



# South Bay Aquatics AB All Ages Meet November 30 – December 2, 2018



Warm-up 4:00 pm		Friday, November 30, 2018					Meet Starts 5:00	
Girls Evt	B Min	A Min	Age	Class	Dist/Stroke	A min	B min	Boys Evt
1	6:59.50	6:24.60	12 & Un	A/B	500 FREE	6:29.80	7:05.30	2
3	13:45.80	12:37.00	12 & Over	A/B	1000 FREE	12:23.20	13:30.70	4

Warm-up 7:15 am		Saturday, December 1, 2018					Meet Starts 8:30	
Girls Evt	B Min	A Min	Age	Class	Dist/Stroke	A min	B min	Boys Evt
5	1:23.00	1:16.10	11 - 12	A/B	100 FLY	1:18.20	1:25.30	6
7	1:37.40	1:29.30	10 & Under	A/B	100 FLY	1:29.40	1:37.60	8
9	1:12.70	1:06.70	11 - 12	A/B	100 FREE	1:06.20	1:12.20	10
11	1:21.50	1:14.70	10 & Under	A/B	100 FREE	1:14.30	1:21.00	12
13	1:37.00	1:28.90	11 - 12	A/B	100 BREAST	1:29.00	1:37.10	14
15	1:49.10	1:40.00	10 & Under	A/B	100 BREAST	1:40.50	1:49.70	16
17	1:25.20	1:17.90	11 - 12	A/B	100 BACK	1:20.50	1:28.00	18
19	1:36.80	1:28.60	10 & Under	A/B	100 BACK	1:28.70	1:37.00	20
21	3:01.30	2:46.20	11 - 12	A/B	200 IM	2:46.50	3:01.70	22
23	3:23.50	3:06.50	10 & Under	A/B	200 IM	3:07.40	3:24.50	24
25	--	--	11 - 12	--	200 FREE RELAY	--	--	26
27	--	--	10 & Under	--	200 FREE RELAY	--	--	28

### SATURDY SESSION 2

29	--	--	13 & Over	--	200 FREE RELAY	--	--	30
31	1:17.50	1:11.10	15 & Over	A/B	100 FLY	1:05.10	1:11.00	32
33	1:17.40	1:11.00	13 - 14	A/B	100 FLY	1:07.70	1:13.80	34
35	1:08.50	1:02.80	15 & Over	A/B	100 FREE	57.40	1:02.60	36
37	1:09.10	1:03.40	13 - 14	A/B	100 FREE	59.60	1:05.00	38
39	2:48.10	2:33.80	15 & Over	A/B	200 BACK	2:23.90	2:37.30	40
41	2:54.50	2:39.60	11 - 14	A/B	200 BACK	2:31.00	2:45.10	42
43	1:31.60	1:23.90	15 & Over	A/B	100 BREAST	1:15.80	1:22.70	44
45	1:31.00	1:23.40	13 - 14	A/B	100 BREAST	1:19.10	1:26.30	46
47	2:52.10	2:37.70	15 & Over	A/B	200 IM	2:21.70	2:34.70	48
49	2:50.90	2:36.60	13 - 14	A/B	200 IM	2:29.00	2:42.60	50
51	6:32.30	5:59.60	13 & Over	A/B	500 FREE	5:48.60	6:20.30	52

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# South Bay Aquatics AB All Ages Meet November 30 – December 2, 2018



Warm-up 7:15 am		Sunday, December 2, 2018					Meet Starts 8:30		
Girls Evt	B Min	A Min	Age	Class	Dist/Stroke	A min	B min	Boys Evt	
53	2:56.80	2:42.00	10 & Under	A/B	200 FREE	2:41.80	2:56.50	54	
55	2:37.20	2:24.10	11 - 12	A/B	200 FREE	2:24.60	2:37.80	56	
57	48.60	40.50	8 & Under	A/B	50 FREE	39.40	47.30	58	
59	37.00	33.90	9 - 10	A/B	50 FREE	34.10	37.20	60	
61	33.50	30.70	11 - 12	A/B	50 FREE	30.80	33.60	62	
63	55.60	46.30	8 & Under	A/B	50 FLY	47.00	56.40	64	
65	41.80	38.30	9 - 10	A/B	50 FLY	38.20	41.60	66	
67	37.40	34.30	11 - 12	A/B	50 FLY	34.50	37.70	68	
69	57.80	48.10	8 & Under	A/B	50 BACK	46.80	56.30	70	
71	44.30	40.50	9 - 10	A/B	50 BACK	40.40	44.20	72	
73	39.60	36.20	11 - 12	A/B	50 BACK	36.60	40.00	74	
75	1:02.80	52.30	8 & Under	A/B	50 BREAST	51.00	1:01.20	76	
77	49.80	45.60	9 - 10	A/B	50 BREAST	45.60	49.80	78	
79	44.50	40.80	11 - 12	A/B	50 BREAST	41.00	44.80	80	
81	2:01.40	1:41.20	8 & Under	A/B	100 IM	1:38.50	1:58.20	82	
83	1:34.40	1:26.60	9 - 10	A/B	100 IM	1:26.90	1:34.80	84	
85	1:24.70	1:17.70	11 - 12	A/B	100 IM	1:17.70	1:24.70	86	
87	--	--	10 & Under	--	200 MED RELAY	--	--	88	
89	--	--	11 - 12	--	200 MED RELAY	--	--	90	

### SUNDAY SESSION 2

91	--	--	13 & Over	--	200 MED RELAY	--	--	92
93	2:28.40	2:16.10	13 - 14	A/B	200 FREE	2:10.90	2:22.80	94
95	2:28.80	2:16.40	15 & Over	A/B	200 FREE	2:04.80	2:16.20	96
97	2:55.10	2:40.50	11 - 14	A/B	200 FLY	2:33.30	2:47.30	98
99	2:50.90	2:36.60	15 & Over	A/B	200 FLY	2:21.60	2:34.40	100
101	3:18.20	3:01.70	11 - 14	A/B	200 BREAST	3:06.40	2:50.80	102
103	3:17.30	3:00.80	15 & Over	A/B	200 BREAST	2:43.00	2:57.80	104
105	1:21.00	1:14.10	13 - 14	A/B	100 BACK	1:11.30	1:18.00	106
107	1:21.50	1:14.50	15 & Over	A/B	100 BACK	1:08.20	1:14.50	108
109	31.90	29.30	13 - 14	A/B	50 FREE	27.50	30.00	110
111	31.90	29.30	15 & Over	A/B	50 FREE	26.50	28.90	112
113	6:07.30	5:36.60	11 - 14	A/B	400 IM	5:18.20	5:47.30	114
115	5:51.50	5:22.00	15 & Over	A/B	400 IM	5:01.20	5:28.80	116

**Notes:**

- 4 events per day limit
- Distance freestyle events (500 and 1000 Y Free) will alternate women's and men's heats.

**SANCTION:** This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-18-42.

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.



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**MEET DIRECTOR:** Sammie Hail. Cell 619-865-4209, or email: [sbswims@gmail.com](mailto:sbswims@gmail.com)

**POOL:** Mater Dei Catholic HS Pool, 1615 Mater Dei Drive, Chula Vista, CA. 619-423-2121. 8 lane, 25 yard pool with warm-up area available. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, 0 inches at the start end and 7 feet, 0 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). No personal or team canopies are allowed on deck. A full snack bar will be available.

**ELIGIBILITY:** Open to invited SI teams and Out-of-District USA swimmers who hold a valid 2018 or 2019 USA Swimming Card issued no later than Wednesday, November 21, 2018. SI Swimming does not permit on-deck registration. Be advised that seasonal USA Swimming registrations will not be valid for this meet. Swimmers with a disability are encouraged to participate. All USA Swimming registration numbers will be verified with the SWIMS registration database.

**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, are 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 ten events will close at 8:00 am. Check-in for the remaining events will close at start of the session.
- **Seeding.** All 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.
- **Timeline.** An estimated timeline and timing assignments will be posted on [www.si-swimming.com](http://www.si-swimming.com) the Wednesday before the meet.

**ENTRIES:** Entries must be submitted electronically using the Hy-Tek acceptable format and emailed to [sbswims@gmail.com](mailto:sbswims@gmail.com), with a paper entry report and payment mailed separately. Event files can be uploaded from [www.si-swimming.com](http://www.si-swimming.com). Entries submitted without payment prior to the start of the



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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.

- **This meet is subject to the 4 hour rule per session. If the meet fills prior to the deadline, entries may be rejected (last received, first rejected).**
- Meet management reserves the right to split the meet into additional sessions per day if the number of swimmers and timeline warrants a split session. If this is necessary the announcement will be made on the host team's website as well as the SI swimming site by Monday evening prior to the start of the meet.

**ENTRY TIMES:** Submit Short Course times for this meet.

#### **ENTRY FEES:**

- Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each. No refunds.
- Entries from a single team (5 or more swimmers) not submitted electronically: \$8.00 each.
- Late entries, IF ACCEPTED, will be charged double, including surcharge.
- Team entries must be paid with a single check. Make checks payable to: **SOUTH BAY AQUATICS**

#### **DELIVERY:**

- EMAIL: Must be received by Friday, November 23, 2018, to: [sbswims@gmail.com](mailto:sbswims@gmail.com). with paper copy & team check mailed within 24 hours. Entries received without entry fees may be rejected.
- MAIL: Must be postmarked no later than Wednesday, November 21, 2018 to:
  - Sammie Hail, 1113 Bow Willow Trail Way, Chula Vista, CA 91915

**WARM-UP:** Assigned warm-ups, an estimated timeline and team timing assignments will be posted at [www.si-swimming.com](http://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

**AWARDS:** Individual Events: A Events: Medals 1-3, Ribbons 4-8. B and C Events: Ribbons: 1-8. Relays: Ribbons 1-3.

#### **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](http://www.si-swimming.org) under the 2019 registration forms tab.