P.O. Box 4724

Antioch, CA 94531

(925) 473-2790



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|  | **44nd Annual**  **East County Invitational July 13-14, 2019** |
| **Meet Directors:** | **Norman Santos** |
|  | 510-589-727 |
|  | Bignorm1967@sbcglobal.net |
| **Location:** | Freedom High School, 1050 Neroly Rd, Oakley, CA 94561 |
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| **Rules:** | U.S.S. & Pacific Swimming rules will be in effect. Pay special attention to starting rules. False starts will be charged at the discretion of the starter and meet referee. |
| **Eligibility:** | Swimmers will swim in the age group according to his/her age on June 15, 2019. A swimmer may swim up (in a higher age group) but |
|  | must remain in the higher age group for the entire meet.  Swimmers who have competed as a member of a U.S.S team after December 31st are ineligible. High school/college students may continue to train and swim for a U.S.S. team until the first day of school practice and remain eligible. March 15th is the last day for students to train and swim for a U.S.S. team. Swimmers who swim unattached in a U.S.S. meet at any time are eligible. |
| **Check-In**: | **Swimmers must check in BY 8:30AM EACH DAY** |
|  | **Swimmers who do not check in will NOT be allowed to compete in the event. Check-in may only be done by the swimmer or the swimmer’s parent.** |
| **Warm-ups:** | Pool opens at 6:40 am for warm-ups. Lane assignments will be given.  No swimmer will be allowed in the pool without a coach’s supervision. |

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| **Awards:** | Individual Awards - A and B Divisions:   * 1st thru 3rd Place: Medals * 4th thru 8th Place: Rosette Ribbons * High Point Trophy for both boys and girls in each age group. |
|  |  ECI Record Breaker Ribbons  Team Awards – A and B Divisions: |
|  | * 1st thru 3rd Place: Trophy   Team Relay Awards:   * 1st thru 8th Place: Rosette Ribbons |
| **Admission:** | ECI Programs will be available for $5.00 b&w and $7 color |
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| **Snack Bar:** | Opens at 7:00 am. Breakfast and lunch will be available both days. No food or drinks will be allowed on the pool deck.  **FREEDOM HIGH SCHOOL and CITY OF OAKLEY prohibit any cooking, or BBQing on school campus.** |
| **Concessions:** | Swimming accessories will be available for purchase through Ultra-star sports. In addition, there will be a T-shirt vendor and specialty |
|  | coffee bar for the two-day event, taco truck and catering by local restaurants. There will also be a photo booth |
| **Entry Fees:** | $5.00 per swimmer (Pool use/splash fee)  $5.00 per swimmer per individual event **--NO REFUNDS--** |
|  | $8.00 per relay team per relay event.  Swimmers may compete in all **five** individual events.  6-under swimmers may only complete in four individual events.  **6-under swimmers may not compete in the 7-8 individual medley.** |
| **Entry Form:** | **ALL ENTRIES MUST FOLLOW ONE OF THESE FORMATS** |

1. HYTEK – (preferred method). Please send a roster.

1. Manually – See attached ECI Meet Entry Forms. If manual, it is important to include all information and return in same format.

**Work Requirements:** Timing and recording assignments for your team will be based on the number of swimmers and will be forwarded to you after entries are processed. Your team is responsible for their assignments all day, both days. You may choose to use as many people as you want to fill these positions.

Teams must provide their timers with stop watches, and workers must report to the timing area at 8:30 am each day for instructions.

Each team is required to provide **three qualified Stroke and Turn Officials.**

# Entry Deadline: Friday July 5, 2019

**A completed entry packet includes:** 1) **Team Information Sheet**

2) **Team Fee Summary Worksheet** 3) **ECI Meet Entry Form**:

1. Manual method (See format attached), **or**
2. HYTEK Entry file AND a printed Entry worksheets
3. **Check** payable to “Antioch Delta Skimmers” (please mail)
4. **Proof of Insurance** indicating current year swim team liability coverage for your team. Provide a certificate of insurance naming, Liberty Union School District 20 Oak St., Brentwood Ca 94513 and Freedom High School, 1050 Neroly, Oakley, CA 94561

**The insurance form is required for all teams.**

# PLEASE - NO CHANGES OR LATE ADDITIONS

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| **Email, mail or hand-deliver to:** ECI Meet Director (if mailing, do so early enough for . package to be **received before deadline**) |
| **If using HYTEK, please email files to addresses below (see instructions):**    **Email To bignorm1967@sbcglobal.net**  **Cc: ChGonzales@Yahoo.com** |
| **Please Note:** |

# Event Recap

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| **SATURDAY** | | | |  | **SUNDAY** | | | |
| **GIRLS** | **BOYS** | **AGE GROUP** | **EVENT** | **GIRLS** | **BOYS** | **AGE GROUP** | **EVENT** |
| 1 | 2 | 7 & 8 | 100 YD I.M. | 43 | 44 | 11 & 12 | 100 YD I.M. |
| 3 | 4 | 9 & 10 | 100 YD I.M. | 45 | 46 | 13 & 14 | 100 YD I.M. |
| 5 | 6 | 15&18 | 50 YD FREE |  |  |  |  |
| 7 | 8 | 6 & UNDER | 25 YD FLY | 47 | 48 | 15 THRU 18 | 100 YD I.M. |
| 9 | 10 | 7 & 8 | 25 YD FLY | 49 | 50 | 6 & UNDER | 25 YD BREAST |
| 11 | 12 | 9 & 10 | 50 YD FLY | 51 | 52 | 7 & 8 | 25 YD BREAST |
| 13 | 14 | 11 & 12 | 50 YD FLY | 53 | 54 | 9 & 10 | 50 YD BREAST |
| 15 | 16 | 13 & 14 | 50 YD FLY | 55 | 56 | 11 & 12 | 50 YD BREAST |
| 17 | 18 | 15 THRU 18 | 100 YD FLY | 57 | 58 | 13 & 14 | 50 YD BREAST |
| 19 | 20 | 6 & UNDER | 25 YD BACK | 59 | 60 | 15 THRU 18 | 100 YD BREAST |
| 21 | 22 | 7 & 8 | 25 YD BACK | 61 | 62 | 6 & UNDER | 25 YD FREE |
| 23 | 24 | 9 & 10 | 50 YD BACK | 63 | 64 | 7 & 8 | 25 YD FREE |
| 25 | 26 | 11 & 12 | 50 YD BACK | 65 | 66 | 9 & 10 | 50 YD FREE |
| 27 | 28 | 13 & 14 | 50 YD BACK | 67 | 68 | 11 & 12 | 50 YD FREE |
| 29 | 30 | 15 THRU 18 | 100 YD BACK | 69 | 70 | 13 & 14 | 50 YD FREE |
| 31 | 32 | 6 & UNDER | 100 YD MED. REL. | 71 | 72 | 15 THRU 18 | 100 YD FREE |
| 33 | 34 | 7 & 8 | 100 YD MED. REL. | 73 | 74 | 6 & UNDER | 100 YD FREE REL. |
| 35 | 36 | 9 & 10 | 200 YD MED. REL. | 75 | 76 | 7 & 8 | 100 YD FREE REL. |
| 37 | 38 | 11 & 12 | 200 YD MED. REL. | 77 | 78 | 9 & 10 | 200 YD FREE REL. |
| 39 | 40 | 13 & 14 | 200 YD MED. REL. | 79 | 80 | 11 & 12 | 200 YD FREE REL. |
| 41 | 42 | 15 THRU 18 | 200 YD MED. REL. | 81 | 82 | 13 & 14 | 200 YD FREE REL. |
|  | | | | 83 | 84 | 15 THRU 18 | 200 YD FREE REL. |

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| End of Meet | PARENT RELAY | 100 YD FREE REL |
| COACH RELAY | 200 YD MED. REL |

# Check-In Procedures

**The East County Invitational will be deck seeded. The following check-in rules will be in place:**

1. **Swimmers must check-in for the first four events of the day no later than 8:30 am on Saturday and 8:30 am on Sunday.**

1. **Swimmers who do not check-in will not be allowed to compete in that event.**

1. **Check-in may only be done by the swimmer or the swimmer’s parent.**

**We strongly advise all swimmers to immediately check-in at the Check-In Table as soon as they arrive each day. It is unfortunate when a swimmer is scratched from an event for not being checked-in by the deadline.**

**Please make sure that all swimmers, coaches and parents are informed of the Check-In Procedure.**

# Supplemental Information

You will receive the following information back from the Meet Director by **July 9th:**

1. **List of swimmers ranked by time for each event \***
2. Assigned Warm-Up Schedule
3. Timer and Recorder Assignment Information Sheet

**(bring your teams’ stop watches!)**

1. Scratch and Correction Sheet

**\* IMPORTANT: Upon receipt, please check your team’s swimmers’ entries for correctly entered times, age groups and spelling of names. Any correction of entry errors made by us must be submitted on a Scratch and Correction Sheet to either Monica Adams or the Head table Saturday morning by 8:15 am.**

## \*\*\*See the Team Information Sheet and Entry Packet attached\*\*\*