

College Area Swim Team

October Senior Meet

October 14, 2018



Girls		Distance		Stroke		Boys	
Warmup 7:30 AM		Sunday October 14, 2018				Meet Starts 9:00 AM	
1	5:36.60	OPEN	400 Y	IM	5:18.20	2	
3	29.30	OPEN	50 Y	FREE	27.50	4	
5	1:23.40	OPEN	100 Y	BREAST	1:19.10	6	
7	2:16.10	OPEN	200 Y	FREE	2:10.90	8	
9	2:40.50	OPEN	200 Y	FLY	2:33.30	10	
11	1:14.10	OPEN	100 Y	BACK	1:11.30	12	
13	3:01.70	OPEN	200 Y	BREAST	2:50.80	14	
15	1:11.00	OPEN	100 Y	FLY	1:07.70	16	
17	2:39.60	OPEN	200 Y	BACK	2:31.00	18	
19	2:36.60	OPEN	200 Y	IM	2:29.00	20	
21	1:03.40	OPEN	100 Y	FREE	59.60	22	
23	5:59.60	*OPEN	500 Y	FREE	5:48.60	24	
25	12:37.00	*OPEN	1000 Y	FREE	12:23.20	26	
27	21:02.90	*OPEN	1650 Y	FREE	20:42.80	28	

* Swimmers may swim only 1 of these 3 events. These 3 events may be seeded/swum together. The combination & seeding of these events will be determined and announced prior to event #15.

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-18-44. 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.

MEET DIRECTOR: Jeanette Temple, phone 619-861-6734 or email: jcct264@gmail.com

POOL: Granite Hills High School. 1719 E Madison Ave, El Cajon, CA 92019. The pool has 20 short course lanes. Depending on meet size, up to 10 lanes may be used for competition. The remaining lanes will be available for continuous warmup. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 6 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4).

ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2018 or 2019 USA Swimming Card issued no later than Thursday, October 4, 2018. SI Swimming does not permit on-deck registrations. All USA Swimming registration numbers will be verified with the SWIMS registration database.

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RULES: Current USA swimming rules and SI Swimming procedures will govern all competition, and will take precedence over errors/omissions of this meet announcement. All coaches and deck officials must provide proof of registration if requested. Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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.

- **Check-in.** This is a deck seeded meet. Swimmers must check in with the Clerk of Course for each event they wish to swim. Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim. Scratches are permitted without refunds. After an event is closed, a swimmer may not check in or scratch. Check-in for the first 4 events on Sunday will close at 8:30 am; the remaining events will close at 9:00 am.
- **Seeding.** The 400 IM and the 500, 1000, 1650 frees will be swum fastest to slowest, alternating women and men's heats. All other events will be seeded and swum fastest to slowest.
- **Racing Starts.** All swimmers 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. For swimmers unaccompanied by a USA Swimming member coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
- **No Show Penalty.** Any swimmer, once checked in for an event, who is a no show for an event, will be barred from their next individual event and will not be allowed to swim that race.

WARM-UP: Assigned warm-ups, an estimated timeline and team timing assignments will be posted at www.si-swimming.com the Wednesday before the meet.

- Swimmers must enter the pool feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry). NO DIVING or JUMPING allowed from the blocks or the edge of the pool

ENTRIES: Entries must be submitted electronically using the Hy-Tek acceptable format and emailed to jcct264@gmail.com with a paper entry report and payment mailed separately. Event files can be uploaded from www.si-swimming.com. Entries submitted without payment prior to the start of the meet will be rejected. A single team check is required. All entries that do not show a current USA Swimming registration number will be rejected.

ENTRY TIMES: Submit Short Course times only. Times must be the best recorded time and meet the minimum qualifying time for each event. Do not submit no-time (NT) entries for this meet.

ENTRY FEES:

- Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Make checks payable to: : **COLLEGE AREA SWIM TEAM**

DELIVERY:

- EMAIL: Must be received by 9:00 pm, Friday, October 5, 2018, to: jcct264@gmail.com in an acceptable Hytek format. A paper copy of the entry report and a team check for entry fees must follow the e-mail entry and be postmarked by October 6, 2018.
- MAIL: Must be postmarked no later than Wednesday, October 3, 2018, to:
Jeannette Temple, 6617 Hillgrove Drive, San Diego, CA 92120

AWARDS: None.

Concussion Training Required in California

- California has modified existing school concussion law to apply the concussion requirements to youth sports organizations in which athletes participate, including swimming.
- **These requirements will also apply to out of state coaches whose swimmers are attending meets in California.**
- All links can be found on www.si-swimming.org under the 2019 registration forms tab.