



TMEC “Welcome to Fall”
September SC Meet - A, BB, B
September 23-24, 2023

Sanctioned by: USA Swimming & Southern California Swimming	Sanction No. # S23-265
Sponsored By: TMEC & Eastern Committee	Received by deadline: 5:00 pm, Wednesday, September 13, 2023
Warm-up: 7:00 am Saturday & Sunday	Meet Start Time: 8:30 Saturday & Sunday

POOL: Great Oak High School, 32555 Deer Hollow Way Temecula Ca 92592

DIRECTIONS: 15 South exit Temecula Pkwy. Make Left Turn on Temecula Pkwy. Turn Right onto Pechanga Pkwy. Left on to Deer Hollow Way. School is on Right. Pool is in back by baseball fields.

COURSE: Outdoor 10 lane 25 yard with 8 competition lanes and additional warm-up lanes in separate 25 yard pool with 6 lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 13' turn end 3.5'. The competition course has been in accordance with 104.2.2 (c), on file with USA Swimming.

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: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee: Mike Sheppard – cattywampus@roadrunner.com

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All athletes 18 years and older must complete the free online ATHLETE PROTECTION TRAINING (APT) to be cleared to compete. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on **September 23, 2023**, to enter this meet. Swimmers competing in the 500 freestyle events will be provided lap counters when used. Events will be swum fastest to slowest. All coaches on deck must complete the CDC or NFHS concussion course.

CHECK IN: SWIMMERS MUST CHECK IN with the clerk of course 40 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. Contingency Check In: If conditions warrant, the meet may be deck-seeded 45 minutes before the start of each session after coaches' scratches or pre-seeded. 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: Please see USA Swimming Rule 102.8 in the 2022 USA Swimming Rule Book (page 32-34). Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech Suits may not be worn at this by 12-under swimmers.

DECK CHANGES: 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 Eastern Committee athletes who are 2023 or 2024 USA Swimming registered. Online registration in Swims 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted.

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 for completing 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**). 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. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS: A division (includes all As): Medals 1st - 3rd place, Ribbons 4th - 6th place, B Division (includes B and BB): Ribbons 1st - 6th place, C Division (includes all C and NT): Ribbons 1st - 6th place, Relays: Medals 1st place, Ribbons 2nd - 3rd place

Entry Limit: A swimmer may swim no more than **FOUR (4)** individual events per day and (1) Relay. **Entries will be processed in the order of first received, first entered.**

ENTRY FEES: **\$5.00 for each INDIVIDUAL EVENT** along with a **\$15.50 SURCHARGE per swimmer** must accompany each individual entry card. There is a charge of **\$10.00 for each relay**. Returned checks will incur a service fee per SCS policy. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded. Please make Checks payable to: Temecula Swim Club**

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 will be dated as official at that time (5PM postmark would queue before a 10PM electronic). 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. Entry updates (added events) will be processed when received by the processor by 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. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail). Individual email entry will not be accepted.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, September 13, 2022. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard.

(Receipt of entries will not be verified by phone or e-mail.)

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. Receipt of entries will not be verified by phone or e-mail.

Please make Checks payable to: Temecula Swim Club

Mail entries to: Susie Sheppard
11110 Davis Street
Moreno Valley CA 92557

Electronic entries to: Susie Sheppard - suzshep@roadrunner.com

Concussion Informed Consent Acknowledgment: 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 2.0 Statement: 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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), govern this meet. 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.

TMEC "Welcome to Fall"
September SC Meet - A, BB, B
September 23-24, 2023

Session #1 Saturday

Girls	Age	Min	Event		Min	Age	Boys
			200 yd Backstroke	A/BB	2:39.69Y	11-12	1
2	5-10	3:18.99Y	200 yd Freestyle	A/BB/B	3:06.69Y	5-10	3
			200 yd Freestyle	A/BB/B	2:34.59Y	11-12	4
5	5-8	1:46.10Y	100 yd Freestyle	A/B	1:42.00 Y	5-8	6
			50 yd Butterfly	A/BB/B	45.69Y	11-12	7
8	5-10	36.49Y	50 yd Butterfly	A/BB/B	37.09Y	5-10	9
10	5-8	25.60Y	25 yd Butterfly	A/B	25.60Y	5-8	11
			100 yd Breaststroke	A/BB/B	1:31.39Y	11-12	12
13	5-10	1:58.09 Y	100 yd Breaststroke	A/BB/B	1:53.39Y	5-10	14
15	5-8	1:02.80Y	50 yd Breaststroke	A/B	1:01.20Y	5-8	16
			50 yd Backstroke	A/BB/B	37.89Y	11-12	17
18	5-10	46.99Y	50 yd Backstroke	A/BB/B	47.49	5-10	19
20	5-8	26.60Y	25 yd Backstroke	A/B	25.90Y	5-8	21
			100 yd IM	A/BB/B	1:20.89Y	11-12	22
23	5-10	1:42.59Y	100 yd IM	A/BB/B	1:38.79Y	5-10	24
25	5-8	21.70	25 yd Freestyle	A/B	21.10Y	5-8	26
			50 yd Freestyle	A/BB/B	32.59Y	11-12	27
28	5-10	38.89Y	50 yd Freestyle	A/BB/B	38.09Y	5-10	29
30	5-8		100 yd Free Relay			5-8	31
			200 yd Free Relay			11-12	32
33	5-10		200 yd Free Relay			5-10	34
			200 yd Butterfly	A/BB	2:40.79Y	11-12	35

****45 min break****

Session #2:

Girls	Age	Min	Event		Min	Age	Boys
36	11-12	2:43.99Y	200 yd Backstroke				
37A	13-14	2:46.79Y	200 yd Backstroke	A/BB/B		13-14	38A
37B	15-18	2:46.79Y	200 yd Backstroke	A/BB/B		15-18	38B
39	11-12	2:40.39Y	200 yd Freestyle	A/BB/B			
40	13-14	2:32.09Y	200 yd Freestyle	A/BB/B	2:22.09Y	13-14	41
42	15-18	2:29.09Y	200 yd Freestyle	A/BB/B	2:16.49Y	15-18	43
44	11-12	36.49Y	50 yd Butterfly	A/BB/B			
45	13-14	1:16.39Y	100 yd Butterfly	A/BB/B	1:11.19Y	13-14	46
47	15-18	1:14.69Y	100 yd Butterfly	A/BB/B	1:07.49Y	15-18	48
49	11-12	1:34.09Y	100 Breaststroke	A/BB/B			
50	13-14	1:27.99Y	100 Breaststroke	A/BB/B	1:21.29Y	13-14	51
52	15-18	1:25.89Y	100 Breaststroke	A/BB/B	1:16.49Y	15-18	53
54	11-12	33.59Y	50 yd Freestyle	A/BB/B			
55	13-14	32.59Y	50 yd Freestyle	A/BB/B	29.69Y	13-14	56
57	15-18	31.79Y	50 yd Freestyle	A/BB/B	28.39Y	15-18	58
59A	13-14	5:56.79Y	400 yd IM	A/BB	5:46.39Y	13-14	60A
59B	15-18	5:56.79Y	400 yd IM	A/BB	5:46.39Y	15-18	60B
61	11-12		200 yd Free Relay				
62	13-14		200 yd Free Relay			13-14	63
64	15-18		200 yd Free Relay			15-18	65
66	11-12	2:47.19Y	200 yd Butterfly	A/BB			
67A	13-14	13:44.69Y	1000 yd Freestyle	A/BB/B	13:30.19Y	13-14	68A
67B	15-18	13:44.69Y	1000 yd Freestyle	A/BB/B	13:30.19Y	15-18	68B

Session #3 Sunday

Girls	Age	Min	Event		Min	Age	Boys
			200 yd IM	A/BB/B	2:57.19Y	11-12	69
70	5-10	3:15.59Y	200 yd IM	A/BB	3:13.19Y	5-10	71
72	5-8	2:01.40Y	100 yd IM	A/B	1:58.20Y	5-18	73
			100 yd Freestyle	A/BB/B	1:10.99Y	11-12	74
75	5-10	1:29.59Y	100 yd Freestyle	A/BB/B	1:27.79Y	5-10	76
77	5-8	48.60Y	50 yd Freestyle	A/B	47.30Y	5-8	78
			50 yd Breaststroke	A/BB/B	42.89Y	11-12	79
80	5-10	53.19Y	50 yd Breaststroke	A/BB/B	52.09Y	5-10	81
82	5-8	28.80Y	25 yd Breaststroke	A/B	28.00Y	5-8	83
			100 yd Butterfly	A/BB/B	1:22.89Y	11-12	84
85	5-10	1:53.99Y	100 yd Butterfly	A/BB/B	1:51.99Y	5-10	86
87	5-8	55.60Y	50 yd Butterfly	A/B	56.40Y	5-8	88
			100 yd Backstroke	A/BB/B	1:22.19Y	11-12	89
90	5-10	1:41.99Y	100 yd Backstroke	A/BB/B	1:39.79Y	5-10	91
92	5-8	57.80Y	50 yd Backstroke	A/B	56.30Y	5-8	93
			200 Breaststroke	A/BB	3:00.19Y	11-12	94
			200 Medley Relay			11-12	95
96	5-10		200 Medley Relay			5-10	97
98	5-8		100 Medley Relay			5-8	99
			500 yd Freestyle	A/BB	6:27.49Y	11-12	100

****45 min break****

Session #4:

Girls	Age	Min	Event		Min	Age	Boys
101	11-12	3:00.19Y	200 yd IM				
102	13-14	2:49.79Y	200 yd IM	A/BB/B	2:39.99	13-14	103
104	15-18	2:46.79Y	200 yd IM	A/BB/B	2:31.69Y	15-18	105
106	11-12	1:24.79Y	100 yd Backstroke	A/BB/B			
107	13-14	1:16.69Y	100 yd Backstroke	A/BB/B	2:22.09Y	13-14	108
109	15-18	1:14.69Y	100 yd Backstroke	A/BB/B	1:08.09Y	15-18	110
111	11-12	1:24.39Y	100 yd Butterfly	A/BB/B			
112A	13-14	2:47.19Y	200 yd Butterfly	A/BB	2:40.79Y	13-14	113A
112B	15-18	2:47.19Y	200 yd Butterfly	A/BB	2:40.79Y	15-18	113B
114	11-12	1:13.59Y	100 yd Freestyle	A/BB/B			
115	13-14	1:10.59Y	100 yd Freestyle	A/BB/B	1:05.59Y	13-14	116
117	15-18	1:08.89Y	100 yd Freestyle	A/BB/B	1:02.39Y	15-18	118
119	11-12	3:06.59Y	200 yd Breaststroke	A/BB			
120 A	13-14	3:06.59Y	200 yd Breaststroke	A/BB	3:00.19Y	13-14	121A
120A	15-18	3:06.59Y	200 yd Breaststroke	A/BB	3:00.19Y	15-18	121B
122	11-12		200 yd Medley Relay				
123	13-14		200 yd Medley Relay			13-14	124
125	15-18		200 Medley Relay			15-18	126
127	11-12	6:38.19Y	500 yd Freestyle	A/BB			
128A	13-14	6:38.19Y	500 yd Freestyle	A/BB	6:27.49Y	13-14	129 A
128B	15-18	6:38.19Y	500 yd Freestyle	A/BB	6:27.49Y	15-18	129B

ENTRIES MUST BE RECEIVED BY 5:00 PM: September 13, 2023 (Wednesday)

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

Swimmers should provide their own timers and/or lap counters for ***400 IM and 500/1000 free .

Events will be swum fastest to slowest.

This meet is subject to the 4 hour rule per session, relays swum time permitting.