

INLAND COASTAL AQUATIC CLUB

11 & OVER NO TIME STANDARDS MEET

January 18 - 20, 2019



BAY, BFST, CALI, FAST, ICAC, NSDY, OSC, PQAC, RAQ, RST, RSD, NCA

Girls	Distance	Stroke	Boys
Warmup 4:00 PM	Friday Jan 18, 2019		Meet Starts 5:00 PM
1	11 & Over	1650 Y FREE	2

Girls	Distance	Stroke	Boys
Warmup 7:15 AM	Saturday Jan 19, 2019		Meet Starts 9:00 AM
3	11 & Over	400 Y IM	4
5	11 & Over	200 Y FREE	6
7	11 & Over	100 Y BREAST	8
9	11 & Over	50 Y FREE	10
11	11 & Over	200 Y FLY	12
13	11 & Over	100 Y BACK	14
15	11 & Over	500 Y FREE	16

Girls	Distance	Stroke	Boys
Warmup 7:15 AM	Sunday Jan 20, 2019		Meet Starts 9:00 AM
17	11 & Over	200 Y BREAST	18
19	11 & Over	100 Y FLY	20
21	11 & Over	200 Y BACK	22
23	11 & Over	200 Y IM	24
25	11 & Over	100 Y FREE	26
27	11 & Over	1000 Y FREE	28

Notes: All events will be swum fastest to slowest. Distance events (400Y IM and 500, 1000 and 1650Y Free) will alternate women's and men's heats as well.

SANCTION: This meet is sanctioned by USA Swimming and issued by San Diego-Imperial Swimming #SI-19-02. 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: Mary Redmond. Telephone: (760) 716-7678, or email: seanmary@aol.com

POOL: Palomar College Pool, 1140 W. Mission Rd., San Marcos, CA 92069. 25 yard, 9 lane pool with warm-up facilities. 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). Full snack bar available.

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ELIGIBILITY: Open to SI and Out-of-District USA swimmers who hold a valid 2019 USA Swimming Card issued no later than Thursday, January 10, 2019. SI Swimming does not permit on-deck registrations. 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 be able to provide proof of registration if requested. Except where venue facilities require otherwise, 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 8 events of each session (2 events on Friday) will close ½ hour before the start of the session.
- **Seeding.** All events will be seeded 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.** Once checked in for an event, any swimmer 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.
- **Distance Events.** These events will be swum fastest to slowest, alternating girls and boys heats. Swimmers in distance freestyle events must provide their own timers, and a person to count laps and a lap counting device if desired.

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 Team Manager system, and emailed to seanmary@aol.com. A PDF copy of the meet entry report should be emailed with your entries, or a paper copy may be mailed along with payment within 24 hours. Entries submitted without payment prior to the start of the meet will be rejected. A single team check is required. Event files can be uploaded from www.si-swimming.org. All entries that do not show a current USA Swimming registration number will be rejected.

ENTRY TIMES: Submit Short Course times only. No time entries may submit "NT".

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ENTRY FEES: Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each. No refunds.

- Entries from a single team (10 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 team check. Make all checks payable to:

BARRACUDA BOOSTER CLUB

DELIVERY:

- EMAIL: Must be received by Friday, January 11, 2019, to: seanmary@aol.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, January 9, 2019 to:

Mary Redmond
1335 Via Del Oro
Fallbrook CA 92028

AWARDS: No awards.

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.