

2014
Southern California Swimming
Short Course Club Championship

February 15-17, 2014

Open to All SCS teams



East Los Angeles College,
1301 Avenida Ceasar Chavez, Monterey Park , CA

Hosted By:
Southern California Swimming & Rose Bowl Aquatics

Southern California Swimming 2013 Short Course Club Championship – February 15-17, 2014

Sanctioned By: Southern California Swimming; USA Swimming
Sponsored By: Rose Bowl Aquatics Club; So. California Swimming
Location: East Los Angeles College Pool
Date of Meet: February 15-17, 2014

Sanction Number: 14-023
Received By Deadline: 5 PM January 22, 2014
Start of Meet: 8:30 AM SAT/SUN/MON
Warm Up Times: 7:00 AM SAT/SUN/MON

Entries Due: Entries must be **received** by 5PM PDT on Wednesday, January 22, 2014. Entry may be received electronically, USPS, delivery service or hand delivered. Electronic entries are strongly recommended.

Psych sheets, with consideration entries accepted, will be emailed to all entered coaches on **Monday, January 27**, so consideration entrants can know their meet status. (Psych sheets will NOT be posted on the SCS website.) *There will be no swimmer or event "adds" or changes from this point.* Events will be cut to 32 swimmers per event (except the 1650 Free, which will be cut to 8 swimmers per event). If there are less than 32 auto and consideration cut swimmers, the psych sheet will reflect fewer swimmers in that event. If there is a time "tie" at the 32nd position, the event will show 33 swimmers.

Facility: ELAC's competition pool is an indoor 25-yard pool with 8 lanes available for the competition. The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 9 feet, at turn end: 13 feet. A separate 25-yard shallow depth pool will be available for warm-up/ warm-down during competition.

Directions: 1301 Avenida Cesar Chavez, Monterey Park, CA. From the Pomona (60) freeway, exit Atlantic Blvd, head north two blocks on Atlantic. Turn left onto Avenida Cesar Chavez. The college is one block down on the right hand side. Use parking structure #3; the pool facility is north/behind the parking facility. Per the facility agreement - **There is a \$5 parking fee (Cash Only) PER DAY.**

Warm-up Procedures: Controlled warm-ups will begin on Sat-Sun-Mon at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:15 a.m. with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups.

Meet Referee: **The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person. The SCS Officials Chairman will appoint Deck Officials.**

Meet Start Times: Preliminary sessions for the Prelim events will begin at **8:30 AM** on Saturday, Sunday and Monday. Finals sessions will begin no sooner than 2 hours after the completion of the prelims session that day.

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. There is no swimmer check-in at this meet. **Swimmers or coaches must SCRATCH events at Admin by 8:00 AM each day** (for that day). Events will be closed and seeded following this 8:00 AM scratch deadline. After each event is closed, a swimmer may not scratch. Swimmers must compete in their own age group. Age on February 15, 2014 determines age for the meet. All events, including relays, will be swum **fast to slow**, with the first three heats of Prelims "circle seeded."

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. 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 acknowledgement and consent to this fact.

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

Deck Changing: 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 strongly discouraged.

Racing Start Certification: Any swimmer entered in the meet must be certified by a 2014 USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Eligibility: Open to 2014 USA Swimming/SCS registered swimmers who have achieved the time standards listed for this meet. Registration application must be received by Wednesday, January 22 at 5pm by meet processor, administrative referee or SCS Office. Swimmers may enter the meet "unattached", but they may not swim relays or earn points for any team. Late registration will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may **UNATTACH** (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

Entry Limit: A swimmer may **ENTER and SWIM a maximum of SIX individual events** for which the listed time standard has been met and can be verified. A swimmer may swim **no more than THREE individual events per day**. This six (6) event **ENTRY LIMIT** applies to all entrants (even if entering events with consideration times). Swimmers **MAY NOT** enter all events for which they are qualified, if it is more than 6 events. Please review entries to ensure no swimmer is entered in more than three (3) ind. events per day and six (6) individual events total for the meet. See Note re 1650 freestyle entries below.

Submitted Times: Submit short course yard (SCY) times achieved for each event. **Times must have been achieved between 01/01/2013 and 1/22/2014** and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to 2013 or 2014 SCS Swim Guide. Do not submit LCM, SCM or NT (no time) or ET (estimated time).

With the exception of the 1650 Free event, AUTOMATIC entry times will be immediately entered into the meet. If less than 32 automatic entries are submitted for an event, the fastest entered consideration times will be accepted to fill the event to 32.

11-12 Events Entry Rules: The 11-12 swimmers may enter no more than **TWO of the three** in the following events: 100/ 200/400 IM, 50/100/ 200 Back, 50/100/200 Breast, 50/100/200 Fly. The 11-12 200 Back (#15 & 16), 200 Breast (#117 & 118), 200 Fly (#71 & 72), and 400 IM (#7 & 8) will be swum as timed final events only during prelims. These events will not be swum in Finals.

1650 Entry Rules: Swimmers must meet the automatic time standard to swim the 1650 Free, and only the top 8 times for each age group will be accepted for this event. If a swimmer: (1) enters the mile with an automatic cut, and does not qualify as one of the top 8 swimmers in their age group/gender; AND (2) has entered the maximum number of meet events (6), including the mile, then the meet processor will contact coaches between January 22nd and January 26th to provide an opportunity for that swimmer to enter one other event (in lieu of the mile) for which they qualify. This change/addition can only be made by January 26th (before psych sheets are published and distributed).

Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet. **NOTE: All entry times will be verified in advance through the USA SWIMS database.**

Coaches will be emailed the PSYCH SHEET on Monday, January 27, in order to notify those swimmers accepted with consideration times.

Relays: Relays and relay-only swimmers are pre-entered electronically and prepaid (\$12 per relay, \$12 per relay-only swimmer surcharge). NO on-deck entry of relay-only swimmers. Relays must be checked in or scratched by the end of the prelims each day; scratches by the daily deadline will be refunded. Once a relay has been checked in and the event has closed, failure of the relay to report will result in a disqualification of the club's relay from the next relay event for that age group and gender. All relay entries must be proven – 13 and over 200 medley relay times are entered using 400 medley relay qualifying times. RELAYS WILL BE SWUM IN FINALS SESSIONS. AM relay swims may be requested and may be granted by the Meet Referee, time permitting.

Relay Entry requirements: a club is **limited to TWO relays per event**. Relay times must meet the automatic cut achieved between 01/01/2013 and 1/22/2014. If entering one relay, a club may use a time OR aggregate of listed swimmers' best times. If entering two relays, a club must use aggregate of listed swimmers' best times. Swimmers used to prove relay times must be in the age group of the relay on February 15, 2014.

Finals: A single championship final (8 swimmers) will be offered with the following exceptions: Relays, 1000 and 1650 free are timed finals. The fastest heat of the 1000 will be swum with Finals. Note: the 11-12 200 Back (#15 & 16), 200 Breast (#119 & 120), 200 Fly (#71 & 72), and 400 IM (#7 & 8), and the 5-10 500 Free (#77 & 78) will be swum as timed finals, during the Prelims session.

The national Finals' scratch rule will be used. 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.

Awards: Individual: 1st-8th places, custom medals.
Relays: 1st-3rd place teams, custom medals.
Team: 1st-6th awards for girls/boys/combined team.

Scoring: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Even though there is just one Championship Final heat of 8 swimmers per individual event, **the top 16 swimmers** in each event (except the 1650) will score points. **Team scoring** will be done at the conclusion of each event in Finals. Individual Finalists score 1st-8th place; 9th-16th scored on Prelim results. Relays score 1st through 16th based on finish order.

Distance Events:

- The 400 IM will be swum by event number (Ev. #1- all 15-18 girls; Ev. #2- all 15-18 boys; Ev. #3- all 13-14 girls, etc.). It will NOT be swum alternating girls' and boys' heats. There will be championship final heat for Events 1, 2, 3 and 4 in the Finals session Saturday night. Events 5 and 6 (11-12 400 IM) will be swum as timed finals in Prelims.
- The 1000s (Ev.# 37Girls and #38 Boys) will be seeded and swum all ages combined, fastest to slowest, alternating girls and boys heats. This is a timed final event and will be scored by age group, based on times swum. The fastest heat of the 1000 (based on entry times, regardless of age) will be swum in the Finals session. If a swimmer is in the top 8 and does not wish to swim during Finals, the swimmer/coach must advise Admin by 8 AM Saturday morning. 1000 swimmers are requested to supply a timer for three heats and their own lap counters.
- The 1650 is a timed finals event that will be run between Prelims and Finals on Monday. There will be one 1650 heat of 8 per age group, per gender, swum according to event number. No 1650s will be swum in Finals. Swimmers in the 1650 freestyle are requested to supply a timer for three heats and their own lap counter.

Closed Deck: Please note, this is a **CLOSED DECK**. Only coaches, officials, athletes and volunteers will be permitted on deck. You must have a deck pass to be on deck.

Entry Procedure: **Team Electronic Entry is highly preferred.** Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time. FULL payment (single team check or certified funds) 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.

Based on *actual acceptances* into the meet, a *corrected* entry check may be presented for **exchange** at the meet. Entry updates or added events will be processed for this meet by the entry deadline only. Before 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. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy. Receipt of entries will not be verified by phone.

TIME TRIALS: *Separate Sanction #14-024*

Will be swum, time permitting on Sunday only, following the preliminary sessions. Open to all meet participants (individual and relay-only). Three events per day limit applies (champs events + Time Trials = 3 individual events per day or less). Deck Entered: entry fee is \$12.00 per event, no refunds after seeding. Enter at the Administrative desk. Participants must provide their own back up timers. An event may be swum only once as a time trial. The Administrative Referee will determine the order of the event.

Fees: Individual entry charge of **\$5.25 per entered event** plus **\$15.00 surcharge** per athlete must accompany each entry.

Entries Close: **Entries must be received by 5:00 p.m. Wednesday, January 22, 2014**

Please make checks payable to: Southern California Swimming

Mail entries to: Bettie Williams, P.O. Box 83538, Los Angeles, CA 90083-0538

Hand delivered to: 5405 W Slauson Ave, Los Angeles, CA 90056

Electronic entries to: Bettie Williams blswim@earthlink.net

FOR INFORMATION: Contact: Maureen Lennon 818/802-1004 maureen@lennonassociates.com or Bettie Williams blswim@earthlink.net

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.

SATURDAY, FEBRUARY 15th, 2014

GIRLS	AUTO	CONS	8:30 AM PRELIMS	AUTO	CONS	BOYS
1	4:34.71	4:41.57	15-18 400 IM	4:11.00	4:17.56	2
3	4:47.19	4:54.83	13-14 400 IM	4:29.32	4:41.15	4
5	5:11.86	5:21.61	11-12 400 IM	5:06.95	5:15.35	6
7	1:07.69	1:09.46	11-12 100 IM	1:06.63	1:08.50	8
9	1:13.97	1:16.57	5-10 100 IM	1:15.10	1:17.95	10
11	2:08.00	2:12.00	15-18 200 Back	1:56.77	2:00.63	12
13	2:13.12	2:17.61	13-14 200 Back	2:07.65	2:10.90	14
15	2:24.82	2:27.76	11-12 200 Back	2:26.45	2:26.96	16
17	31.16	32.19	11-12 50 Back	31.19	32.12	18
19	34.91	36.18	5-10 50 Back	34.77	36.01	20
21	1:06.35	1:08.76	15-18 100 Breast	1:00.00	1:01.86	22
23	1:10.74	1:13.22	13-14 100 Breast	1:06.05	1:08.40	24
25	1:15.51	1:17.95	11-12 100 Breast	1:14.53	1:17.11	26
27	1:24.64	1:27.62	5-10 100 Breast	1:25.29	1:29.32	28
29	52.82	53.79	15-18 100 Free	47.81	48.84	30
31	54.74	55.90	13-14 100 Free	51.81	53.20	32
33	58.30	59.67	11-12 100 Free	57.52	59.21	34
35	1:05.08	1:07.64	5-10 100 Free	1:05.63	1:07.99	36
37	12:04.97	12:16.32	11-12 1000 Free	11:57.47	12:05.24	38
	11:02.53	11:21.91	13-14 1000 Free	10:34.00	10:58.16	
	10:39.78	10:56.28	15-18 1000 Free	9:46.44	10:06.09	
39	8:24.00		13-14 800 Free Relay	8:02.30		40
41	8:09.60		15-18 800 Free Relay	7:25.70		42

SUNDAY, FEBRUARY 16th, 2014

GIRLS	AUTO	CONS	8:30 AM PRELIMS	AUTO	CONS	BOYS
43	2:08.10		5-10 200 Fr.Relay	2:07.60		44
45	1:54.40		11-12 200 Free Relay	1:54.30		46
47	1:48.20		13-14 200 Free Relay	1:42.70		48
49	1:44.90		15-18 200 Free Relay	1:34.80		50
51	2:40.24	2:46.40	5-10 200 IM	2:39.34	2:46.42	52
53	2:21.98	2:25.77	11-12 200 IM	2:21.69	2:26.88	54
55	2:15.19	2:18.52	13-14 200 IM	2:07.07	2:10.94	56
57	2:09.81	2:12.66	15-18 200 IM	1:56.16	1:58.87	58
59	1:14.55	1:17.57	5-10 100 Back	1:15.71	1:18.77	60
61	1:06.07	1:08.05	11-12 100 Back	1:06.56	1:08.37	62
63	1:02.49	1:04.53	13-14 100 Back	59.17	1:00.85	64
65	58.29	59.97	15-18 100 Back	53.85	55.49	66
67	32.96	34.32	5-10 50 Fly	33.54	34.96	68
69	29.84	30.54	11-12 50 Fly	29.33	30.28	70
71	2:33.25	2:37.05	11-12 200 Fly	2:31.90	2:32.98	72
73	2:16.44	2:21.50	13-14 200 Fly	2:09.00	2:14.21	74
75	2:09.02	2:13.32	15-18 200 Fly	1:56.73	2:00.42	76
77	6:26.93	6:47.00	5-10 500 Free	6:22.73	6:44.34	78
79	5:36.82	5:46.28	11-12 500 Free	5:33.62	5:44.70	80
81	5:17.64	5:26.19	13-14 500 Free	5:02.12	5:11.31	82
83	5:03.91	5:07.35	15-18 500 Free	4:38.38	4:45.26	84
85	4:44.40		11-12 400 Medley Relay	4:46.80		86
87	4:25.90		13-14 400 Medley Relay	4:14.10		88
89	4:18.10		15-18 400 Medley Relay	3:53.60		90

MONDAY, FEBRUARY 17th 2014

GIRLS	AUTO	CONS	8:30 AM PRELIMS	AUTO	CONS	BOYS
91	2:29.00		5-10 200 Medley Relay	2:29.30		92
93	2:11.50		11-12 200 Medley Relay	2:11.90		94
95	4:25.90		13-14 200 Medley Relay	4:14.10		96
97	4:18.10		15-18 200 Medley Relay	3:53.60		98
99	2:21.62	2:27.43	5-10 200 Free	2:19.68	2:25.52	100
101	2:06.36	2:09.55	11-12 200 Free	2:05.27	2:09.93	102
103	2:00.04	2:02.96	13-14 200 Free	1:52.75	1:55.27	104
105	1:51.23	1:55.96	15-18 200 Free	1:43.69	1:46.10	106
107	1:14.96	1:18.70	5-10 100 Fly	1:14.93	1:19.02	108
109	1:04.80	1:07.14	11-12 100 Fly	1:05.15	1:07.72	110
111	1:00.65	1:02.61	13-14 100 Fly	57.29	59.18	112
113	58.59	1:00.06	15-18 100 Fly	51.56	52.79	114
115	38.87	40.37	5-10 50 Breast	39.69	41.50	116
117	35.35	36.48	11-12 50 Breast	34.75	35.60	118
119	2:44.12	2:48.55	11-12 200 Breast	2:44.41	2:49.77	120
121	2:32.75	2:38.06	13-14 200 Breast	2:22.55	2:28.42	122
123	2:26.38	2:31.53	15-18 200 Breast	2:11.89	2:17.06	124
125	30.03	30.78	5-10 50 Free	29.64	30.55	126
127	26.84	27.49	11-12 50 Free	26.49	27.17	128
129	25.33	25.93	13-14 50 Free	24.12	24.75	130
131	24.23	24.72	15-18 50 Free	22.06	22.51	132
133	20:17.43		11-12 1650 Free	20:18.75		134
135	18:37.35		13-14 1650 Free	17:47.11		136
137	17:58.71		15-18 1650 Free	16:24.69		138
139	4:07.10		11-12 400 Free Relay	4:06.80		140
141	3:53.20		13-14 400 Free Relay	3:40.50		142
143	3:45.40		15-18 400 Free Relay	3:25.20		144

NO ATHLETE CHECK IN - SWIMMERS or COACHES MUST SCRATCH BY 8:00AM FOR EVENTS THAT DAY

All relay entries must be proven – 13 and over 200 medley relay times are entered using 400 medley relay qualifying times. RELAYS WILL BE SWUM IN FINALS SESSIONS. AM relay swims may be declared for Monday only, time permitting.

All preliminary events will be swum fast to slow.

Hotel information: See attached.

TIME TRIALS: Sanction #14-xxx

Will be swum, time permitting on Sunday only, following the preliminary session. Open to all meet participants (individual and relay). Three events per day limit applies (champs events + Time Trials = 3 individual events per day or less). Deck Entered: entry fee is \$12.00 per event, no refunds after seeding. Enter at the Administrative desk. Participants must provide their own back up timers. An event may be swum only once as a time trial. The Administrative Referee will determine the order of the event.

Hotel Information

Meet Host, Rose Bowl Aquatics, has secured the following room blocks for meet attendees. Distance from the pool is noted, but commute times may vary, depending on time of day and LA traffic. Better information should be available on a daily basis from the Hotel staff. Rose Bowl has contracted with several local hotels for the best possible individual and team hotel rates. If you are planning on booking a large block of rooms for your team, please call the sales contact listed for that hotel and make special arrangements. Be sure to tell them you are booking for the
“SCS Club Championship Swim Meet”

Please contact the following hotels to reserve your team or individual reservations

DoubleTree Hotel – Norwalk

Rate: \$114+/nite

Address: 13111 Sycamore Drive, Norwalk CA 90650

Distance to Meet: 13 miles/ 20 mins.

Hotel Contact: Christine Chen

Call: 562.863.5555 and ask for "SCS Club Championship Swim Meet" group rate

Go to www.losangelesnorwalk.doubletree.com and enter the group code: **RB2** in the "Group Code"

Cut Off Date for Making Reservations: Jan. 1, 2014

Crown Plaza Hotel- LA/Commerce

Rate: \$109+/nite

Address: 6121 Telegraph Road, Los Angeles CA 90040

Distance to Meet: 3.6 miles/ 12 mins.

Hotel Contact: Suzanne Andrade

Call: 323-728-3600 and ask for "SCS Club Championship Swim Meet" group rate

Cut Off Date for Making Reservations: Jan. 31, 2014

Hilton Garden Inn -Montebello

Rate: \$99+/nite

Address: 801 N. Via San Clemente, Montebello CA 90640

Distance to Meet: 2.5 miles/ 6 mins.

Hotel Contact: Arnel Maligaya

Call: 323-724-5900 and ask for for "SCS Club Championship Swim Meet" group rate

Cut Off Date for Making Reservations: Jan. 14, 2014

DoubleTree Hotel – Commerce

Rate: \$135+/nite

Address: 5757 Telegraph Road, Los Angeles CA 90040

Distance to Meet: 3.6 miles/ 12 mins

Hotel Contact: Hilary Glutch

Call: 800-222-8733 and ask for for "SCS Club Championship Swim Meet" group rate

Cut Off Date for Making Reservations: Jan. 1, 2014

For additional information & help with hotel accommodations, please contact Liza Lopez at liza.lopez@yahoo.com