

SAN FERNANDO VALLEY CATHOLIC SWIM LEAGUE Meet #1

De La Salle Swim Meet – SEPT. 8th, 2019

MEET DATE: SUNDAY, SEPTEMBER 8th, 2019

ENTRY DEADLINE: TO TEAM REP-WED, AUG. 28, 2019

MEET STARTS AT: 7-8, 6 & Under 9:00 AM
9 - 14 approx. 11:45-12:00 PM

WARM-UP TIME: AM session (6/Under, 7 & 8) 8:00-8:50AM
PM session (9-14 yr olds) Approx 10:45-11AM

Teams are responsible for filling assigned timing chairs during the meet. NO CHECK IN: morning and afternoon events will be preseeded into heats, and printed in the meet program. Teams will be assigned warm up lanes; swimmers must be supervised by coach.

POOL: San Fernando Regional Pool: 208 Park Ave., San Fernando 91340. Directions from 118 Fwy, exit San Fernando Rd., turn north, road will split, stay to the right on Truman St., turn right on Wolfskill St., just across the railroad tracks turn right on Robert F. Kennedy St. (formerly 1st St), turn left on Park Ave., aquatics center on right.

WARM UP POLICY: Schools are assigned warm up lanes and sessions. The final 15 minutes of warm up coaches may clear their warm up lane for one-way practice dives. There will be no diving in the warm up area during these times except into the designated sprint lane(s). During the meet, the warm up lanes will be closed if swimmers are playing. No diving in the warm up lanes during the meet.

ELIGIBILITY: Qualified swimmers from the League's schools or parishes are eligible. Swimmers MUST BE registered in the parish or a student of the Catholic school. No minimum number of swimmers is required per team. A swimmer's age as of 9/1/19, will determine the age group the swimmer will enter for all four meets of the 2019 season, even if they age up during the season. Swimmers must be a minimum of four years old by 9/1/19, to enter the meet. Swimmers may be entered in a MAXIMUM OF FOUR INDIVIDUAL EVENTS, . For 10 yr old swimmers to enter 100IM, they must have achieved times in all fours 50s of the strokes in the 2018 season. The 10 year old girls and boys will swim the 100 IM together at this meet. All parents must complete the Release of Liability waiver on the entry form, and provide the name of the Medical Insurance carrier. The participant's parents' private insurance coverage is required for entry into the competition, and must cover them for the league swim competitions, for any practices, and for travel to and from the competitions and practices. Parents and Athletes must complete a Code of Conduct form and turn it to their School or Team rep to be kept on file.

RULES: Southern California Swimming rules will govern. The morning and afternoon sessions will be pre-seeded into heats; no check in. Individual events will be swum combined age group, but awarded & scored by age years specified under awards. Swimmers will be disqualified for stroke technique violations, which will be reflected on results. No Tech Suits are permitted at this meet. No photos or video is allowed in the starting area during the meet. No diving in Warm up area during the meet, area will close if unsafe play.

RELAYS: Coaches or team representatives may enter relays at the meet, on forms provided at the Admin table. Teams may enter a maximum of three relays per age group. All relay teams will consist of girl or boy swimmers in specified age groups, i.e. 4/6, 7/8, 9/10, etc. In order for a swimmer to participate on a relay team, the swimmer must be entered in and swim in at least one individual event. All scoring relay teams will be comprised of swimmers from the SAME SCHOOL/PARISH. Relays comprised of swimmers from more than one team will be exhibition and will not receive awards or team points.

ENTRY TIMES: The meet admin will use entry times from the 2018 San Fernando Valley Catholic League season for this meet (not workout times or time trials). Please do not put any times on the entry form. If a time have never been achieved in the event, they will have NT.

AWARDS: Individual events awards: 1st through 12th, in age divisions 6 & under,7, 8, 9, 10, 11, 12, 13, 14; scored 16-13-12-11-9-7-6-5-4-3-2-1. Relay awards: 1st through 3rd place in each age group; scoring through 12th place; scored 32-26-24-22-18-14-12-10-8-6-4-2. All awards will be distributed the end of each session to a team representative or coach. PLEASE DO NOT pick up any awards during the meet. Swimmers must compete in one of the first three meets and the championship meet to qualify for High Point. High Point awards will be 1st through 12th in the same age groups, except 14 year olds will be 1st through 6th.

ENTRY FEE: \$4.50 PER INDIVIDUAL EVENT, PLUS \$11.00 POOL SURCHARGE PER SWIMMER. \$5.00 per relay event must be paid at the meet by the team rep. Paper entries with check payment (NO CASH) must be either turned into your team rep. MAXIMUM 4 INDIVIDUAL EVENTS MAY BE ENTERED.

ENTRY DEADLINE: ENTRIES MUST BE TURNED INTO YOUR TEAM REP BY WEDNESDAY, AUGUST. 28, 2019
ENTRIES WILL NOT BE ACCEPTED AT THE MEET.

PLEASE MAKE CHECKS

PAYABLE TO: YOUR SCHOOL TEAM

TURN YOUR CHILD'S MEET ENTRY INTO YOUR TEAM REPRESENTATIVE

VENDOR AT THE MEET

PROGRAMS AVAILABLE

DE LA SALLE MEET - SUNDAY, SEPTEMBER 8th, 2019

GIRLS EVENT#

BOYS EVENT #

MORNING SESSION (Starts 9:00 AM)

1	7-8	25 yd Back	2
3	4-6	25 yd Back	4
5	7-8	25 yd Breast	6
7	5-6	25 yd Breast	8
9	7-8	25 yd Free	10
11	4-6	25 yd Free	12
13	7-8	25 yd Fly	14
15	5-6	25 yd Fly	16
	7-8	100 yd Mixed Free Relay (enter at meet)	17
	5-6	100 yd Mixed Free Relay (enter at meet)	18

Afternoon Session will start 50 min after end of Morning session)

PARENT RELAY – EXHIBITION

19	10 only-mixed	100 yd IM* girls & boys	19
21	11 - 12	100 yd IM	22
23	13 – 14	100 yd IM	24
25	9 - 10	50 yd Back	26
27	11 - 12	50 yd Back	28
29	13 – 14	50 yd Back	30
31	9 - 10	50 yd Breast	32
33	11 - 12	50 yd Breast	34
35	13 – 14	50 yd Breast	36
37	9 - 10	50 yd Free	38
39	11 - 12	50 yd Free	40
41	13 – 14	50 yd Free	42
43	9 - 10	50 yd Fly	44
45	11 - 12	50 yd Fly	46
47	13 – 14	50 yd Fly	48
49	9 –10	200 yd Mixed Free Relay (deck entry)	49
50	11 – 12	200 yd Mixed Free Relay (deck entry)	50
51	13 – 14	200 yd Mixed Free Relay (deck entry)	51

PLEASE CUT ALONG LINE BELOW & TURN INTO TEAM REP; *10 yr olds must have times in 4-50s of strokes in 2018 to enter 100IM

Participant's Name: _____ AGE: _____ BIRTHDATE: ____/____/____ BOY _____ GIRL _____

LAST NAME

FIRST NAME

(age as of 9/1/19 will be age group for all 4 meets)

Medical Insurance Carrier: _____ Policy Number: _____

School/Parish _____ Parent EMAIL ADDRESS: _____

You must attend a member Catholic school or be a registered member of the Catholic parish listed above to enter.

EVENT	Check BOX	
IM		
BACKSTROKE		
BREASTSTROKE		
FREESTYLE		
BUTTERFLY		

Number of events entered _____ X \$4.50 = _____

Pool Surcharge = \$11.00

Check payable to YOUR SCHOOL TEAM

Deadline Tuesday, Aug. 27th

TOTAL: _____

(1event= \$15.50, 2events=\$20, 3 events=\$24.50, 4events=\$29)

PARENT/GUARDIAN _____

ADDRESS _____

CITY, STATE, ZIP _____

TELEPHONE: (_____) _____

MAX 4 EVENTS
4 year old: 2 event

In consideration of the acceptance of this entry, we the undersigned participant and/or parent or guardian intending to be legally bound, do hereby for ourselves, release and forever discharge any and all right to claims for damages which we or either of us may hereafter have against the Catholic Archdiocese of Los Angeles, the San Fernando Valley Catholic Swim League, the participating parish schools, churches, or swim team (named on the front of this entry); the County of Los Angeles, the City of San Fernando and/or their respective officers, agents, representatives, successors and/or assignees, for any and all injuries or damages which may be sustained or suffered by us in connection or entry in and/or arising out of our practicing in preparation for traveling to, participating in and/or returning from said meet.

Signature of Parent/Guardian _____

Date _____