

2023 SCSL Spring Meet #1
Short Course Swim Meet
March 25, 2023



Approved by: USA Swimming and Southern California Swimming
Sponsored by: South Central Swim League
Date of Meet: Saturday, March 25, 2023
Warm up: 7:00-8:15 AM

Approval No: A23-100
Received by deadline: 5:00 PM, 3/15/2023
Start of Meet: 8:30 AM Saturday

POOL: Patricia G. Mitchell Swim Stadium, 9520 Hildreth Avenue, South Gate, CA 90280. Please use online maps or apps for directions.

COURSE: Indoor 50 meter x 25 yard with 9 competition lanes and warmup area is available. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 54 inches minimum, turn end 54 inches minimum.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: John Stipanov will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee at e-mail: jcstipanov@sbcglobal.net.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Timers are requested to be provided by each team. Swimmers competing in the 500 or 1000 Freestyle are requested to furnish their own timers for three heats and lap counters. **Swimmer may swim a maximum of 3 events per day plus relays.** All coaches and officials on deck must complete the CDC or NFHS Concussion course. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. Meet check-in may or may not be available depending on the site's guidelines.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** 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.

DRONES: 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.

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. Tech suits with bonded seams, kinetic tape or meshed seams may be worn by only swimmers 13 and older; please see the Tech Suit Policy on the SCS website: www.socalswim.org.

DECK CHANGING: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer 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. 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 all current South Central Swim League athletes who hold 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. **All athletes 18 years and older must complete the online Athlete Protection Training (APT) to compete in the meet.**

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process online in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be the best recorded times short course or long course from this or the preceding swim season (NO WORK OUT TIMES). After entries close, meet administration will convert nonconforming times for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Ribbons 1st-6th Place (including relays). Meet will be awarded 5-6; 7-8; 9-10; 11-12; 13-14 and 15-18.

ENTRY PROCEDURE: Team Electronic Entry is preferred. Added events (entered swimmers) and new swimmers may be submitted by e-mail ONLY. **DO NOT RESEND AN ENTRY FILE.** Send electronic entries to: Judy Shim (judyshim@cox.net).

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WED, MARCH 15, 2023.

Make checks payable to: South Central Swim League

Electronic entries: Judy Shim

Meet Director: Juan Torres (310) 850-6156

juantemail-swim@yahoo.com

Mail or hand delivery USA registrations:

Admin Official: Judy Shim (310) 650-9560

judyshim@cox.net

28715 Mount Rushmore Rd, Rancho Palos Verdes, CA 90275

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IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING AND SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

CONCUSSION INFORMED CONSENT ACKNOWLEDGEMENT

Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

MAAPP STATEMENT

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

COVID 19 ACKNOWLEDGMENT

We have taken enhanced health and safety measures for all swim meet attendees. You must follow all posted instructions at this venue. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this swim meet, you voluntarily assume all risks related to exposure to COVID-19.

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USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

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Entry Due Date: March 15, 2023

Warm-up 7:00 AM – Meet Start Time 8:30 AM

PLEASE ENTER BEST RECORDED TIME – YOU MAY SWIM 3 INDIVIDUAL EVENTS PER DAY PLUS RELAYS
 ALL RELAYS ARE DECK ENTERED AND TIME PERMITTING.

Meet Schedule A				
Warm Up - 7:30 AM		Meet Start at 8:30 AM		
Girls	Event	Age	Min Time	Boys
1	100 Freestyle	5-8		2
3	200 Freestyle	9 & Over	3:15.00	4
5	25 Backstroke	5-8		6
7	100 Backstroke	9 & Over		8
9	50 Breaststroke	5-8		10
11	50 Breaststroke	9 & Over		12
13	200 Breaststroke	11 & Over	3:15.00	14
15	25 Butterfly	5-8		16
17	100 Butterfly	9 & Over		18
19	50 Freestyle	5-8		20
21	50 Freestyle	9 & Over		22
23	100 Medley Relay	5-8		24
25	200 Medley Relay	9 & Over		26
27	1000 Freestyle	11 & Over	15:30.00	28

All combined events will be swum by time, but will be awarded and scored by the following age groups:
 Individual events: 5-6, 7-8, 9-10, 11-12, 13-14 and 15-18. Relay events: 5-8, 9-10, 11-12, 13-14 and 15-18

Attending clubs will be responsible for timing in their assigned lanes for the entire meet. Swimmers competing in the 500 or 1000 Freestyle are requested to furnish their own timers for three heats and lap counters.