backstroke	2:22.69	2:03.99	2:26.29	2:07.09	8
9	1:04.79	56.69	1:06.49	58.19	100 Freestyle	58.49	51.29	59.99	52.57	10
11	5:33.89	4:55.39	5:42.29	5:02.79	400 IM	5:06.79	4:29.09	5:14.46	4:35.89	12
13	4:53.69	5:27.19	5:01.09	5:35.37	400 Freestyle	4:32.89	5:05.49	4:39.71	5:13.19	14
15	1:10.19	1:02.79	1:11.99	1:04.39	100 Butterfly	1:03.49	56.19	1:05.09	57.59	16
17	2:19.69	2:02.99	2:23.19	2:06.09	200 Freestyle	2:08.49	1:52.39	2:11.79	1:55.29	18
19	2:57.79	2:36.59	3:02.29	2:40.59	200 Breaststroke	2:40.99	2:20.99	2:45.09	2:24.59	20
21	1:12.39	1:03.39	1:14.29	1:04.99	100 Backstroke	1:06.09	57.19	1:07.79	58.69	22
23	2:38.39	2:18.69	2:42.39	2:22.19	200 IM	2:24.19	2:05.99	2:27.79	2:09.19	24
25	29.89	26.39	30.39	27.09	50 Freestyle	26.99	23.59	27.69	24.19	26
27	10:05.19	11:09.99	10:20.39	11:26.79	800 Free					
					1500 Free	18:04.29	17:40.69	18:31.39	18:07.29	28

** The first thirty-two women to sign up for the 1500 and the first thirty-two men to sign up for the 800 will swim in session #1. If there are more than thirty-two the remaining swimmers will have the option to swim at the conclusion of session number two.

USA SWIMMING DISCLAIMER: 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.