

# SOUTHERN CALIFORNIA SWIMMING WINTER INVITATIONAL

December 18-21, 2008

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING  
SPONSORED BY: Southern California Swimming & Beach Swim Club  
DATE OF MEET: Dec. 18-21, 2008  
START TIMES: Thursday start – 5:00 pm Prelims 9 am Fri-Sun, Finals 5 pm Sunday Finals Start at 4:00pm

SANCTION NO: 08-202  
ALL COMMITTEES – HEATS & FINALS  
ENTRIES DUE: Received by Wednesday, Dec. 10, 2008

**Warm-up:** POOL WILL BE OPEN FOR WARM-UP AT 3:00 pm Thursday, 6:30 am Fri-Sun

**POOL:** Belmont Plaza Olympic Pool, 4000 E Olympic Plaza, Long Beach. **DIRECTIONS:** 405 Freeway to 710 Freeway to Shoreline Drive to Ocean, East (right) to Belmont Plaza Olympic Pool, OR 605 Freeway to 7th Street exit (near 405/605 junction), 7th to Ximeno, left on Ximeno to Livingston Dr. right into Termino, left to the pool. All parking at Belmont Plaza is metered 8 AM-6 PM, \$1/hour (bring quarters).

## ENTRY INTO THE MEET

**ELIGIBILITY & AFFILIATION:** Open to all athletes who hold 2008 or 2009 USA Swimming Registration. Registration applications must be at the SCS Office by December 17, 2008. There are substantial penalties for swimmer and club (2008 SCS Swim Guide) if USA Swimming registration is completed at the meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee (may not attach or reattach at the meet).

**QUALIFYING TIMES:** Submit SHORT COURSE YARD TIME. **If qualifying by long course meters, enter your long course meter time.** Swimmers with National qualifying times in meters may enter at the yard National standard. Swimmers must have achieved the Short Course or Long Course Time Standard on or after Sept. 1, 2007. DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials. Swimmers may enter as many events for which they have qualifying times but may only compete in three (3) events per day (including time trials). Enter best yard time for bonus events and indicate bonus with a 'B' next to entry. Meet will be seeded short course conforming, long course conforming, bonus.

**PROOF OF TIME:** This is a PROOF OF TIME MEET. Completed Proof of Time form is required for entry to the meet. See SCS Swim Guide for Proof of Time procedures and penalties **Bonus event:** A swimmer with 1, 2 or 3 qualifying times may enter **one** (1) bonus event. Label bonus entry "B." Swimmers with 4 or more qualifying times must prove all times. The 1000 and 1650 may be entered **ONLY** with proof of time; swimmer may enter both if they can prove either. *All submitted times will be run through USA Swimming times recon (SWIMS) prior to the meet.*

**ENTRY FORMAT:** Electronic entry is encouraged. A Hy-Tek hard copy, by swimmer, team entry may be used. Entry must include signature and phone number of team coach responsible for the entry. **ELECTRONIC E-MAIL ENTRY PROCEDURE:** Entry zip file 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) 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**. New swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND ANY ENTRY FILE:** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded. Electronic entries are to be sent to **dearmas1@gmail.com**. If entering as an individual, use SCS blue consolidated entry card to enter meet, complete both sides.

**ENTRY FEES:** \$5.25 per Individual event must accompany entry card. \$13.00 surcharge per swimmer must accompany entry. **Relays:** \$12.00 per relay team.

**ENTRIES DUE:** Entries must be **RECEIVED by Wednesday, December 10, 2008.**

**MAKE CHECKS PAYABLE TO:** SOUTHERN CALIFORNIA SWIMMING

**MAIL ENTRY CARDS TO:** 2008 Winter Invitational  
Attn: Alina de Armas  
PO Box 63  
Simi Valley, CA 93162-0063

**For Delivery Service (no signature required):**  
2724 Loraine Pl  
Simi Valley, CA 93165

**Next day delivery service with tracking is recommended** (ex: Fed Ex, UPS, and Airborne). You **must** sign for 'no signature required' on shipping label.

**For Information Call Southern California Swimming at 805-682-0135**

## RULES AND PROCEDURES

**MEET REFEREE:** The Meet Referee will be in charge of the meet. Any questions regarding conduct of the meet should be made directly to that person.

**RULES:** USA Swimming Rules will govern. Current SCS Meet procedure for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. (See 2008 SCS Swim Guide): Check-in is required for all prelim events. Express team check-in will be available to coaches during finals for the next days' prelim events. **The National Championship Finals' Scratch rule will be used. Athletes qualifying 1 thru 24 are obligated to scratch within 30 minutes of the preliminary results announcement if they do not intend to swim finals.**

**1000 & 1650 FREESTYLE:** Both events will be swum fastest to slowest, alternating women's and men's heats. Fastest heat of women's 1650 will be first event of Sunday finals; fastest heat of men's 1650 will swim after Event 30 Final. All other heats will be swum in the preliminaries. **THREE HEATS** each (women and men) of 1650 will be swum as part of prelims; any other heats will swim during the break. **Note: 1650 check-in to be seeded by entered time will close at 5:00pm Saturday** (check-in to swim will close at 10:00 am Sunday).

**RELAY EVENTS:** Relays will be the first and last event of Finals Friday and Saturday, and the last event on Sunday. Deck entered by the end of prelims.

**WARM-UP:** From 6:30-8:00 am; the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work – **NO DIVING**. From 8:00-8:45 am; Lanes 1 & 8 will be designated for push-pace work and Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coaches' supervision – Practice starts only in the sprint lanes. No paddles will be allowed in the competition pool. The warm-up pool will be available for warm-up/cool-down at all times – **NO Diving** at any time.

**SCORING:** Scoring will be for sixteen places in both individual and relay events.

**TIME TRIALS – SANCTION NO: 08-203. Friday & Saturday during the break, time permitting.** Swimmer may swim an event **only once** as a time trial. Three-event limit per day includes time trials. Entry Fee \$10.00 at Administration table.

### **Hotel Information (Book early for special meet room rates, ask for Winter Invitational Room Rate)**

**The Guesthouse International**, 5324 E PCH, Long Beach 90804 – **Rate: \$75/night** Continental breakfast, 800-990-9991 (code: winter)

**The Pacific Inn**, 600 Marina Dr, Seal Beach 90740 - **Rate \$114.50/night** Continental breakfast, 866-466-0300 (ask for Winter Invite rate)

**Holiday Inn-Long Beach Airport**, 2640 Lakewood Blvd, Long Beach 90815 - **Rate \$79/night** 562-597-4401 (ask for Winter Invite rate)

**Best Western Golden Sails**, 6285 E PCH, Long Beach 90803 – **Rate \$89/night** 800-762-5333 (ask for Winter Invite)

**Courtyard by Marriott**, 500 E 1<sup>st</sup> St, Long Beach 90802 – **Rate \$109/night** 562-435-8511/866-440-3390, [www.longbeachcourtyard.com](http://www.longbeachcourtyard.com) (scsscsq)

# Southern California Swimming

## 2008 Winter Invitational

**ENTRIES DUE:** Must be received by Wednesday, December 10, 2008

**DATE OF MEET:** December 18-21, 2008

**PRELIMINARIES BEGIN:** 9:00 am.

**FINALS:** 5:00 pm.

**SUNDAY FINALS:** 4:00 PM

**THURSDAY START:** 5:00 PM

**OPEN TO ALL SCS & OUT OF DISTRICT**

Preliminaries, Bonus, Consol, & Final

Automatic Timing

Championship Seeding

Women	Yards	Meters	<b>Thursday, Dec. 18, 2008</b>	Yards	Meters	Men
1	11:08.09	9:56.29	1000 Yard Freestyle	10:30.99	9:23.19	2

Women	Yards	Meters	<b>Friday, Dec. 19, 2008</b>	Yards	Meters	Men
3			200 Yard Freestyle Relay			4
5	1:01.49	1:09.69	100 Yard Butterfly	57.49	1:05.29	6
7	5:20.89	4:46.39	500 Yard Freestyle	5:01.49	4:28.09	8
9	1:04.19	1:12.49	100 Yard Backstroke	59.29	1:07.09	10
11	2:16.39	2:34.59	200 Yard Individual Medley	2:07.29	2:24.49	12
13			400 Yard Medley Relay			14

### Saturday, Dec. 20, 2008

15			200 Yard Medley Relay			16
17	2:19.19	2:37.39	200 Yard Butterfly	2:07.89	2:24.79	18
19	1:12.29	1:22.29	100 Yard Breaststroke	1:06.99	1:16.39	20
21	1:58.79	2:15.09	200 Yard Freestyle	1:50.29	2:05.69	22
23	4:47.49	5:25.59	400 Yard Individual Medley	4:29.19	5:05.19	24
25	25.79	29.49	50 Yard Freestyle	23.39	26.79	26
27			800 Yard Freestyle Relay			28

### Sunday, Dec. 21, 2008

29	54.79	1:02.59	100 Yard Freestyle	50.59	57.79	30
31	2:15.89	2:33.29	200 Yard Backstroke	2:07.69	2:24.19	32
33	2:34.39	2:55.39	200 Yard Breaststroke	2:25.39	2:45.39	34
35			400 Yard Freestyle Relay			36
37	18:36.39	18:58.79	1650 Yard Freestyle	17:36.99	17:58.19	38

Submit **SHORT COURSE YARD TIMES**. If **qualifying by long course meters, enter your long course meter time**. Swimmers with National qualifying times in meters may enter at the yard National standard. Swimmer must have achieved the Short or Long Course Standard after Sept. 1, 2007. **DO NOT SUBMIT** NT (no time), ET (estimate time) or work out time trials.

Meet will be seeded short course conforming, long course conforming, bonus.

### YOU MAY SWIM NO MORE THAN 3 INDIVIDUAL EVENTS PER DAY (including Time Trials)

The 1000 and 1650 Yard Freestyle events will be Timed Finals. **1650:** Fastest heat of Women will swim as the first event of Finals on Sunday; fastest heat of men will swim after Event 30 Final. **Three heats each (women and men) will swim in Sunday prelims (fast to slow, alternating W/M). Any remaining heats will swim during the break. Check-in to be seeded by entered time for the 1650 will close at 5:00 pm Saturday (check-in to swim will close at 10:00 am Sunday)**

COACHES ENTER RELAYS AT THE MEET (buy relay cards at the Administration table)  
ELECTRONIC ENTRY IS ENCOURAGED FOR THIS MEET – BLUE CARDS ACCEPTED

Complete entry requirements on information side of meet form.

Southern California Swimming reserves the right to limit the size of any event.

**Time Trials – SANCTION NO: 08-203 Friday & Saturday during the break, time permitting.** Swimmer may swim an event **only once** as a time trial. Three-event limit per day includes time trials. Entry Fee \$10.00 at Administration table.