



CCCAA MENS AND WOMENS SWIM & DIVE STATE CHAMPIONSHIPS

FACT SHEET

- DATES:** April 28 - 30
*Preliminaries begin daily at 9:30 AM
*Finals begin daily at 5:00 PM (*4:00 PM on Saturday)
- HOST COLLEGE:** East Los Angeles College [Swimming Only]
1301 Avenida Cesar Chavez
Monterey Park, CA 91754-6099
Phone: (323) 265-8650
- Pasadena City College [Diving Only]
1570 East Colorado Blvd.
Pasadena, CA 91106-2003
Phone: (626) 585-7122
- HOST CONFERENCE:** South Coast Conference
- VENUE:** Building D5 (on campus map located at the end of the fact sheet)
*Pool is located adjacent to the football stadium and across from the campus bookstore.
- PARKING:** Parking passes will be available for school vehicles when coaches check in and pick up their packets.
Spectators and athletes driving in their own cars will be required to park in the parking structure and pay \$5.00 per day for parking.
*Any one not purchasing a parking permit at the parking structure and parking in another lot will be cited by the Monterey Park Police Department.
- FACILITIES:** **Swimming** – Indoor facility, 25 yard competition pool with 8 lanes for competition and a separate 8 lane 25 yard course available for warm-up and warm-down. There will be coaches seating available on both sides of the competition pool. Tables and chairs will be provided. Team seating will be located in the bleachers above the warm up pool and outside of the pool on the patio area.
- Diving** – championship venue with three 1Meter and one 3 Meter board available for competition.
- TICKETS:** \$8 for adults.
\$5 for senior citizens [60+], students, staff, children less than 12 years of age.
- ENTRY FEES:** \$10 per individual event
\$30 per relay
\$60 per team (per gender/\$120 per college) [Meet surcharge]
*Make checks payable to Palomar College Aquatics

EVENT MANAGER: Jem McAdams
Office: (760) 744-1150 ext. 2136
Cell: (760) 586-8710
Email: jmcadams@palomar.edu

CAMPUS CONTACT: Al Cone
Office: (323) 265-8913
Cell: (626) 482-2527
Email: coneaj@elac.edu

CCCAA MEDIA CONT.: Jason Boggs
Office: (916) 444-1600
Cell: (707) 322-2337
Email: jboggs@coasports.org

CCCSIA MEDIA CONT.: Robert Lewis
Office: (626) 585-7018
Email: rmlewis@pasadena.edu

CCCATA COVERAGE: East Los Angeles College Athletic Training
Diane Stankevitz
Office: (323) 265-8611
Email: stankedl@elac.edu
Evelyn Benitez
Office: (323) 265-8611
Email: evy387@yahoo.com

TIMING: Colorado System 6 Timing System with touch pads and an electronic horn start with button back-up system and Colorado reflective scoreboard.
**[Each participating college should be prepared to provide one timer with a stopwatch per session. There will be a timing assignment list provided at check in.](#)*

RULES: The 2011 NCAA Rules for Swimming & Diving will be observed, except as modified by the Swimming & Diving Championship Handbook of the CCCAA.

SEEDING: Preliminaries and finals will follow the NCAA Rule 5.

ENTRY PROCEDURE FOR SWIMMING:
The following entry procedure has been approved by the California Community College Swim Coaches Association's Executive Board.

**[All entry times must be submitted by Sunday, April 24th at 12:00 noon.](#)*

- 1 Enter swimmers and entry times using www.clubassistant.com
 - To request a login for club assistant go to this web site https://www.clubassistant.com/club/information_request.cfm?c=1450
 - All teams should be registered at clubassistant.com by April 18th
 - if you have not previously registered, this may take up to 24 hours, so plan ahead
 - if you are experiencing problems with login please contact Julie@clubassistant.com
- 2 After "submitting" to your entries on the Club Assistant site, each team must:
 - 1) Print a copy of their final entries
 - 2) Bring a copy of printed form to the meet to be available on request.....**DO NOT FAX**

- 3 The A and B qualifying standards and unofficial psych sheets will be made available on www.swimphone.com Sunday April 24th after 2:00 pm. It is the coaches' responsibility to check the initial unofficial psych sheets on www.swimphone.com for needed corrections.
- 4 Contact Jem McAdams at (760) 586-8710 between Sunday April 24th 6:00 pm until Monday April 25th by 10:00 am to discuss any discrepancies between your signed team entry form, the posted A and B standards, and the invitation list (psych sheet). Not until these issues are resolved is the meet considered closed and entries official.
- 5 Once all issues are resolved, the final list will be emailed (sometime Monday afternoon). It is the coach's responsibility to check this final entry list.

Only times achieved in a Bona fide community college dual, invitational, and/or conference championship competition during the 2011 season will be accepted to determine qualifying individuals and relay teams. **Proof of Performance (P.O.P.)** will be required for any times achieved in meets other than the Conference Championships and designated invitational meets.

****The P.O.P. forms must be brought to the State Meet and available upon request, DO NOT FAX !!!***

Any athlete with an entry time submitted that couldn't be verified either with conference meets results, official results from a designated invitational meet or a P.O.P. form upon request will be disqualified from that event. Please ensure that only verifiable times are submitted.

Entries through www.clubassistant.com will close at 12:00 noon on Sunday, April 24th 2011.

The 16 fastest times will be designated as the "A" standard for each individual event. . Of those individuals who have qualified for the meet by achieving an "A" standard, the "B" standard will determine what additional events they may swim. **The "B" standard will be 2.9% of the "A" standard, added to the "A" standard.** Once a swimmer has qualified for the meet with an "A" standard, they may swim in additional events so long as they achieve the "B" standard in those events. The number of events an athlete may enter is limited by NCAA rule.

ENTRY/CORRECTION TIMELINE:

Sunday: Entries close at noon.

Sunday: Coaches should receive an e-mail to registered Club Assistant e-mail address informing them that psych sheets are posted on www.swimphone.com.

Sunday: Any issues or problems should be brought to the attention of Jem McAdams (Meet Director) at (760) 586-8710 after 6:00 pm.

Monday: A corrected psych sheet will posted on swimphone.com after all initial issues are resolved.

Monday: Coaches have until 1:00 p.m. to notify Jem McAdams of any final corrections....Meet entries will become final as soon as all discrepancies are resolved. This should occur sometime Monday afternoon.

****If a student-athlete is not on the invited list after the meet entries become final please DO NOT BRING THEM TO THE STATE CHAMPIONSHIPS! They will **not** be allowed to swim.***

RELAY EVENTS:

The 12 fastest relay times will be designated as the "A" standard for each relay event. "A" and "B" standards also apply to relay events. Once an "A" standard is achieved, schools may swim additional relay events, as long as "B" standards are met.

****Swimmers invited for relays only must swim on the relays that they are invited. Student-athletes may not come to the State Championships to fill relay spots unless they have achieved an "A" standard. Swimmers invited in individual events can be used as alternates on relays.***

ENTRY PROCEDURE DIVING:

Diving qualifiers will be selected at the Conference/Regional diving meets. **Coaches must include their divers as part of their official meet entries on clubassistant.com.* Diving events will be conducted in their entirety Thursday and Friday. Each diving event shall be contested in accordance with the 2011 NCAA rules, specifically rule 6-2 of the CCCAA supplement. The top 6 divers from the North and South region will compete in 1M and 3M events. Any diver who has qualified in the top 6 on either event and is a 1st or 2nd alternate on the other diving event may compete in both events.

Divers: official diving sheets will be required to be submitted at the diving Regional Competition. All diving events will be governed by the NCAA diving rules.

**ALL DIVERS WILL BE REQUIRED TO SUBMIT THEIR DIVE LISTS TO COREY STANBURY cstanbur@elcamino.edu BY MONDAY APRIL 25TH 6:00 PM FOR ENTRY INTO THE DIVING MEET MANAGEMENT PROGRAM.* This will enable the diving event managers to be prepared in advance for the start of the diving competition. Changes may be made up until 1 hour prior to start of competition.

NUMBER OF EVENTS PER INDIVIDUALS:

Men and Women are permitted to compete in a maximum of seven (7) events, of which no more than three may be individual events.

As per NCAA rule 3-2: Each institution shall be allowed a maximum of one team per relay event. Once an institution has been entered in a relay event, any eligible competitor from that institution, may be designated by his/her coach to participate in the preliminary heats, swim off and/or finals of that event as a member of that institution's relay team.

NUMBER OF ENTERED ATHLETES PER TEAM:

No team shall be allowed more than 18 contestants. An entrant who swims and dives will be counted as one contestant. An entrant who dives will be counted as 1/3 of a contestant in the total team limit.

For relays, only actual participation in the preliminaries, swim off and/or finals shall be counted against the 18 competitors allowed in each institution or against the maximum number of events in which a contestant is permitted to compete. The names of the designated relay participants must be submitted to the appropriate official at a specified time before the start of the race, heat or final. In our case, the names of the four (4) swimmers competing in each relay event must be delivered to the Meet Manager at the start of each session.

SCORING:

Scoring for individual events including diving:

20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Scoring for relay event:

Double the individual event score for each place.

SCHEDULE OF EVENTS: Wednesday, April 27

10:30 am – 4:30 pm and 7:15 pm to 8:30 pm diving boards available for warm-ups

[\[@ Pasadena City College\]](#)

12:00 pm – 8:00 pm coaches check-in at pool [pick up entry material packets, credentials and deck passes]

12:00 pm – 8:00 pm warm-ups

Thursday, April 28

6:00 am – 7:30 pm diving warm-ups

7:00 am – 9:00 am coaches check-in at pool [pick up entry material packets, credentials and deck passes]

7:30 am – 9:00 am swimming warm-ups

9:30 am – preliminaries

12:30 pm – diving finals [\[@ Pasadena City College\]](#)

5:00 pm – swimming finals

Friday, April 29

6:00 am – 7:30 pm diving warm-ups

7:30 am – 9:00 am swimming warm-ups

9:30 am – preliminaries

1:00 pm – diving finals [[@ Pasadena City College](#)]

5:00 pm – swimming finals

Saturday, April 30

7:30 am – 9:00 am swimming warm-ups

9:30 am – preliminaries

4:00 pm – swimming finals

**Swimmers are to report directly to their assigned lanes at event time.*

**Diving events will begin one hour following the conclusion of the preliminary session on April 28th, and 29th.*

**Warm-up available* :Swimming - 7:30 am each day

:Diving - 6:00-7:30 am (Thurs./Fri.)

**The non competitive warm-up lanes will be available throughout the day Wednesday warm-up/check in: 12:00 pm – 8 pm.*

MEET PASSES:

There will be one pass for each participant and coach in the team packet. If additional passes are needed please see Jem McAdams (meet director).

**Passes must be shown at the admission gate upon entrance.*

COACHES MEETING:

The CCCSDCA coaches meeting will be held Saturday April 30th at 12:30pm. All coaches are welcome. Meeting location will be in the classroom located next to the lower entrance of the pool. All current members will be allowed to vote and actively participate in discussions. Please bring association dues with you to the meeting. The CCCSDCA treasurer will have invoices available for reimbursement purposes.

PROGRAMS:

Programs will be sold at a cost of \$2.00 each.

CONCESSION:

There will be a food concession stand available throughout the competition. There will also be a swimming vendor available during all three days of competition.

T-SHIRTS:

State Championship shirts will be sold throughout the duration of the State Championship.

RESULTS:

Results of final competitions will be posted following each session. Full final results will be available on various online sites (www.ccaasports.org, www.collegeswimming.com, www.clubassistant.com, www.swimphone.com)

LODGING:

Best Western Inn
420 North Atlantic Blvd.
Monterey Park, CA
Phone: (626) 289-5090

Ambassador Inn
2720 West Valley Blvd.
Alhambra, CA
Phone: (626) 308-1638

Wyndham Commerce Hotel
5757 Telegraph Road
Commerce, CA
Phone: (323) 887-8100

DoubleTree Hotel Los Angeles-Rosemead
888 Montebello Blvd.
Rosemead, CA
Phone: (323) 722-8800

MEDICAL FACILITIES:

Garfield Medical Center
525 North Garfield Ave.
Monterey Park, CA
Phone: (626) 573-2222

Alhambra Hospital Medical Center
100 South Raymond Ave.
Alhambra, CA
Phone: (626) 570-1606

Monterey Park Hospital
900 South Atlantic Blvd.
Monterey Park, CA
Phone: (626) 570-9000

St. Judge Heritage Hospital
279 Wilcox Ave.
Montebello, CA
Phone: (323) 724-0930

CAMPUS MAP:

Click [HERE](#) for a comprehensive map of the East Los Angeles College campus.
Click [HERE](#) for a comprehensive map of the Pasadena City College campus

