



**2019 DECEMBER SLOWER THAN BB / MINI  
SOUTH FAYETTE AQUA CLUB  
DECEMBER 7-8, 2019**



<b>FACILITY LOCATION</b>	SOUTH FAYETTE MIDDLE SCHOOL POOL, 3700 OLD OAKDALE RD., MCDONALD PA. 15057		
<b>SANCTION # AM-120719-01</b>	Held under the Sanction of USA Swimming and Allegheny Mountain Swimming, Inc. <i>In granting this sanction 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.</i>		
<b>ENTRIES OPEN</b>	<b>TUESDAY, November 12, 2019 at 10:00 PM</b>	<b>ENTRIES CLOSE</b>	<b>FRIDAY, November 22, 2019 at 10:00 PM</b>
<b>MEET DIRECTOR</b>	CARRIE BONACCI	PHONE: 724.554.5914	E-MAIL: meetdirector@sfaquaclub.org
<b>MEET ENTRY CHAIR</b>	JUDY WAGNER	PHONE: 412.215.7932	E-MAIL ENTRIES TO: sfac-entries@amswim.org
<b>OFFICIALS CONTACT</b>	MARK KOUTAVAS	PHONE: 412-848-5787	E-MAIL: mark.koutavas@gmail.com
<b>OPERATIONAL RISK/SAFETY DIRECTOR</b>	MATT TUCKER		
<b>SESSION</b>	<b>WARM-UP TIMES – (Times listed below may be modified based upon entries)</b>		<b>MEET STARTS</b>
<b>SATURDAY AM - 1</b>	Two Warm-Ups - 7:00am-7:30am And 7:30am-8:00am (Based Upon Entry Numbers Warm-Ups May Be Three 20-Minute Sessions)		8:05 AM
<b>SATURDAY AM - 2</b>	Immediately following Session		After 20 minute warm up
<b>SATURDAY PM</b>	Two Warm-Ups - 1:00pm-1:30pm And 1:30pm -2:00pm (Based Upon Entry Numbers Warm-Ups May Be Three 20-Minute Sessions)		2:05 PM
<b>SUNDAY AM - 1</b>	Two Warm-Ups - 7:00am-7:30am And 7:30am-8:00am (Based Upon Entry Numbers Warm-Ups May Be Three 20-Minute Sessions)		8:05 AM
<b>SUNDAY AM - 2</b>	Immediately following Session		After 20 minute warm up
<b>SUNDAY PM</b>	Two Warm-Ups - 1:00pm-1:30pm And 1:30pm -2:00pm (Based Upon Entry Numbers Warm-Ups May Be Three 20-Minute Sessions)		2:05 PM
<b>EVENTS</b>	This meet will be conducted in accordance with the attached schedule of events.		
<b>ENTRY LIMIT</b>	Four (4) Individual Events per day (excluding relays).		<b>MEET ENTRY LIMIT: 2,000 Splashes</b>
<b>ENTRY FEES</b>	Individual Events: \$5.00	Mini - 8 & Under \$4.00	Relay Events \$8.00 Swimmer Surcharge: \$5.00
<b>MAIL CHECKS/REPORTS TO:</b>	SFAC Treasurer, P.O. Box 60, Cuddy, PA 15031		<b>CHECKS PAYABLE TO:</b> SFAC
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>• "No Time" or "NT" entries are not accepted in AMS swim meets. If a qualifying time does not exist, an entry time must still be used. <b>Files with NT's will be returned by the Entry Chair until the file is corrected and resent.</b></li> <li>• Entries must be submitted by Hy-Tek CL2 or HY3 file or sdif file via e-mail to the Meet Entry Chair during the Entry Period;</li> <li>• Please include the following information in the body of the e-mail: <b>Team Name, Number of Individual Entries, Number of Relay Entries, Total Entries, and Team Entry Chair's Contact Information along with the Entry report by Swimmer's Name. Any revisions to the entry file should also include a revised Entry Report by Swimmer's Name.</b></li> <li>• <b>Payments shall be made for the entries to the host prior to the start of the meet.</b></li> <li>• No refunds will be given, except for mandatory scratch down of events</li> </ul> <p><b>**No late entries will be accepted.</b></p>		
<b>DECK ENTRIES</b>	<p>Deck entries for individual events are accepted on a standby basis only for any non-LSC Championship meet. An athlete may be deck entered into an event provided that: they are a USA Swimming registered athlete, they or their club are already entered into the meet, they have not exceeded the maximum entry limit for the day/meet, their time for said event is within the qualifying times for the meet, and additional heats are not added.</p> <p>Deck entries cost \$10.00, plus any additional meet specific surcharge, for swimmers not already entered in the meet. Deck entries will close 35 minutes prior to the start of the session. Refer to AMS Operating Procedures for procedure.</p>		
<b>RELAY ENTRIES</b>	Relay entries will be accepted with the meet entry file or as a deck entry the day of the meet		
<b>MEET DURATION AND SCRATCH-DOWN OF ENTRIES</b>	<p>In order to comply with the USA Swimming Four-Hour Rule Regulations (see rule 205.3.1F), swimmers may be required to scratch-down individual events per day at the direction of the Meet Director and the Designated Committee. <b>If a scratch down is required, teams will need to submit a new file that includes the scratch down of the events.</b></p> <ul style="list-style-type: none"> <li>• In addition, entries may be returned in order help control meet duration. Affected clubs will be notified no less than five (5) days prior to the start of the meet.</li> <li>• Events may be combined and/or the number of entries limited in one or more events in order to control the length of the meet. Teams will be notified by email of swimmers who are affected by such limits.</li> </ul> <p>Events 400 yards/meters or longer may be limited to the fastest five (5) heats per event</p>		

<b>QUALIFYING TIMES</b>	Qualifying Times (if applicable) are per the USA Swimming Current Time Standards per Age Group.	
<b>CONFORMING TIMES</b>	Entry times must be in <b>SCY</b> . Non-conforming times will be seeded last, entry times shall not be converted.	
<b>PROOF OF TIMES</b>	Proof of Times not required.	
<b>AWARDS</b>	Individual Awards: <b>Ribbons - 1st thru 6th for 9-10, 11-12, 13-14 and 15 &amp; Older</b> Mini Session Awards: <b>Ribbons 1<sup>st</sup> thru 6<sup>th</sup> Place for 6 &amp; Under, 7, 8 year olds</b>	Relay Awards: <b>Ribbons 1st thru 3rd Place</b>
<b>SCORING</b>	This meet will not be scored.	
<b>SEEDING/PRESEEDED</b>	Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. This meet will be PRESEEDED.  The events that are 400 yards/meters or longer and relays will be deck seeded. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay unless the Referee is notified of a declared false start prior to the start of their race. Check in will close 30 minutes prior to the start of the session. <ul style="list-style-type: none"> <li>• <b>Events 400 yards/meters or longer that are Timed Finals will be swum fastest to slowest alternating girls/boys.</b></li> </ul>	
<b>OTHER INFORMATION</b>	Concessions will be available throughout the meeting; various vendors will also be available.	
<b>FACILITY DESCRIPTION</b>	6 lane, 25 Yard competition pool with Colorado timing system	
<b>POOL CERTIFICATION</b>	The competition course has not been certified in accordance with Article 104.2.2C (4)	
<b>WATER DEPTH</b>	The minimum water depth for racing starts shall be measured in accordance with Article 103.2.3. The depth of the water at the start end of the pool is 12 feet and at the turn end of the pool is 3.5 feet.	
<b>WARM-UP INFORMATION</b>	Warm-up policies will be strictly enforced by USA Swimming Officials. <b>These policies along with the lane assignments, if applicable shall be posted on the wall at the start end of the pool.</b> <b>REQUIRED DURING WARM-UPS:</b> <ul style="list-style-type: none"> <li>• <b>There will be specifically designated lanes during all warm-up sessions for 10 &amp; under swimmers.</b></li> <li>• <b>Warm-Up and Warm Down is reserved for Meet Participants Only</b></li> <li>• Swimmers will enter the pool feet first at the start end of the pool and shall be under the direct supervision of a certified coach.</li> <li>• No equipment in the competition pools during scheduled warm-ups. (Including but not limited to snorkels, kickboard, fins, or pull buoys.)</li> <li>• Designated lanes will be open for starts and one way sprints during each warm-up session. A separate lane should be designated for backstroke starts. The outside lanes will be open throughout warm-ups for continual warm-up.</li> <li>• The Referee/Meet Marshals will have control over Warm-Up Procedures the day of the meet.</li> <li>• At any session with distance events (1000/800, 1650/1500) offered and at any championship formatted meet (prelims/finals), the outside lane or lanes shall be restricted to pace lanes only at the same time sprint lanes are opened. At any distance only meet or session (1000/800, 1650/1500), only one lane shall be opened for sprinting.</li> </ul> <p>Specific warm-up times for each club (if applicable) and/or changes to the warm-up schedule will be posted on the AMS Web Site no later than five (5) days prior to the start of the meet.</p> <p>The Meet Director reserves the right to adjust warm-ups and start times based on the number of entries (prior to the meet) or the referee (day of the meet).</p> <p><b>The Meet Entry Chair will email all attending clubs specific warm-up times and any changes to the warm-up schedule no later than five (5) days prior to the start of the meet; this will also be posted on the AMS website.</b></p> <p><b>**In sessions of a standard meet, where there are distance events (400IM, 400/500 Free) there shall be a ten (10) minute break before the events when there is not a separate warm-up/warm down pool available or at the discretion of the Referee.</b></p>	
<b>RULES</b>	This meet will be governed by current USA Swimming Rules and Current AMS Operating Procedures. Fly-over starts WILL be used.	
<b>MINOR ATHLETE ABUSE PREVENTION POLICY</b>	All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provision of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.	
<b>MEET/DECK REFEREE</b>	The Meet/Deck Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to him/her. The Meet/Deck Referee has final judgment for <b>any</b> issues that arise that day during the course of the meet.	
<b>MEET MARSHALS</b>	Meet Marshals have full authority through the Meet/Deck Referee for safety and good order throughout the venue at all times. Swimmers, coaches and spectators may be removed from the deck/venue for non-compliance with procedures or non-cooperation with Marshals' instructions.	
<b>PROTESTS</b>	A Meet Jury will adjudicate any protests including issues of conduct which may occur in the meet venue. All protests must be in writing to the Meet/Deck Referee. The Meet Jury will consist of the Meet Director, an Athlete and a Coach. Additional members including an official may be added for a jury of five. The Meet/Deck Referee will act as a mediator <b>A Meet Jury shall be identified and posted at the beginning of each session of the meet.</b>	

ELIGIBILITY	All entrants must be registered members of USA Swimming as provided in Article 302. Age <b>as of the first day of the meet shall</b> determine the swimmer's age for the entire meet. On deck registration is not permitted; all athletes must be registered prior to entering the meet.
DECK PRIVILEGES	<p><b>DECK PRIVILEGES: No unauthorized personnel will be allowed on the pool deck. All coaches, officials, and meet volunteers must wear a wristband to be on deck. Only those with wristbands, along with competing athletes, may be permitted on the deck at any time. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times.</b></p> <p>Coaches and Officials must present their current USA Swimming registration card at the sign-in table in order to receive their wristband.</p> <p><b>Proof of registration through USA Swimming Deck Pass app is acceptable.</b></p> <p>Prior to entering the deck, unattached swimmers and attached swimmers attending without a coach are responsible for securing a USA Swimming Member coach who will supervise them during warm-up, warm-down, before, during, and after the meet; the swimmer must notify the Referee of this coach prior to the start of the session. Additionally, these swimmers must register a contact person with the Meet Director. This information should be submitted with the entries. Failure to do so will result in the swimmer not being permitted to participate.</p> <p><b>Coaches and swimmers must remain a minimum of four (4) feet from the pool edge to allow officials to perform their assigned tasks. Coaches and Officials: only competing swimmers, officials and lap counters are permitted within four (4) feet of the pool edge both in the starting and turning areas.</b></p>
RACING START CERTIFICATION	<p><b>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. <u>A copy of the Racing Start Certification Checklist, signed by a USA Swimming member coach, must be given to the referee prior to the start of the meet.</u></b></p>
SWIMMERS WITH DISABILITIES	Swimmers with disabilities are welcome to attend this meet and should contact the Meet Director and/or Referee prior to the start of the meet regarding any accommodations.
PHOTOGRAPHY	<p>In compliance with USA Swimming Rules and Regulations, the use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.</p> <p>Additionally, the use of equipment capable of taking pictures or videos (i.e. cell phones, cameras, tablets, etc.) are banned from behind the starting blocks during the entire meet, including warm-up, competition, and warm-down periods. Unless approved in advance by the AMS Board of Directors and stated in the Meet Announcement, photographers/videographers are not permitted on deck at any time. As an approved exception, USA Swimming registered and credentialed coaches are permitted to utilize visual recording devices to record their swimmers in the pool for the sole purpose of stroke training, subject to the location restrictions of this statement, so long as they do not interfere with meet operations.</p> <p>In the event of any disputes regarding video recording, the Referee's decision shall be final and binding. In no case shall coaches be permitted to delegate this role to athletes</p>
AMS PHOTOGRAPHY POLICY	Refer to the AMS Operating Procedures
DECK CHANGING	Per USA Swimming Rule 202.4.9(l), Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
AMS SWIMMER DRESS CODE	Swimsuits worn at competition must be nontransparent and conform to the current concepts of the appropriate. To further clarify, boys shall wear suits which cover the buttocks and are not cut too low in the front. Girls shall wear suits which cover the buttocks and chest area. A purposeful violation of the modesty dress code may be reported to the meet referee who will discuss with the athlete's coach. The coach may need to address the violation and required action with their swimmer. Swimmers with suits that do not meet modesty standards or do not properly cover the areas addressed may be asked to adjust the suit or change their attire before they are permitted to participate further in the swimming competition. The referee(s), coach(s), or athlete(s) have the right to request a review by which the meet jury will convene.
RESTRICTIONS	<p>The use and sale of any tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.</p> <ul style="list-style-type: none"> <li>• Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.</li> <li>• No glass containers are allowed in the meet venue.</li> <li>• 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.</li> </ul>

# December Slower Than BB / Mini

December 7-8, 2019

## Saturday AM-1

Girls	Slower Than		Session 1 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
1	2:47.89	3:10.19	11-12 200 FL	3:07.69	2:43.99	2
13&O 200 FL						
3	2:37.89	2:59.49	13-14	2:49.19	2:26.99	4
	2:34.89	2:54.79	15&O	2:40.39	2:20.59	
5	35.59	41.19	11-12 50 BK	40.89	35.29	6
13&O 100 BR						
7	1:22.39	1:34.99	13-14	1:28.09	1:15.59	8
	1:20.69	1:32.49	15&O	1:23.49	1:12.09	
13&O 200 IM						
9	2:39.19	3:03.39	13-14	2:51.99	2:28.59	10
	2:36.19	2:59.69	15&O	2:43.99	2:21.79	
11	2:29.69	2:50.39	11-12 200 FR	2:45.19	2:24.59	12
13&O 100 FR						
13	1:05.79	1:15.39	13-14	1:09.99	1:00.89	14
	1:04.59	1:13.59	15&O	1:07.09	58.39	
15	1:27.39	1:41.39	11-12 100 BR	1:38.49	1:25.49	16
17	34.09	38.29	11-12 50 FL	38.69	34.19	18
13&O 200 BK						
19	2:35.39	2:59.39	13-14	2:49.69	2:25.89	20
	2:32.39	2:55.59	15&O	2:41.39	2:19.19	
21	2:43.99	3:10.19	11-12 200 BK	3:06.49	2:40.29	22
23	1:08.29	1:18.49	11-12 100 FR	1:15.69	1:05.89	24

## Saturday AM-2

Girls	Slower Than		Session 2 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
25	6:38.39	5:56.49	11-12 500 FR	5:48.69	6:27.49	26
13&O 500 FR						
27	6:20.09	5:40.89	13-14	5:24.09	5:58.99	28
	6:12.09	5:32.89	15&O	5:09.89	5:45.99	

## Saturday PM-1

Girls	Slower Than		Session 3: Mini & 9-10 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
29	-	-	8&U 200 Medley Relay	-	-	30
31	1:39.09	1:52.99	9-10 100 FL	1:51.39	1:37.99	32
33	-	-	8&U 100 BR	-	-	34
35	41.89	48.89	9-10 50 BK	49.19	42.39	36
37	-	-	8&U 25 FR	-	-	38
39	3:15.59	3:43.19	9-10 200 IM	3:40.79	3:13.19	40
41	-	-	8&U 50 BK	-	-	42
43	1:19.99	1:31.49	9-10 100 FR	1:30.29	1:18.79	44
45	-	-	8&U 100 FR	-	-	46
47	-	-	8&U 25 BR	-	-	48
49	47.49	53.99	9-10 50 BR	53.29	46.59	50
51	-	-	8&U 50 FL	-	-	52
53	-	-	8&U 200 IM	-	-	54

## Saturday PM-2

Girls	Slower Than		Session 4 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
55	7:35.49	6:51.09	9-10 500 FR	6:44.59	7:26.99	56

## Qualifying Times

**8&U/Mini:** No Qualifying Times, unless noted otherwise.  
**9-10:** Slower Than the 9-10 BB Standard  
**11-12:** Slower Than the 11-12 BB Standard  
**13-14:** Slower Than the 13-14 B Standard  
**15&O:** Slower Than the 15-16 B Standard  
*Note: any difference between the time posted on this Meet Structure and the current National Standard shall defer to the National Standard.*

# December Slower Than BB / Mini

December 7-8, 2019

## Sunday AM-1

Girls	Slower Than		Session 5 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
57	1:18.29	1:28.49	11-12 100 FL	1:26.29	1:16.49	58
13&O 200 FR						
59	2:22.19	2:42.59	13-14	2:32.29	2:12.79	60
	2:19.19	2:38.69	15&O	2:26.09	2:07.49	
61	1:18.39		11-12 100 IM		1:14.99	62
13&O 100 FL						
63	1:11.39	1:21.09	13-14	1:15.49	1:06.39	64
	1:09.99	1:19.49	15&O	1:11.79	1:03.39	
65	39.99	45.49	11-12 50 BR	45.39	39.59	66
13&O 50 FR						
67	30.29	34.59	13-14	31.99	27.89	68
	57:36.0	57:36.0	15&O	30.19	26.79	
69	31.49	35.79	11-12 50 FR	34.69	30.29	70
71	3:08.59	3:36.09	11-12 200 BR	3:28.69	3:00.99	72
13&O 200 BR						
73	2:58.29	3:25.59	13-14	3:11.59	2:45.59	74
	2:54.69	3:20.79	15&O	3:02.49	2:36.59	
75	1:18.49	1:31.09	11-12 100 BK	1:29.09	1:15.79	76
13&O 100 BK						
77	1:11.69	1:23.59	13-14	1:18.29	1:06.89	78
	1:10.09	1:21.99	15&O	1:14.69	1:03.49	
79	2:47.79	3:11.49	11-12 200 IM	3:09.29	2:44.19	80

## Sunday AM-2

Girls	Slower Than		Session 6 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
81	5:56.79	6:48.29	11-12 400 IM	6:39.39	5:46.39	82
13&O 400 IM						
83	5:39.69	6:27.59	13-14	6:04.69	5:17.39	84
	5:31.99	6:18.79	15&O	5:47.29	5:05.59	

## Sunday PM-1

Girls	Slower Than		Session 7: Mini & 9-10 Events	Slower Than		Boys
	SCY	LCM		LCM	SCY	
85	-	-	8&U 200 FR Relay	-	-	86
87	2:57.39	3:20.99	9-10 200 FR	3:12.09	2:47.99	88
89	-	-	8&U 100 IM	-	-	90
91	1:30.69	1:45.99	9-10 100 BK	1:43.59	1:29.69	92
93	-	-	8&U 50 FR	-	-	94
95	41.79	47.29	9-10 50 FL	45.99	40.49	96
97	-	-	8&U 25 BK	-	-	98
99	35.19	39.89	9-10 50 FR	39.49	34.49	100
101	-	-	8&U 100 FL	-	-	102
103	1:44.99	2:01.49	9-10 100 BR	1:57.69	1:41.89	104
105	-	-	8&U 50 BR	-	-	106
107	-	-	8&U 25 FL	-	-	108
109	-	-	8&U 100 BK	-	-	110
111	1:31.69	-	9-10 100 IM	-	1:29.39	112
113	-	-	8&U 200 FR	-	-	114

### Qualifying Times

**8&U/Mini:** No Qualifying Times, unless noted otherwise.

**9-10:** Slower Than the 9-10 BB Standard

**11-12:** Slower Than the 11-12 BB Standard

**13-14:** Slower Than the 13-14 B Standard

**15&O:** Slower Than the 15-16 B Standard

*Note: any difference between the time posted on this Meet Structure and the current National Standard shall defer to the National Standard.*