

4th ANNUAL MARILYN BOLTON HIGH POINT ACHIEVEMENT MEET hosted by SET SWIM

Sanctioned by: USA Swimming and SCS
Sanction Number: S19-177
Sponsored by: SET Aquatics
Orange Committee

DATE OF MEET: November 23-24, 2019
ENTRIES RECEIVED BY 5:00 PM: November 13, 2019 (Wednesday)

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

The Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the morning session.

POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North: Take I-5 or I-405 South, exit Lake Forest Drive. Go left to Serrano, turn Right, Parking and Pool on right hand side.

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50 meter by 25 yard pool with 10 25 yard lanes. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1", on file with USA Swimming

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). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use a 3-point slide-in entry into the pool, for warmup and warm down, no jumping or diving.

MEET REFEREE: Richard Davis shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly at richard.e.davis@gte.net.

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 2019 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 in the first four events of each session must check in **THIRTY MINUTES** prior to the start of the session. Swimmers must swim in their actual Age Group as determined by their age on **November 23, 2019.** **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

SPECIAL NOTICE: SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. SET will limit entries to meet the "4 Hour" rule for each session. Swimmers in the 400 IM and 500 Yard Freestyle are requested to provide timers for three heats. All distance event swimmers are requested to provide their own lap counters. 7-8 year old swimmers may enter 5-8 events or 7-10 events but not a combination. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.
NO TEAMS ALLOWED TO SET UP ON DECK.

RECORDING DEVICES & MEDIA:

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 (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) at 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 are not permitted at this meet.

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION:

Any swimmer entered in the meet unaccompanied by a USA Swimming 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. 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:

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.**

ELIGIBILITY:

OPEN TO ATHLETES WHO ARE 2019/2020 USA Swimming REGISTERED. NO ON-DECK ENTRIES. Registration application must be **received by Wednesday, November 13, 2019,** 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. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. **Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. All athletes 18 years and older must complete the online Athlete Protection training 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**). After entries close meet administration will convert non-conforming times for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES: Swimmers must have achieved 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 with a "NT". (see 2018 Swim Guide for exceptions). Nonconforming times may be submitted. For seeding purposes only, Meet Administration will convert non-conforming times after entries close.

AWARDS: **HIGH POINT AWARD FOR EACH GENDER/AGE GROUP – 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15 & Up (POINTS ARE AWARDED FOR TIME IMPROVEMENTS)**

RIBBONS 1st through 8th
Ribbons will be awarded by the following age groups: 5/6, 7/8, 7-10, 11/12, 13/14 and 15 & Up

ENTRY FEE: **\$4.25 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card.** Relays are \$10.00. 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. (5PM postmark would queue before a 10 PM 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 PM, WEDNESDAY, November 13, 2019. 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: | SOUTHERN CALIFORNIA SWIMMING |
| EMAIL: | JULSONLL@AOL.COM |
| And MAIL TO: | LYNDA JULSON |
| (Include Swimmer's name and SCS Number) | 25552 Loganberry Lane Lake Forest, CA 92630 |

4th ANNUAL MARILYN BOLTON SHORT COURSE AGE GROUP HIGH POINT TIME IMPROVEMENT MEET

HOSTED BY SET SWIM TEAM

Date of meet: November 23-24, 2019

ENTRIES DUE BY 5:00 PM: NOVEMBER 13, 2019 (WEDNESDAY)

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

SET WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE

Times submitted must be Best Recorded Times short or long course (**Minimum standards listed are National BB**)

400 IM and 500 Free will swim alternating girls/ boys. Swimmers are asked to provide their own timers and lap counters

| Girls | | | Boys | | |
|-------|--------------|------|----------------------------|--------------|-----|
| No. | Minimum | Age | Event | Minimum | No. |
| 1 | 3:15.59 | 7-10 | 200 Yard Individual Medley | 3:13.19 | 2 |
| 3 | | 5-8 | 100 Yard Individual Medley | | 4 |
| 5 | | 7-10 | 100 Yard Butterfly | | 6 |
| 7 | | 5-8 | 25 Yard Butterfly | | 8 |
| 9 | | 7-10 | 100 Yard Backstroke | | 10 |
| 11 | | 5-8 | 50 Yard Backstroke | | 12 |
| 13 | Deck-entered | 5-10 | 200 Medley Relay | Deck-entered | 14 |
| 15 | | 7-10 | 50 Yard Breaststroke | | 16 |
| 17 | | 5-8 | 25 Yard Breaststroke | | 18 |
| 19 | | 7-10 | 50 Yard Freestyle | | 20 |
| 21 | | 5-8 | 50 Yard Freestyle | | 22 |
| 23 | 7:35.49 | 7-10 | 500 free | 7:26.99 | 24 |

Relays may be entered as mixed or single gender

Mixed relay MUST be two female and two male swimmers.

Second session will begin no sooner than 11:00am or 60 minutes after the conclusion of the AM Session

| | | | | | |
|----|--------------|---------|----------------------------|--------------|----|
| 25 | | 11/12 | 200 Yard Individual Medley | | 26 |
| 27 | | 13/14 | 200 Yard Individual Medley | | 28 |
| 27 | | 15 & Up | 200 Yard Individual Medley | | 28 |
| 29 | | 11/12 | 50 Yard Freestyle | | 30 |
| 31 | | 13/14 | 50 Yard Freestyle | | 32 |
| 31 | | 15 & Up | 50 Yard Freestyle | | 32 |
| 33 | | 11/12 | 50 Yard Backstroke | | 34 |
| 35 | 2:35.39 | 13/14 | 200 Yard Backstroke | 2:25.89 | 36 |
| 35 | 2:43.99 | 11/12 | 200 Yard Backstroke | 2:40.29 | 36 |
| 35 | 2:32.39 | 15 & Up | 200 Yard Backstroke | 2:19.19 | 36 |
| 37 | Deck-entered | 11 & Up | 200 Medley Relay | Deck-entered | 38 |
| 39 | | 11/12 | 100 Yard Breaststroke | | 40 |
| 41 | | 13/14 | 100 Yard Breaststroke | | 42 |
| 41 | | 15 & Up | 100 Yard Breaststroke | | 42 |
| 43 | | 11/12 | 50 Yard Butterfly | | 44 |
| 45 | 2:37.89 | 13/14 | 200 Yard Butterfly | 2:26.99 | 46 |
| 45 | 2:47.89 | 11/12 | 200 Yard Butterfly | 2:43.99 | 46 |
| 45 | 2:34.89 | 15 & Up | 200 Yard Butterfly | 2:20.59 | 46 |
| 47 | 6:38.39 | 11/12 | 500 Yard Freestyle | 6:27.49 | 48 |
| 49 | 6:20.09 | 13/14 | 500 Yard Freestyle | 5:58.99 | 50 |
| 49 | 6:12.09 | 15 & Up | 500 Yard Freestyle | 5:45.99 | 50 |

| Girls | | | Boys | | |
|-------|--------------|------|----------------------------|--------------|-----|
| No. | Minimum | Age | Event | Minimum | No. |
| 51 | 2:57.39 | 7-10 | 200 Yard Freestyle | 2:47.99 | 52 |
| 53 | | 5-8 | 100 Yard Freestyle | | 54 |
| 55 | | 7-10 | 100 Yard Breaststroke | | 56 |
| 57 | | 5-8 | 50 Yard Breaststroke | | 58 |
| 59 | | 7-10 | 50 Yard Backstroke | | 60 |
| 61 | | 5-8 | 25 Yard Backstroke | | 62 |
| 63 | Deck-entered | 5-10 | 200 Free Relay | Deck-entered | 64 |
| 65 | | 7-10 | 100 Yard Individual Medley | | 66 |
| 67 | | 5-8 | 50 Yard Butterfly | | 68 |
| 69 | | 7-10 | 50 Yard Butterfly | | 70 |
| 71 | | 5-8 | 25 Yard Freestyle | | 72 |
| 73 | | 7-10 | 100 Yard Freestyle | | 74 |

Second session will begin no sooner than 11:00am or 60 minutes after the conclusion of the AM Session

| | | | | | |
|----|--------------|---------|----------------------------|--------------|-----|
| 75 | | 11/12 | 100 Yard Individual Medley | | 76 |
| 77 | | 13/14 | 100 Yard Freestyle | | 78 |
| 77 | | 15 & Up | 100 Yard Freestyle | | 78 |
| 79 | | 11/12 | 100 Yard Freestyle | | 80 |
| 81 | 2:58.29 | 13/14 | 200 Yard Breaststroke | 2:45.59 | 82 |
| 81 | 3:08.59 | 11/12 | 200 Yard Breaststroke | 3:00.99 | 82 |
| 81 | 2:54.69 | 15 & Up | 200 Yard Breaststroke | 2:36.59 | 82 |
| 83 | | 11/12 | 50 Yard Breaststroke | | 84 |
| 85 | | 13/14 | 100 Yard Backstroke | | 86 |
| 85 | | 15 & Up | 100 Yard Backstroke | | 86 |
| 87 | | 11/12 | 100 Yard Backstroke | | 88 |
| 89 | Deck-entered | 11 & Up | 200 Free Relay | Deck-entered | 90 |
| 91 | | 13/14 | 200 Yard Freestyle | | 92 |
| 91 | | 15 & Up | 200 Yard Freestyle | | 92 |
| 93 | | 11/12 | 200 Yard Freestyle | | 94 |
| 95 | | 13/14 | 100 Yard Butterfly | | 96 |
| 95 | | 15 & Up | 100 Yard Butterfly | | 96 |
| 97 | | 11/12 | 100 Yard Butterfly | | 98 |
| 99 | 5:39.69 | 13/14 | 400 Yard Individual Medley | 5:17.39 | 100 |
| 99 | 5:31.99 | 15 & Up | 400 Yard Individual Medley | 5:05.59 | 100 |

High point award for each gender/age group based on time improvements

To enter events with minimum standards, swimmers **must HAVE ACHIEVED** the minimum standard, or have 3 minimum times in 3 strokes. **ALL ENTRIES WILL BE VERIFIED THROUGH SWIMS**

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. All athletes 18 years and older must complete the online Athlete Protection training to compete.