

# FALLBROOK ASSOCIATED SWIM TEAM

## 12 & Under ABC Meet ★ SI North Division

### January 25-27, 2019



Girls						Boys		
Warmup 5:00 pm			Friday, January 25, 2019			Meet Starts 6:00 pm		
Event	B Min	A Min	Age	Div	Distance/Stroke	A Min	B Min	Event

1	6:59.50	6:24.60	12 & Under	ABC	500 Y Free	6:29.80	7:05.30	2
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Warmup 7:30 am			Saturday, January 26, 2019			Meet Starts 9:00 am		
Event	B Min	A Min	Age	Div	Distance/Stroke	A Min	B Min	Event

3	2:01.40	1:41.20	8 & Under	ABC	100 Y IM	1:38.50	1:58.20	4
5	1:34.40	1:26.60	9 – 10	ABC	100 Y IM	1:26.90	1:34.80	6
7	1:24.70	1:17.70	11 – 12	ABC	100 Y IM	1:17.70	1:24.70	8
9	48.60	40.50	8 & Under	ABC	50 Y Free	39.40	47.30	10
11	37.00	33.90	9 – 10	ABC	50 Y Free	34.10	37.20	12
13	33.50	30.70	11 – 12	ABC	50 Y Free	30.80	33.60	14
15	55.60	46.30	8 & Under	ABC	50 Y Fly	47.00	56.40	16
17	41.80	38.30	9 – 10	ABC	50 Y Fly	38.20	41.60	18
19	37.40	34.30	11 – 12	ABC	50 Y Fly	34.50	37.70	20
21			10 & Under		200 Y Free Relay			22
23			11 – 12		200 Y Free Relay			24
25	1:49.10	1:40.00	10 & Under	ABC	100 Y Breast	1:40.50	1:49.70	26
27	1:37.00	1:28.90	11 – 12	ABC	100 Y Breast	1:29.00	1:37.10	28
29	1:36.80	1:28.60	10 & Under	ABC	100 Y Back	1:28.70	1:37.00	30
31	1:25.20	1:17.90	11 – 12	ABC	100 Y Back	1:20.50	1:28.00	32
33	2:56.80	2:42.00	10 & Under	ABC	200 Y Free	2:41.80	2:56.50	34
35	2:37.20	2:24.10	11 – 12	ABC	200 Y Free	2:24.60	2:37.80	36

Warmup 7:30 am			Sunday, January 27, 2019			Meet Starts 9:00 am		
Event	B Min	A Min	Age	Div	Distance/Stroke	A Min	B Min	Event

37	57.80	48.10	8 & Under	ABC	50 Y Back	46.80	56.30	38
39	44.30	40.50	9 – 10	ABC	50 Y Back	40.40	44.20	40
41	39.60	36.20	11 – 12	ABC	50 Y Back	36.60	40.00	42
43	1:46.10	1:28.40	8 & Under	ABC	100 Y Free	1:25.00	1:42.00	44
45	1:21.50	1:14.70	9 – 10	ABC	100 Y Free	1:14.30	1:21.00	46
47	1:12.70	1:06.70	11 – 12	ABC	100 Y Free	1:06.20	1:12.20	48
49	1:02.80	52.30	8 & Under	ABC	50 Y Breast	51.00	1:01.20	50
51	49.80	45.60	9 – 10	ABC	50 Y Breast	45.60	49.80	52
53	44.50	40.80	11 – 12	ABC	50 Y Breast	41.00	44.80	54
55			10 & Under		200 Y Medley Relay			56
57			11 – 12		200 Y Medley Relay			58
59	1:37.40	1:29.30	10 & Under	ABC	100 Y Fly	1:29.40	1:37.60	60
61	1:23.00	1:16.10	11 – 12	ABC	100 Y Fly	1:18.20	1:25.30	62
63	3:23.50	3:06.50	10 & Under	ABC	200 Y IM	3:07.40	3:24.50	64
65	3:01.30	2:46.20	11 – 12	ABC	200 Y IM	2:46.50	3:01.70	66

6 EVENT PER DAY LIMIT

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**SANCTION:** This meet is held under the sanction of USA Swimming and is issued by San Diego-Imperial Swimming #SI-19-01. 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) 728-9244, or email: [seanmary@aol.com](mailto:seanmary@aol.com).

**POOL:** Fallbrook High School, Fallbrook, CA. 6-lane, 25 yard pool with a warm-up pool. The minimum water depth, measured in accordance with Article 103.2.3, is 6 feet, 0 inches at the start end and 3 feet, 6 inches at the turn end. The competition course has not been certified in accordance with Article 104.2.2C(4). Snack bar available. Do not park in any red striped curb area. Additional parking is available in front of the High School.

**ELIGIBILITY:** Open to SI North Division and Out-of-District USA swimmers who hold a valid 2018 USA Swimming Card issued no later than 2:30 pm on Thursday, January 17, 2019. SI Swimming does not permit on-deck registrations. All USA Swimming registration numbers will be verified with the SWIMS registration database; swimmers without a current registration will be scratched from all events.

**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 wear their USA Swimming membership cards in a visible manner. Changing into or out of swimsuits other than in locker rooms or other designated areas 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. 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 in each session on Sat/Sun will close ½ hour before the start of each session. The balance of events will close at start of each 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:** USA Swimming entry limit is 6 events per day. All entries must be submitted electronically using a Hy-Tek Meet Manager acceptable format, and emailed to [seanmary@aol.com](mailto:seanmary@aol.com) with a paper copy and payment mailed separately. Event files can be uploaded from [www.si-swimming.com](http://www.si-swimming.com).

- **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 only. Times must be the best recorded times from this or the previous swim season. Swimmers with no times use NT.

**ENTRY FEES:** Surcharge: \$5.00 per swimmer. Individual Entries: \$4.00 each. Relays: \$16.00 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 check.

Make all checks payable to: **Fallbrook Associated Swim Team**

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#### DELIVERY:

- EMAIL: Must be received by Friday, January 18, 2019, to: [seanmary@aol.com](mailto:seanmary@aol.com) with paper copy & checks mailed within 24 hrs.
- MAIL: Must be postmarked no later than Thursday, January 17, 2019, to:  
Mary Redmond, 1335 Via del Oro, Fallbrook, CA 92028
- HAND DELIVERY: by 2:30 pm Friday, January 19, 2019 to Mary Redmond, 1335 Via del Oro, Fallbrook, CA 92028.

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

**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

#### 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.