

Beach Cities November Age Group Meet

November 13th – 14th 2021

Sanctioned By: USA-Swimming & Southern California Swimming

Sanction Number: S21-217

Sponsored By: Beach Cities Swimming

Entry Deadline: 5PM November 3rd 2021

Pool: City of El Segundo Wiseburn USD Aquatics Center

Eligibility: Open to Pacific Committee athletes who hold 2021 and 2022 USA Swimming registered swimmers. Registration application must be received by **Wednesday, November 3rd at 5pm** by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. Out of LSC entries will be accepted space available: please submit a copy of registration with entry.

Facility: City of El Segundo Wiseburn USD Aquatics Center, 2240 E. Grand Ave. El Segundo, CA 90245. - Outdoor 50m x 25yd pool with bulkhead for 2 X 25 yard courses. 8-10 lanes will be used for competition on the scoreboard side of pool. Myrta competition blocks and Colorado timing system with digital scoreboard. Additional separate 4 lane 25 yard pool for warm-up/warm-down if needed. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. " All swimmers must use 3- point, slide in entries into the pool during warm up, no jumping or diving.

Directions: El Segundo Wiseburn Aquatic Center – 2240 E. Grand Avenue El Segundo, CA 90245. Pool Parking Address: 201 N Douglas St. El Segundo, CA 90245 From Santa Monica and North Areas Via 405S: Exit 44 toward El Segundo Blvd; Turn Left onto La Cienega Blvd .25 Miles Turn Right onto El Segundo Blvd .20 Miles; Turn Right onto Douglas St.2 Miles 201N Douglas St on left. From Long Beach and Southern Areas: Via 405N:Exit 44 toward El Segundo .37 Miles; Turn Left onto El Segundo Blvd .84 Miles. Turn Right onto Douglas St.2 Miles; 201N Douglas St on left From South Bay: Via PCH North Turn Right onto El Segundo Blvd .73Mil; Left onto Douglas Blvd .2 Miles

Meet Start Times: Warm-Up Begins at 7:00am; Meet Starts at 8:30 am. Swimmers will need to check-in when they arrive on the pool deck.

Warm-up Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. 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, no jumping or diving All warm-ups must supervised by a USA Swimming Member Coach. Warm-up assignments will be communicated by email to coaches prior to the meet.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee: Scot Ranslem scotranslem@discover.com

Rules: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 55 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 6 EVENTS OF THAT SESSION. After the 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 the first day of the meet. Swimmers must be at least 5 years old on November 13th, 2021 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 Free and 1650 Free are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. Distance events will be first come first served. **Swimmers may swim a maximum of 4 events each day. Session will start no earlier than 45 minutes after the close of the previous session. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet.**

Concussion Protocol: ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE COURSE.

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.

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. 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. Tech suits for 13 & Over are not permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: www.socalswim.org.

Deck Changes: Deck Changes are prohibited. Changing into or out of swimsuits other than in locker rooms is 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.

Submitted/Qualifying Times: Times submitted must be BEST RECORDED TIMES short course or long course from this or preceding swim season (No work-out times). All non conforming times will be seeded last. "No Time" will be accepted for events with no time standards. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

Awards: Individual Events: Ribbons for 1st-8th for each age group for sessions 1 and 2.

Electronic Entry Procedure: E-mail entry (entry.zip file) 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 10 PM electronic) Deletions will NOT be refunded.

Entry Fees: \$4.00 for each individual event along with a \$10.50 surcharge per swimmer *must accompany each individual entry card*. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an email entry must be postmarked within 48 hours of the email 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

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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**

SPECIAL NOTICE: IF THE MEET FILLS PRIOR TO THE DEADLINE, MEET ENTRY AND REJECTIONS ARE SUBJECT TO PACIFIC COMMITTEE ENTRY PROCEDURE (See Pacific Committee Resolution dated October 25, 2012).

Timing Assignments: Clubs will be assigned lanes for timing.

Entries Close: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday November 3rd.

Make Checks payable to: Beach Cities Swimming

Email for team electronic entries: EricaJohnson.swim@gmail.com

Questions: EricaJohnson.swim@gmail.com

Hand Deliver Entries: Same address

Mail entries/payment to: Erica Johnson c/o CITI November,

321 Cuyler Harbor Drive,

Camarillo CA 93012

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Concussion Informed Consent Acknowledgement Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

COVID 19 Acknowledgement. We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached). As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

COVID-19 PROCEDURES

Local Protocols & Requirements

- Face coverings to be worn in indoor spaces.

Facility Protocols

- Masks to be worn by athletes when using restrooms and locker rooms.

OFFICIALS & TIMERS BRIEFING:

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible.
- Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director.
- There is a separate restroom for athletes and all other adults. Make sure that you are only using the facility marked for you. The restrooms adjacent to the pool are for athletes only. The water slide bathrooms are open for adults.

EMERGENCY ACTION PLAN

Location: City of El Segundo Wiseburn USD Aquatics Center, 2240 E. Grand Ave. El Segundo, CA 90245

Host: Beach Cities Swimming

Date: 11/13-14/2021

Time: SAT: 7:30 AM-7:00 PM, SUN: 7:30 AM-7:00 PM

Meet Director: Tim Hamlet – (971) 533-6647 – tim.hamlet@gmail.com

Meet Referee: Scot Ranslem – (661) 510-5133 – scotranslem@discover.com

Meet Admin: Erica Johnson – ericajohnson.swim@gmail.com

MEDICAL RESPONSE AND LAW ENFORCEMENT

Emergency: Dial 911 / Notify Lifeguard (if applicable) –

Medical Assistance or First Aid: Notify Lifeguard / Call 911 / Control crowds around victim / await assistance from first responders

Medical Emergency: Call 911

Fire Department: El Segundo Fire Department

Closest Hospital: Cedars Sinai, 810 South Douglas St., El Segundo, CA 90245

Closest Urgent Care: Concentra Urgent Care, 390 N Pacific Coast Hwy, Suite 1000, El Segundo, CA 90245

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Law Enforcement: El Segundo Police Department

For Civil Disturbance, dial 911, notify lifeguard and meet manager, separate uninvolved parties to a safe area.

For Suspicious Persons, dial 911, notify lifeguards and meet manager, maintain a safe distance until law enforcement responds.

For Missing Person/ Child, notify lifeguards, obtain description of missing person, announce as appropriate for help in locating missing person, contact law enforcement if needed to report missing person.

LIFE SAFETY

Earthquake: Adhere to facility emergency procedures. Notify lifeguards. Notify all occupants to clear pool immediately. Call 911 if needed. Evacuate all persons in attendance to parking lot or front lawn away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify lifeguards. Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the deck for at least 30 minutes after the last lightning strike in the area.

Fires: Call 911. Clear the pool immediately. Evacuate all persons in attendance to parking lot or safe area outside of structure. Contact all teams and request an accountability check. Await emergency response outside structure and report to responding personnel if all persons are accounted for.

Hazardous Materials: Call 911. Notify lifeguards. Evacuate all persons in attendance to a safe area away from and upwind of any hazardous material.

Electrical Emergency: Call 911. Notify lifeguards. Notify all occupants to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from the hazard.

EMERGENCY CONTACTS

For life and Safety: Dial 911 and state nature of emergency

CITI Board President: Alec Campbell – (310) 489-5341

SCS Pacific Committee: Mohammad Khadembashi – (310) 400-0639

SCS Coastal Officials Chair: Omar de Armas – (805) 522-4134

SCS Executive Director: Stacy Smith Interim: – (818) 665-6284

SCS Safe Sport Chair: Sheri Stoddard: – (818) 371-5098

Document any incident as soon as possible. Include witness name and contact information, statements, timeline, and facts as happened.

LOCATION DYNAMICS

Outdoor Facility

One 10 lane 50 meter pool with two bulkheads; one four lane 25 yard pool.

Two Exits, each, West and East sides of the pools – Direct to outside

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SATURDAY, November 13, 8:30 am, warm-up 7:00 am				
SESSION 1				
AGE	MIXED	TIME STANDARDS		EVENT
	EVENT #	YARDS	METERS	
7-10	1	---	---	200 YARD FREESTYLE
5-8	2	---	---	50 YARD FREESTYLE
7-10	3	---	---	50 YARD BREASTSTROKE
5-8	4	---	---	25 YARD BREASTSTROKE
7-10	5	---	---	100 YARD BACKSTROKE
5-8	6	---	---	25 YARD BACKSTROKE
7-10	7	---	---	50 YARD BUTTERFLY
5-8	8	---	---	50 YARD BUTTERFLY
7-10	9	---	---	100 YARD FREESTYLE
5-8	10	---	---	100 YARD FREESTYLE
7-10	11	3:38.49	4:09.39	200 YARD I.M.

SESSION 2				
No earlier than 45 minutes after the close of SESSION 1				
AGE	MIXED	TIME STANDARDS		EVENT
	EVENT #	YARDS	METERS	
11-12	12	---	---	100 YARD FREESTYLE
13-14	13	---	---	100 YARD FREESTYLE
11-12	14	---	---	100 YARD BUTTERFLY
11-12	15	---	---	50 YARD BACKSTROKE
13-14	16	---	---	100 YARD BACKSTROKE
11-12	17	---	---	200 YARD I.M.
11-12	18	---	---	50 YARD BREASTSTROKE
13-14	19	---	---	100 YARD BREASTSTROKE
11-12	20	7:08.79	6:23.89	500 YARD FREESTYLE

SESSION 3				
No earlier than 45 minutes after the close of SESSION 2				
AGE	MIXED	TIME STANDARDS		EVENT
	EVENT #	YARDS	METERS	
11 & UP	21	3:10.89	3:39.69	200 YARD BREASTSTROKE
11 & UP	22	---	---	50 YARD FREESTYLE
11 & UP	23	---	---	100 YARD BUTTERFLY
11 & UP	24	2:46.79	3:12.39	200 YARD BACKSTROKE
11 & UP	25	---	---	100 YARD FREESTYLE
11 & UP	26	---	---	200 YARD I.M.
11 & UP	27	23:23.49	24:06.39	1650 YARD FREESTYLE

SUNDAY, November 14, 8:30 am, warm-up 7:00 am				
SESSION 4				
AGE	MIXED	TIME STANDARDS		EVENT
	EVENT #	YARDS	METERS	
7-10	28	---	---	100 YARD BUTTERFLY
5-8	29	---	---	25 YARD BUTTERFLY
7-10	30	---	---	50 YARD FREESTYLE
5-8	31	---	---	25 YARD FREESTYLE
7-10	32	---	---	100 YARD BREASTSTROKE
5-8	33	---	---	50 YARD BREASTSTROKE
7-10	34	---	---	50 YARD BACKSTROKE
5-8	35	---	---	50 YARD BACKSTROKE
7-10	36	---	---	100 YARD I.M.
5-8	37	---	---	100 YARD I.M.
7-10	38	3:18.99	3:45.79	500 YARD FREESTYLE

SESSION 5				
No earlier than 45 minutes after the close of SESSION 4				
AGE	MIXED	TIME STANDARDS		EVENT
	EVENT #	YARDS	METERS	
11-12	39	---	---	100 YARD I.M.
13-14	40	---	---	200 YARD I.M.
11-12	41	---	---	50 YARD FREESTYLE
13-14	42	---	---	50 YARD FREESTYLE
11-12	43	---	---	100 YARD BACKSTROKE
11-12	44	---	---	50 YARD BUTTERFLY
13-14	45	---	---	100 YARD BUTTERFLY
11-12	46	---	---	100 YARD BREASTSTROKE
13-14	47	---	---	200 YARD FREESTYLE
11-12	48	---	---	200 YARD FREESTYLE

SESSION 6				
No earlier than 45 minutes after the close of SESSION 5				
AGE	MIXED	TIME STANDARDS		EVENT
	EVENT #	YARDS	METERS	
11 & UP	49	6:03.59	6:55.49	400 YARD I.M.
11 & UP	50	---	---	200 YARD FREESTYLE
11 & UP	51	---	---	100 YARD BREASTSTROKE
11 & UP	52	2:48.99	3:12.99	200 YARD BUTTERFLY
11 & UP	53	---	---	100 YARD BACKSTROKE
11 & UP	54	---	---	500 YARD FREESTYLE

Swimmers are limited to 4 events per day.
 All events will be swum fast to slow.
Swimmers aged 7-8 may swim either as 5-8 or 7-10, not any combination
11/12 swimmers may enter 11/12 or 11 & Up events, not a combination
13/14 swimmers may enter 13/14 or 11 & Up events, not a combination
 Events offered twice for an age group may only be swim once.
 Events will be swum mixed genders
 Event 11 will be limited to 6 heats
 Event 26 will be limited to 6 heats
 Event 37 will be limited to 2 heats & Swimmers are to enter their fastest 200 free time
 (time standard for this event is 10 & Un Girls National B time)
 Event 48 will be limited to 6 heats
 Event 49 will be limited to 6 heats
 Distance events will be filled first come first serve