

**2019
Southern California Swimming
Winter Age Group
Championships**

December 13-15, 2019

Open to SCS COMMITTEE TEAMS:

COASTAL: ALL Teams (except PUMA)

METRO: ALL Teams

(except: BSC, CERR, GLBY, LBSH, LKWD, RMDA, PASA)

PACIFIC COMMITTEE: ALL Teams

(except: ALPH, CITI, TORR, TROJ, TSM, ZAP)



**Castaic Sports Complex Aquatics Center
Castaic, CA**

Hosted by:

**Southern California Swimming
Santa Barbara Swim Club**

2019 SOUTHERN CALIFORNIA SWIMMING

Winter Age Group Championship hosted by Santa Barbara Swim Club

Friday, Saturday, Sunday – December 13-15, 2019

Sanctioned By: USA-Swimming & Southern California Swimming

Sponsored By: Santa Barbara Swim Club

Sanction Number: S19-356

Entries Due: 5:00PM, Wed, Dec 4, 2019.

Eligibility: Open to 2019 or 2020 USA Swimming, Southern California Swimming registered swimmers from teams listed on the first page, who have met and can prove the posted "2019 Winter AG" time standards. No swimmers from outside SCS will be accepted. Registration application must be received by **Wednesday, Dec 4, 2019, at 5PM** by meet processor, administrative official/referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

Pool: Castaic Sport Complex Aquatic Center, 31230 Castaic Rd, Castaic, CA 91384. Outdoor 50m x 25yd pool with a 25 yard course of 10 competition lanes plus 8 warm up lanes (10 lanes for prelims, timed finals and finals) and, as needed, a separate warm-up/warm-down 10 lane 25 yard pool. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Pool Depth Measurements: Starting and turning End 7'0"

Directions: From Interstate 5 heading north, exit 176A Ridge Rite, turn right to Castaic Road, turn right to Castaic Sport Complex Aquatic Complex. Large parking lot behind pool next to baseball fields.

Meet Start Times: Preliminary sessions will begin at 8:30AM. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 7-12 timed finals events each day. The 7-12 timed finals will begin one hour after the last preliminary heat of the day (Sunday after the 1000).

Warm-up Procedure/Times: Assigned warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:20 a.m. with supervised warm-up/warm-down available in the adjoining pool. There will be assigned warm up times and lanes; two warm-up sessions may be used. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups. All swimmers must use a 3-point slide in entry into the pool for warm up, no jumping or diving.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Mary Jo Swalley at mj64bear@earthlink.net.

Rules: Current **USA Swimming Rules, including the Minor Athlete Protection Policies (MAAPP), will govern the meet. All Coaches and Officials must complete the CDC or NFHS concussion online course.** Current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first 2 events (prelims) or 4 events (timed finals) will close one-half hour prior to the start of the session. Swimmers must compete in their own age group. Age on Dec 13, 2019, determines age for the meet. Prelims sessions will be swum fast to slow; the timed finals session will be swum slow to fast. A swimmer may enter a maximum of 9 events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day.

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 acknowledgment 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.

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 without the use of the backstroke ledge. 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.

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. No Tech suits permitted for 5-10-year-old swimmers at this meet.

Deck Changes: Deck Changes are prohibited.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may **UNATTACH** (may not attach or reattach) by notifying the Administrative Official/Referee in writing and paying the appropriate fee.

Distance Events: The 1000 and 1650-yard freestyle events (age groups combined) will be swum:

- All heats of 1650 and 1000 at end of prelims on Friday and Sunday, respectively.
- Fastest to slowest alternating girls' & boys' heats.
- 1650 check in closes at 9:00 AM Friday.
- 1000 check in closes at 6:00PM Saturday; coaches may check swimmers in.
- Swimmers in the 1000 and 1650 freestyle should be prepared to supply their own timers and lap counters.

Submitted/Qualifying Times: This is a proof-of-time meet. **Proof of time is required through SWIMS, the National Times database, or recognized FINA competitions. Times must be achieved at (a) a USA Swimming sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or (d) a FINA approved competition. Times in the database are not meet entry only proof of entered time.** 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". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2018 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action. **Swimmers may enter a maximum of 9 individual events, and may compete in a max of 6 individual events.**

Entry Procedure: Team Electronic Entry is highly preferred.

- Electronic entry will be accepted ONLY when received with:
 1. Entry file (.zip or .sd3)
 2. Proof of time report showing meet and dates for each entry (.pdf or Word)
 3. Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Individual entry: Mail (not email) a completed individual entry form with payment. You should enclose a self-addressed, stamped envelope or postcard to confirm receipt of your entry. Entry will not be confirmed by telephone or by email.

Updates and Late Qualification:

- Swimmers achieving a new event for the first time from the due date (Dec 4) of the WAG Championships entry to the Sunday prior to the meet (Dec 4-8) may be entered in the meet by submission of an additional team entry using the entry file under the title: "Last Ditch Entries 2019 SCS/SBSC WAG Championship".
- The instructions and the meet event file will be on the SCS website on Thursday morning (December 5).
- These entries must be submitted no later than 11 p.m. PST on Monday, December 9, 2019.
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the New Qualifying Swims entry file and submitting to the Administrative Referee, Bettie Williams on or before 11 p.m. Monday, December 9, 2019.

Fees: Individual surcharge (including relay-only swimmers), plus \$10 facility fee: \$24.00. Event fee: \$5.50 per event. Relays: \$20.00 per relay. Returned checks will incur a service fee per SCS policy

Scoring/Awards:

- Individual scoring: 1-16 (USA Swimming Rules); relay scoring: double individual points.
- Distinctive custom medals will be awarded for 1-10 places in individual events and 1-3 places in relay events.
- Awards for the 11/12 age groups will be given for the Timed Finals events only.
- 19 & over are not eligible for scoring or awards. 19 & over may swim finals if space permits.

Relays: A club entering a single relay in an event must meet the published WAG soft cut as a team time or based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (past 18 months). A club entering multiple relays in an event must meet the published WAG hard cut for each of the relays entered. Teams must use the aggregate of each listed swimmer's individual best times (no team times). Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed when entering multiple relays in an event. Coaches must pre-enter relays and relay only swimmers. Relays for 13-14, 15-18 will be swum as timed-final events in the finals sessions following the individual events. NO "free" relays. ***Enter Events 73 & 74 with qualifying 400 Medley Relay time.

Finals: A single championship final (10 swimmers) will be offered for 11-12/13-14 events, 13-14 events, and 15-18 events. 11-12/13-14 events are combined finals; there are no separate 11-12 finals. **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

Hotel Information: Visit Santa Barbara Swim Club website: <https://www.teamunify.com/Home.jsp?team=scssb>

ALL CERTIFIED, REGISTERED, OR SPECIAL DELIVERY MAIL WILL BE REJECTED. IF SENDING VIA EXPRESS MAIL, FEDEX, UPS, OR OTHER CARRIER, YOU MUST WAIVE SIGNATURE OR THE ENTRY WILL BE REJECTED.

Make checks payable to: **Southern California Swimming**

Mail entries to:

**SBSC WAG
c/o Bettie Williams
PO Box 83538
Los Angeles, CA 90083**

Email entries to: blwswim@earthlink.net

FOR INFORMATION: Contact Jennifer Graham, Meet Director, at jle878@gmail.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 meet. USA Swimming MAAPP will be applicable at this meet.

| Friday – Dec 13, 2019 - Preliminary Session, Start Time 8:30 AM | | | | | | | |
|---|----------|----------|------------------|-------------|----------|----------|-----------|
| Event No. | GIRLS | | EVENT | AGE | BOYS | | Event No. |
| | YARDS | METERS | | | YARDS | METERS | |
| 1 | 5:04.30 | 5:44.20 | 400 IM | 15/UP | 4:47.70 | 5:25.80 | 2 |
| | 5:10.30 | 5:50.90 | 400 IM | 11-12/13-14 | 5:01.70 | 5:41.30 | |
| 3 | 2:27.50 | 2:46.20 | 200 BACKSTROKE | 15/UP | 2:16.30 | 2:33.70 | 4 |
| | 2:26.20 | 2:44.70 | 200 BACKSTROKE | 11-12/13-14 | 2:22.00 | 2:40.00 | |
| 5 | 1:17.40 | 1:27.90 | 100 BREASTSTROKE | 15/UP | 1:08.50 | 1:18.00 | 6 |
| | 1:17.40 | 1:27.90 | 100 BREASTSTROKE | 13-14 | 1:12.70 | 1:22.70 | |
| 7 | 57.60 | 1:05.60 | 100 FREESTYLE | 15/UP | 51.90 | 59.20 | 8 |
| | 58.80 | 1:06.90 | 100 FREESTYLE | 13-14 | 55.60 | 1:03.30 | |
| 9 | 19:19.40 | 19:42.60 | 1650 FREESTYLE | 15/UP | 18:39.20 | 19:01.60 | 10 |
| | 19:48.30 | 20:12.10 | 1650 FREESTYLE | 11-12/13-14 | 19:34.50 | 19:58.00 | |
| 11 | 9:05.60 | 10:18.80 | 800 FREE RELAY | 15-18 | 8:26.80 | 9:27.20 | 12 |
| | 9:04.40 | 10:16.40 | 800 FREE RELAY | 13-14 | 8:43.60 | 9:54.00 | |
| Friday – Dec 13, 2019 - Timed Finals Session | | | | | | | |
| 13 | 6:00.00 | 5:21.30 | 500 FREESTYLE | 11-12 | 6:09.90 | 5:30.20 | 14 |
| 15 | 1:34.90 | 1:47.40 | 100 BREASTSTROKE | 7-10 | 1:37.30 | 1:50.00 | 16 |
| 17 | 1:22.10 | 1:33.20 | 100 BREASTSTROKE | 11-12 | 1:22.50 | 1:33.60 | 18 |
| 19 | 32.70 | 37.10 | 50 FREESTYLE | 7-10 | 32.70 | 37.10 | 20 |
| 21 | 28.70 | 32.70 | 50 FREESTYLE | 11-12 | 28.60 | 32.60 | 22 |
| 23 | 1:28.30 | 1:39.40 | 100 BUTTERFLY | 7-10 | 1:30.70 | 1:42.10 | 24 |
| 25 | 1:11.60 | 1:20.90 | 100 BUTTERFLY | 11-12 | 1:12.00 | 1:21.40 | 26 |
| 27 | 4:26.80 | 5:02.40 | 400 FREE RELAY | 11-12 | 4:24.80 | 5:00.40 | 28 |

***All heats of the 1650 Freestyle will be swum at the end of the prelims session**

| Saturday – Dec 14, 2019 - Preliminary Session, Start Time 8:30 AM | | | | | | | |
|---|---------|---------|------------------|-------------|---------|---------|----|
| 29 | 5:28.50 | 4:53.20 | 500 FREESTYLE | 15/UP | 5:11.10 | 4:37.70 | 30 |
| | 5:38.60 | 5:02.20 | 500 FREESTYLE | 13-14 | 5:27.70 | 4:52.50 | |
| 31 | 1:06.00 | 1:14.50 | 100 BACKSTROKE | 15/UP | 1:00.50 | 1:08.40 | 32 |
| | 1:07.20 | 1:15.80 | 100 BACKSTROKE | 13-14 | 1:04.40 | 1:12.70 | |
| 33 | 2:33.60 | 2:53.10 | 200 BUTTERFLY | 15/UP | 2:18.20 | 2:36.00 | 34 |
| | 2:32.80 | 2:52.20 | 200 BUTTERFLY | 11-12/13-14 | 2:26.60 | 2:45.40 | |
| 35 | 2:22.50 | 2:41.40 | 200 IM | 15/UP | 2:08.20 | 2:25.50 | 36 |
| | 2:24.20 | 2:43.30 | 200 IM | 13-14 | 2:16.30 | 2:34.50 | |
| 37 | 1:58.80 | 2:15.60 | 200 FREE RELAY | 15-18 | 1:46.00 | 2:00.80 | 38 |
| | 1:57.20 | 2:13.20 | 200 FREE RELAY | 13-14 | 1:50.00 | 2:00.80 | |
| 39 | 4:56.30 | 5:35.10 | 400 MEDLEY RELAY | 15-18 | 4:29.40 | 5:05.30 | 40 |
| | 4:53.70 | 5:31.80 | 400 MEDLEY RELAY | 13-14 | 4:39.50 | 5:16.50 | |
| Saturday – Dec 14, 2019 - Timed Finals Session | | | | | | | |
| 41 | 2:16.00 | 2:34.20 | 200 FREESTYLE | 11-12 | 2:14.70 | 2:32.80 | 42 |
| 43 | 2:40.20 | 3:01.10 | 200 FREESTYLE | 7-10 | 2:40.20 | 3:01.10 | 44 |
| 45 | 33.50 | 37.80 | 50 BACKSTROKE | 11-12 | 34.10 | 38.50 | 46 |
| 47 | 38.70 | 43.60 | 50 BACKSTROKE | 7-10 | 39.30 | 44.30 | 48 |
| 49 | 1:12.10 | X | 100 IM | 11-12 | 1:12.20 | X | 50 |
| 51 | 1:23.30 | | 100 IM | 7-10 | 1:22.90 | | 52 |
| 53 | 31.60 | 35.80 | 50 BUTTERFLY | 11-12 | 31.80 | 36.00 | 54 |
| 55 | 37.20 | 42.00 | 50 BUTTERFLY | 7-10 | 37.30 | 42.10 | 56 |
| 57 | 2:22.60 | 2:40.90 | 200 MEDLEY RELAY | 11-12 | 2:23.50 | 2:41.20 | 58 |
| 59 | 2:15.60 | 2:33.60 | 200 FREE RELAY | 7-10 | 2:16.40 | 2:32.40 | 60 |
| 61 | 2:02.80 | 2:19.60 | 200 FREE RELAY | 11-12 | 2:03.20 | 2:17.60 | 62 |

| Sunday – Dec 15,2019 - Preliminary Session, Start Time 8:30 AM | | | | | | | |
|--|----------|----------|------------------|-------------|----------|----------|-------|
| Event No. | GIRLS | | EVENT | AGE | BOYS | | Event |
| | YARDS | METERS | | | YARDS | METERS | |
| 63 | 2:05.00 | 2:22.00 | 200 FREESTYLE | 15/UP | 1:53.20 | 2:08.90 | 64 |
| | 2:07.60 | 2:24.90 | 200 FREESTYLE | 13-14 | 2:00.60 | 2:17.10 | |
| 65 | 2:47.50 | 3:10.00 | 200 BREASTSTROKE | 15/UP | 2:30.40 | 2:51.00 | 66 |
| | 2:45.50 | 3:07.70 | 200 BREASTSTROKE | 11-12/13-14 | 2:37.70 | 2:59.00 | |
| 67 | 26.60 | 30.40 | 50 FREESTYLE | 15/UP | 23.80 | 27.20 | 68 |
| | 27.10 | 30.90 | 50 FREESTYLE | 13-14 | 25.20 | 28.80 | |
| 69 | 1:04.50 | 1:13.00 | 100 BUTTERFLY | 15/UP | 57.40 | 1:05.10 | 70 |
| | 1:06.10 | 1:14.80 | 100 BUTTERFLY | 13-14 | 1:02.30 | 1:10.60 | |
| 71** | 11:37.20 | 10:22.30 | 1000 FREESTYLE | 15/UP | 11:10.00 | 9:58.00 | 72** |
| | 11:55.50 | 10:38.60 | 1000 FREESTYLE | 11-12/13-14 | 11:42.40 | 10:26.90 | |
| 73 | 4:56.30 | 5:35.10 | 200 MED RELAY*** | 15-18 | 4.29.40 | 5.05.30 | 74 |
| | 4:53.70 | 5:31.80 | 200 MED RELAY*** | 13-14 | 4.39.50 | 5.16.50 | |
| 75 | 4.15.20 | 4.49.60 | 400 FREE RELAY | 15-18 | 3.49.60 | 4.21.60 | 76 |
| | 4.13.60 | 4.47.60 | 400 FREE RELAY | 13-14 | 3.58.40 | 4.31.60 | |
| Sunday – Dec 15,2019 - Timed Finals Session | | | | | | | |
| 77 | 2:32.40 | 2:52.40 | 200 IM | 11-12 | 2:33.70 | 2:53.80 | 78 |
| 79 | 3:00.70 | 3:23.80 | 200 IM | 7-10 | 3:02.10 | 3:25.40 | 80 |
| 81 | 1:11.90 | 1:21.00 | 100 BACKSTROKE | 11-12 | 1:12.70 | 1:21.90 | 82 |
| 83 | 1:24.60 | 1:35.10 | 100 BACKSTROKE | 7-10 | 1:25.40 | 1:36.00 | 84 |
| 85 | 37.80 | 43.00 | 50 BREASTSTROKE | 11-12 | 38.10 | 43.30 | 86 |
| 87 | 43.60 | 49.40 | 50 BREASTSTROKE | 7-10 | 44.40 | 50.30 | 88 |
| 89 | 1:02.20 | 1:10.70 | 100 FREESTYLE | 11-12 | 1:01.60 | 1:10.00 | 90 |
| 91 | 1:12.70 | 1:22.30 | 100 FREESTYLE | 7-10 | 1:12.00 | 1:21.60 | 92 |
| 93 | 5.11.40 | 5.52.90 | 400 MEDLEY RELAY | 11-12 | 5.15.70 | 5.54.60 | 94 |
| 95 | 2.38.90 | 2.59.40 | 200 MED RELAY | 7-10 | 2.38.90 | 2.58.90 | 96 |

****All heats of the 1000 Freestyle will be swum at the end of prelims session**

Sunday: 13-14, 15-18 Relays: Based on entries/timeline Meet Referee may offer an option to swim after Event 70 prior to the start of the 1000

*****Enter Events 73 & 74 with qualifying 400 Medley Relay time.**

THERE ARE NO TIME TRIALS AT THIS MEET

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. USA Swimming MAAPP will be applicable at this meet.

SCS All Star Teams: Eight girls and eight boys in the 11-12 and 13-14 age groups will be selected for the Pacific Coast meet January 3-5 in Portland, Oregon, and SCS Festival - Jan.25 or 26 (site TBD) selects 32 per gender in 5- 10, 11-12 and 13-14 age groups. The SCS All Star Team Application is available online at <http://www.socalswim.org/> by clicking on the SCS All Star Team logo. Swimmers best times from Sept. 1-Dec. 16, 2019 are considered for selection. Deadline for online applications is Dec. 1, 2019.