

2019 Senior Regional Championships hosted by GWSC



SANCTIONED BY: Southern California Swimming/USA Swimming

Sanction Number: #S19-190/Time Trials S19-191

SPONSORED BY: Golden West Swim Club

DATE OF MEET: August 2-5, 2019

USA Swimming and FINA Athletes: Heats & Finals

ENTRIES MUST BE RECEIVED BY: 5 PM Wednesday, July 24, 2019

START TIME: PRELIMS 9 am; FINALS no sooner than 2 hours after end of PRELIMS

WARM-UP: Pool will open for warm-up at 3:00 pm, FRI; 7:00 am SAT, SUN and MON

ELECTRONIC (E-MAIL) ENTRY IS ENCOURAGED. FULL PAYMENT MUST BE POSTMARKED WITHIN 48 HOURS OF ELECTRONIC SUBMISSION. IF SUBMITTING ENTRY VIA THE INTERNET (EMAIL), THE EMAILED ENTRY MUST INCLUDE BOTH THE ELECTRONIC ENTRY FILE (HY3) AND A PDF OF THE TEXT ENTRY ELECTRONICALLY SIGNED BY THE COACH. SINGLE TEAM CHECK AND SIGNED HARD COPY MUST BE SUBMITTED. THIS IS A PROOF-OF-TIME-MEET. PROOF OF TIME MUST BE SUBMITTED IF NOT IN SWIMS.

POOL: GOLDEN WEST COLLEGE POOL, 15744 GOLDENWEST ST., HUNTINGTON BEACH, CA. Take 405 freeway north or south to Goldenwest St. Go south on Goldenwest St. past McFadden to Golden West College. Park in Lot A, Sections 1-2 near the tennis courts for quick access to the pool. Additional parking available on Gothard, 1 block east of Goldenwest St.

COURSE: GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurement at Start and Turn End: 4' – 9'.

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold current 2019 USA Swimming, FINA, or USMS membership. USA Swimming registration application must be received by SCS Office by July 24, 2019. There are substantial penalties for swimmer and club (2019 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (but not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

QUALIFYING TIMES: Team entries may be submitted electronically (signed hard-copy and single team check must be submitted). Individual entries may be made on Southern California Swimming consolidated entry forms. Swimmers must have achieved the time standard after January 1, 2018. Times submitted must be recorded times. DO NOT SUBMIT NT (no time), ET (estimated time), or work out times. Swimmers may enter all events for which they qualify but may only compete in three (3) individual events per day. **NOTE: 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.**

NOTE: If Standard is achieved in YARDS, enter event with 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".

Enter BONUS events with swimmer's actual time: indicate "YB" on entry for BONUS time achieved in YARDS,

indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS.

National Qualifiers may enter at the National meter minimum; please indicate on entry.

PROOF OF TIME: This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **NOTE:** A swimmer qualified in one or two individual events may enter the qualifying events and up to a total of three events; a swimmer qualified in three or four events, may enter the qualifying events and up to a total of five events; a swimmer qualified in five or more events must prove all events entered. **EXCEPTIONS:** (1) A swimmer may not enter the 800 M Freestyle as a BONUS event without providing proof of time in the 1500 M Freestyle. (2) A swimmer may not enter the 1500 M Freestyle as a BONUS event without providing proof of time in the 800 M Freestyle.

THE MEET WILL BE LIMITED TO THE FIRST 800 SWIMMERS (FIRST COME, FIRST SERVED).

**MAKE CHECKS PAYABLE TO:
and MAIL ENTRIES TO:**

SOUTHERN CALIFORNIA SWIMMING

Judi Divan

33561 Calle Miramar

San Juan Capistrano, CA 92675

divanj@cox.net

Or E-MAIL ENTRIES TO:

**For Information, call Tracy Maurer at (231) 330-1061 or email tracymaurer60@gmail.com
-or- call Southern California Swimming at (310) 684-1151.**

RELAYS: A team may enter no more than two relays in each event. Relays must be pre-entered; relay times must be provable by team or aggregate. A swimmer may be used only once to prove a relay in each relay event. Relays must check in by the scratch deadline for the day swim.

ENTRY FEES: \$7.50 per individual event plus \$14.00 per swimmer surcharge. 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. (5PM postmark would queue before a 10PM 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 SCS 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. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Scratches will NOT be refunded.

RELAY ENTRY FEES: \$21.00 per relay team; relays may be pre-entered (if pre-entered must be paid with team entry) or deck entered. \$14.00 surcharge for relay-only swimmers (must be prepaid). Deletions will NOT be refunded.

ENTRIES CLOSE: Emailed, postmarked and/or hand-carried entries RECEIVED after 5 PM on July 24, 2019 will be rejected.

RULES AND PROCEDURES

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to **Richard Davis**, e-mail: richard.e.davis@gte.net

RULES: USA Swimming Rules will govern. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2019 SCS Swim Guide): the National finals' scratch rule will be used. In order, there will be a Bonus Final, Consolation Final and Championship Final for all events except the 800 & 1500 Freestyle. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top 8 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.

If warranted, the meet will be swum in 'A' and 'B' flights on Saturday and Sunday only. Events on Friday and Monday will not be flighted. For flighted events, there will be 6 preliminary heats of each event in the 'A' flight followed by a brief 'practice start' break, followed by the 'B' flight for the remaining heats. All preliminary heats will be swum fastest to slowest. All heats of the 400 IM, 400 Freestyle, 800 Freestyle and 1500 Freestyle will be swum fastest to slowest, alternating womens and mens heats. Anticipate a flighted meet. Flight decision will be announced Monday, August 29, 2019.

All coaches and officials on deck must complete the CDC or NFHS Concussion course

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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. **Any swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.**

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.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: *Any swimmer entered in the meet unaccompanied by a USA Swimming member 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.*

DISTANCE EVENTS: The 800 and 1500 yd freestyles are 'timed finals' with standard seeding procedures;

- * Friday: Men's 1500 and Women's 800 Freestyles will be swum fastest to slowest, alternating women's and men's heats;
- * Monday: Fastest 8 entrants checked in for the women's 1500 Free will swim after the Event 24 "A" Final; fastest 8 entrants checked in for the men's 800 Free will swim after the Event 26 "A" Final. All other heats will be swum at the end of prelims after morning relays, fastest to slowest, alternating women's and men's heats.

RELAYS: Relays will be contested at the end of Finals Saturday through Monday. Relays will be swum in the National format: fastest two heats of women (slow to fast); fastest two heats of men (slow to fast); remaining heats alternating women and men, fast to slow. There will be an option to swim the Medley Relay on Monday at the conclusion of prelims (after 'A' and 'B' flights), and before the 1500 Freestyle. Option must be declared by the scratch deadline (5:30 p.m.) on Sunday.

SCRATCH DEADLINES:

**Friday 8/2 4:30 p.m. positive checkin for Friday distance events;
Scratches: Saturday 8/3 8:00 a.m. for Saturday events; Saturday 8/3 5:30 pm for Sunday's events &
Sunday 8/4 5:30 p.m. for Monday's events.
Sunday 8/4 5:30 p.m. Positive checkin for Monday distance events.**

A swimmer who fails to scratch and "no shows" a prelim may not swim the remaining individual & relay events for the day and MUST positive check in for all subsequent days individual entries by the scratch deadline for those events. A swimmer who fails to scratch and "no shows" a final will be removed from the meet.

Positive check-in for the 800 and 1500 Meter Freestyle is required by the day's scratch deadline.

WARMUP: From 7:00-8:15 am, the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - NO DIVING. From 8:15-8:50 am, Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under coaches' supervision. Practice starts only in the sprint lanes.** No paddles will be allowed in the competition pool. The small pool will be available for warm-up/cool down at all times - No diving at any time. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

AWARDS: INDIVIDUAL EVENTS: PRIZES 1st through 3rd, MEDALS: 4th through 8th. RELAYS: NO AWARDS; TEAM AWARDS 1st through 3rd.

Scoring: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1. Relays will score double.

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.

DECK-ENTERED TIME TRIALS - Sanction No: #S19-191

DATES: August 3-5, 2019

ENTRY: Deck entry

TIME:

Following the Preliminary sessions if time permits.

ENTRY FEE:

\$15.00/event (check/cash buys card at Clerk of Course).
after seeding. No refunds.

EVENTS: Order of events will be determined by Time Trials' Administrative Referee and depends on which events are entered.

ELIGIBILITY: Open to USA-Swimming, or FINA registered swimmers entered in individual and/or relay events at the meet .

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Heats and Finals Meet - Championship Seeding - Bonus, Consolation & Championship Final in that Order

Automatic Timing - Open to 2019 USA Swimming and FINA Athletes

WOMEN			MEN			
Event No.	Time LCM	Time SCY	Event Name	Time LCM	Time SCY	Event No.
08/02/19						
1	10:05.19	11:09.99 Enter 1000Y Free Time	800 Meter Freestyle			
			1500 Meter Freestyle	18:04.29	17:40.69 Enter 1650Y Free Time	2
08/03/19						
3	1:04.79	56.69	100 Meter Freestyle	58.49	51.29	4
5	2:33.89	02:18.09	200 Meter Butterfly	2:20.59	2:04.99	6
7	2:35.39	2:15.89	200 Meter Backstroke	2:22.69	2:03.99	8
9	04:53.69	5:27.19 Enter 500Y Free Time	400 Meter Freestyle	04:32.89	5:05.49 Enter 500Y Free Time	10
11			400 Meter Freestyle Relay			12
08/04/19						
13	2:19.69	2:02.99	200 Meter Freestyle	2:08.49	1:52.39	14
15	2:57.79	2:36.59	200 Meter Breaststroke	2:40.99	2:20.99	16
17	29.89	26.39	50 Meter Freestyle	26.99	23.59	18
19	5:33.89	4:55.39	400 Meter Individual Medley	5:06.79	4:29.09	20
21			800 Meter Freestyle Relay			22
08/05/19						
23	1:10.19	1:02.79	100 Meter Butterfly	1:03.49	56.19	24
25	1:12.39	1:03.39	100 Meter Backstroke	1:06.09	57.19	26
27	1:22.39	1:12.09	100 Meter Breaststroke	1:14.29	1:04.69	28
29	2:38.39	2:18.69	200 Meter Individual Medley	2:24.19	2:05.99	30
31	19:18.49	18:46.99 Enter 1650Y Free Time	1500 Meter Freestyle			
			800 Meter Freestyle	9:25.99	10:33.39 Enter 1000Y Free Time	32
33			400 Meter Medley Relay			34

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If Standard is achieved in YARDS, enter event with 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'.

Enter BONUS events with swimmer's ACTUAL time; indicate 'YB' for BONUS time achieved in YARDS, 'LB' for BONUS time achieved in LONG COURSE METERS.

Nationals Qualifiers may enter at the National meter minimum; please indicate on entry.

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