

TNT WINTERFEST

SHORT COURSE "ABC" AGE GROUP SWIM MEET

Held under the Sanction of CCS and USAS #S19823JO

SPONSORED BY: TULE NATION TRITONS
MEET DIRECTOR: Kirk Ansel 559-217-5869

DATE OF MEET: December 2-3, 2023

ADMIN Official: Julie Rodriguez
MEET REFEREE: TBA
MEET START TIME: 9:30 AM (Sat. & Sun.)
WARM UP TIME: 8:00 AM (Sat. & Sun.)

ENTRIES RECEIVED BY: November 25, 2023 @ 11:59 PM
LATE ENTRIES UNTIL: November 28, 2023 @ 11:59 PM
with \$10 late fee

****All out of area teams are eligible to enter**
For More Info Visit: www.centralcalswim.org

Location: Kingsburg High School Pool: 1900 18th Ave, Kingsburg CA 93631

Directions from North or the South, take Highway 99 to Kingsburg, take exit 112 Sierra Street. Turn East and proceed approximately 0.3 miles to 18th Ave. High School is located at the corner of Sierra and 18th Avenue. Turn Left onto 18th Ave and proceed 0.1 miles then turn right onto the school entry. Pool is located on the North center side of the High School campus, parking lots are located either on the North or East side of campus.

Facility: A 22-lane, 25-yard heated outdoor pool with minimum depth of 7 FT in the warm up/warm down area. The competition course has not been certified according to article 104.2.2C (4) USAS rules and regulations. No Propane heaters. This meet will run eight (8) lanes for competition and 12 lanes for continuous warm-up and cool-down throughout the duration of the meet. The Colorado timing system and scoreboard will be used. No RV overnight parking is permitted on the property of the Kingsburg High School.

Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms. For athlete protection, CCS prohibits the use of photography, and audio or visual recording devices, including a cell phone, behind the blocks throughout the meet. 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) at any time athletes, coaches, officials and/or spectators are present. No propane heaters are allowed in the facility. Deck changes are prohibited.

Format: This is a timed-finals, short course yards meet.

Warm Up Rules: All swimmers will enter the pool with a three-point entry during warm up and warm down. GENERAL WARM-UP PERIOD - The first 30 minutes of warm-up will be for general warm-up in all lanes. There will be no diving allowed during general warm-up. SPECIFIC WARM-UP PERIOD - The last 45 minutes of warm-up in the competition course will be allocated for specific warm-up in designated lanes. During the specific warm-up period, lanes 1 and 8 will be used for push pace work, lanes 2 and 7 for one-way dive sprints, and lanes 3, 4, 5 and 6 for general warm-up. Eight lanes in the warm-up course will be for general warm-up and swim down. No starting practice in that course. All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Swimmers who do not have a USAS registered coach at the swim meet should report to the Meet Referee or Deck Referee for lane and coach assignment. It is the swimmers' responsibility to make such arrangements prior to the start of the meet. Warm-up procedures will be announced by the Deck and Starter Referees warm-ups must be supervised by a USAS registered coach. Swimmers who do not have a USAS registered coach at the meet must report to the Meet or Deck Referee for lane and coach assignment. Dive and pace lanes will be assigned at the discretion of the Meet Referee and follow the CDC guidelines regarding social distancing. NO DIVING will be permitted. **All swimmers must use a 3-point entry during warm-up and warm-down.**

- Rules:** Current USA Swimming and CCS Rules will apply. All swimmers must be currently registered with USA Swimming.
Deck Pass is an acceptable form of proof. Verification of entered times should be available upon request of the Meet Referee. Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition. Events will be seeded according to submitted times. This is a **timed finals** swim meet. **Swimmers may compete in up to four (4) individual events.** Events may be combined regardless of age, gender, distance, or stroke at the discretion of the Meet Referee. This meet will be **PRE-SEEDED** by the admin official. There will be **NO CHECK-IN** required for any event. Heats will be run fastest to slowest. Swimmers in the distance freestyles (1650 and 500) must provide a timer, a lap counter and a lap counting device. The 1650 and 500 freestyle events will be swum fastest to slowest, alternating girls and boys.
- ADDITIONAL RULE:**
Per Central California Swimming policy, swimmers 12 years old and younger are not permitted to wear Technical” suits at any CCS sanctioned or approved meets. For a detailed definition of the suits included in this policy: https://www.teamunify.com/wzccslsc/UserFiles/Image/QuickUpload/ccs-suit-restriction-for-swimmers_079631.pdf
- Unaccompanied Athlete:** All USAS athlete members must be under the supervision of a USAS member coach during warm up, competition and warm-down. Swimmers who do not have a USAS registered coach at the swim meet should report to the Deck Referee for lane and coach assignment. It is the swimmer’s responsibility to make such arrangements prior to the start of the meet. 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.
- Officials:** All USAS Officials are welcomed and encourage to work this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. If an insufficient number of officials are present to allow for rest breaks, a ten-minute break will be taken every two hours. Events may be combined regardless of age and gender at the discretion of the meet referee.
- Eligibility:** All swimmers must be 2023 or 2024 USAS registered by Nov. 30 by noon. Athletes not registered will be scratched.
- Awards:** There will no awards given during the meet.
- Entries:** Team entries should be sent in a Hy-Tek CL2 electronic entry file to the following email address: tritonswim.president@gmail.com. Unattached swimmers affiliated with CCS may enter this meet on the CCS website, as long as the swimmer had registered on the CCS site for their USA Swimming membership. **On-line entries are due by 11:59 PM Saturday, November 25, 2023. Late entries will be accepted until 11:59 PM Tuesday, November 28, 2023 with \$10 late fee per swimmer. Team entries have the same deadlines as individual events. Deck entries will not be permitted.**
- CCS Outreach swimmers who are entered into this meet will have their fees deducted by the Host Club. The Home Club or responsible individual of the Outreach Swimmer is responsible for communicating with the Host Team of their roster and fees that need to be deducted. Names of the athletes who are receiving the Outreach incentive may be kept confidential at the discretion of the athletes’ Home Club.**
- Please make all checks payable to *TNT Swimming*.**
- Entry fees:** \$4.00 per individual event; \$15.00 surcharge per swimmer. Full payment (single team check) for an email entry must be postmarked within 48 hours of the email entry (see address below). **NO REFUNDS. RETURNED CHECKS WILL INCURE A SERVICE FEE. ENTRIES & FEES RECEIVED AFTER DUE DATE WILL INCURE A \$10 LATE FEE PER SWIMMER.**

**MAIL ONLY TEAM ENTRIES TO:
(ENTRY COORDINATOR)**

**Julie Rodriguez
TNT SWIMMING/MEET ENTRIES
PO BOX 2064**

SCHEDULE OF EVENTS

Saturday, December 2, 2023 9:30a Start

Girls		AGE	EVENT		BOYS
1		13 & over	200 Free		2
3		11-12	200 Free		4
5		10 - under	200 Free		6
7		8 - under	50 Free		8
9		13 & over	100 Fly		10
11		11 -12	50 Fly		12
13		9 - 10	50 Fly		14
15		8 - under	25 Fly		16
17	6:32.19	11 & over	400 IM	6:23.69	18
19		11 - 12	200 IM		20
21		10 - under	200 IM		22
23		8 - under	100 IM		24
25		13 & over	100 Back		26
27		11-12	50 Back		28
29		9 - 10	50 Back		30
31		8 - under	25 Back		32
33	3:26.39	11& over	200 Breast	3:21.69	34
35		11- 12	100 Breast		36
37		10 – under	100 Breast		38
39		8 – under	50 Breast		40
41	25:16.19	OPEN	1650 Free	24:57.49	42

Sunday, December 3, 2023 9:30a Start

GIRLS		AGE	EVENT		BOYS
43	3:01.89	11 & over	200 Back	2:58.39	44
45		11-12	100 Back		46
47		10 – under	100 Back		48
49		8 – under	50 Back		50
51	3:04.99	11 & over	200 Fly	3:01.19	52
53		11 -12	100 Fly		54
55		10 – under	100 Fly		56
57		8 – under	50 Fly		58
59		13 & over	50 Free		60
61		11 -12	50 Free		62
63		9 – 10	50 Free		64
65		8 – under	25 Free		66
67		13 & over	200 IM		68
69		11-12	100 IM		70
71		9 -10	100 IM		72
73		13 & over	100 Breast		74
75		11-12	50 Breast		76
77		9-10	50 Breast		78
79		8 – under	25 Breast		80
81		13 & over	100 Free		82
83		11-12	100 Free		84
85		9-10	100 Free		86
87		8 – under	100 Free		88
89	7:10.79	OPEN	500 Free	7:05.49	90

“It is understood and agreed that USA Swimming shall be free from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event”.