

ORANGE REGIONAL COMPETITIVE AQUATICS RED/WHITE SHORT COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-066
Sponsored by: Orange Regional Competitive Aquatics
Orange Committee

DATE OF MEET: March 27, 28 & 29, 2009
ENTRIES DUE: **March 16, 2009 (Monday)**
WARM UP TIME: 5:00 PM Fri, 7:30 AM (Sat/Sun)
MEET START TIME: 6:00 PM Fri, 9:00 AM (Sat/Sun)

Afternoon Sessions will begin no sooner than 12:00pm or 60 minutes after the conclusion of the Morning Session

POOL: VILLA PARK HIGH SCHOOL POOL, 18042 TAFT AVENUE, VILLA PARK, CA. From 55 Freeway, exit Katella proceed East to Wanda, turn Left, Go to Taft, turn Right. Park near tennis courts. Pool is located on the South side of the Gym.

COURSE: VILLA PARK HIGH SCHOOL POOL is an outdoor 25 yard pool with eight (8) swimming lanes and a warm-up area. This competition course has not been certified in accordance with 104.2.2 (C).

SPECIAL NOTICE: **SWIMMERS MAY SWIM A MAXIMUM OF THREE (3) EVENTS PER DAY. ORCA will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Relays will be swum, time permitting. 8 & Under swimmers may compete in 8 & Under or 10 & Under events but not any combination. Warm up sessions will be assigned, each team will be notified. The 400 IM and 500 Freestyle will be swum fastest to slowest alternating girls and boys.**

WARM UP RULES: USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

MEET REFEREE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2009 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in **THIRTY MINUTES** prior to the start of their respective session. Swimmers must swim in their actual Age Group as determined by their age on **March 27, 2009**. Relay Swimmers must be Red or White level in any relay stroke they are swimming. Swimmers are not permitted to swim a stroke in a relay if they hold an Blue time in any distance of that stroke. **Swimsuits worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process (a triangular projection of the scapula)), and shall not extend further down each leg than the top of the kneecap (patella). Swimsuits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post-manufacturing logos and decorations. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a CLUB TRANSFER form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. **A swimmer may not attach at the meet.**

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2009 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration applications must be received by the meet host or SCS office prior to the first day of the meet. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED SHORT COURSE YARD TIMES** from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES: Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2008 Swim Guide for exceptions).

AWARDS:

Red and White DIVISIONS:	RIBBONS 1 st through 8 th
RELAYS:	RIBBONS 1 st through 3 rd

Ribbons will be awarded to the following age groups: 5/6, 7/8, 10 & Under, 11/12, 13/14, 15 & Up (8 & Under swimmers entering 10 & Under events will be awarded as such)

ENTRY FEE: **\$2.75 for each INDIVIDUAL EVENT, plus \$5.00 SURCHARGE per swimmer must accompany each individual entry card.** E-mail entry (entry.zipfile) 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. (5 PM 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 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 AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

ENTRIES CLOSE: Entry forms bearing a postmark LATER THAN 12:00 MIDNIGHT on the due date of entry form WILL BE REJECTED. Space permitting, entries will be accepted if delivered to 1327 Stratford St., Brea, CA 92821 up to 8:00 PM on Tuesday, March 17, 2009. NOTICE: Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be rejected). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	splashandgo@larrykaren.com
And MAIL TO:	KAREN THOMAS
(Include Swimmer's name and SCS Number)	750 Stagecoach Road
	Arroyo Grande, CA 93420-4603

ORANGE REGIONAL COMPETITIVE AQUATICS RED/WHITE SHORT COURSE AGE GROUP MEET

Date of Meet: March 27, 28 & 29, 2009

Entries Due: March 16, 2009 (Monday)

Girls		Friday, March 27, 2009			6:00 PM		Boys	
No.	Maximum	Age	Event	Maximum	No.			
1	3:06.51	10 & Under	200 Yard Individual Medley	3:07.41	2			
3	5:48.21	11/12	400 Yard Individual Medley	5:48.91	4			
3	5:36.61	13/14	400 Yard Individual Medley	5:18.21	4			
3	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	4			
5	2:42.01	10 & Under	500 Yard Freestyle	2:41.81	6			
7	6:24.61	11/12	500 Yard Freestyle	6:29.81	8			
9	5:59.61	13/14	500 Yard Freestyle	5:48.61	10			
9	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	10			

Girls		Saturday, March 28, 2009			9:00 am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
11	1:41.21	8 & Under	100 Yard Individual Medley	1:38.51	12			
13	2:42.01	10 & Under	200 Yard Freestyle	2:41.81	14			
15	48.11	8 & Under	50 Yard Backstroke	46.81	16			
17	1:28.61	10 & Under	100 Yard Backstroke	1:28.71	18			
19	24.01	8 & Under	25 Yard Breaststroke	23.31	20			
21	45.61	10 & Under	50 Yard Breaststroke	45.61	22			
23	40.51	8 & Under	50 Yard Freestyle	39.41	24			
25	33.91	10 & Under	50 Yard Freestyle	34.11	26			
27	21.31	8 & Under	25 Yard Butterfly	21.31	28			
29	1:29.31	10 & Under	100 Yard Butterfly	1:29.41	30			
31	Coaches	10 & Under	200 Yard Freestyle Relay	On	32			
33	Enter	8 & Under	100 Yard Freestyle Relay	Deck	34			

Second session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM S

35	2:46.21	11/12	200 Yard Individual Medley	2:46.51	36			
35	2:36.61	13/14	200 Yard Individual Medley	2:29.01	36			
35	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	36			
37	30.71	11/12	50 Yard Freestyle	30.81	38			
37	29.31	13/14	50 Yard Freestyle	27.51	38			
37	29.31	15 & Up	50 Yard Freestyle	26.51	38			
39	36.21	11/12	50 Yard Backstroke	36.61	40			
41	2:39.61	13/14	200 Yard Backstroke	2:31.01	42			
41	2:46.21	11/12	200 Yard Backstroke	2:51.41	42			
41	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	42			
43	1:28.91	11/12	100 Yard Breaststroke	1:29.01	44			
43	1:23.41	13/14	100 Yard Breaststroke	1:19.11	44			
43	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	44			
45	34.31	11/12	50 Yard Butterfly	34.51	46			
47	2:40.51	13/14	200 Yard Butterfly	2:33.31	48			
47	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	48			
47	2:43.21	11/12	200 Yard Butterfly	2:47.41	48			
49	Coaches	13/14	200 Yard Freestyle Relay	On	50			
49		15 & Up	200 Yard Freestyle Relay		50			
49	Enter	11/12	200 Yard Freestyle Relay	Deck	50			

SUBMIT BEST RECORDED SHORT COURSE YARD TIMES

RELAYS WILL BE SWUM, TIME PERMITTING

ORCA WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

YOU MAY SWIM A MAXIMUM OF 3 EVENTS PER DAY

Girls		Sunday, March 29, 2009			9:00am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
51	1:28.41	8 & Under	100 Yard Freestyle	1:25.01	52			
53	1:14.71	10 & Under	100 Yard Freestyle	1:14.31	54			
55	46.31	8 & Under	50 Yard Butterfly	47.01	56			
57	38.31	10 & Under	50 Yard Butterfly	38.21	58			
59	18.11	8 & Under	25 Yard Freestyle	17.61	60			
61	1:26.61	10 & Under	100 Yard Individual Medley	1:26.91	62			
63	22.21	8 & Under	25 Yard Backstroke	21.61	64			
65	40.51	10 & Under	50 Yard Backstroke	40.41	66			
67	52.31	8 & Under	50 Yard Breaststroke	51.01	68			
69	1:40.01	10 & Under	100 Yard Breaststroke	1:40.51	70			
71	Coaches	8 & Under	100 Yard Medley Relay	On	72			
73	Enter	10 & Under	200 Yard Medley Relay	Deck	74			

Second session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the A

75	2:24.11	11/12	200 Yard Freestyle	2:24.61	76			
75	2:16.11	13/14	200 Yard Freestyle	2:10.91	76			
75	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	76			
77	1:17.91	11/12	100 Yard Backstroke	1:20.51	78			
77	1:14.11	13/14	100 Yard Backstroke	1:11.31	78			
77	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	78			
79	1:16.11	11/12	100 Yard Butterfly	1:18.21	80			
79	1:11.01	13/14	100 Yard Butterfly	1:07.71	80			
79	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	80			
81	40.81	11/12	50 Yard Breaststroke	41.01	82			
83	3:01.71	13/14	200 Yard Breaststroke	2:50.81	84			
83	3:08.81	11/12	200 Yard Breaststroke	3:09.01	84			
83	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	84			
85	1:06.71	11/12	100 Yard Freestyle	1:06.21	86			
85	1:03.41	13/14	100 Yard Freestyle	59.61	86			
85	1:02.81	15 & Up	100 Yard Freestyle	57.41	86			
87	1:17.71	11/12	100 Yard Individual Medley	1:17.71	88			
89	Coaches	13/14	200 Yard Medley Relay	On	90			
89		15 & Up	200 Yard Medley Relay		90			
89	Enter	11/12	200 Yard Medley Relay	Deck	90			

8 & Under swimmers may enter 8 & Under or 10 & Under events but not any combination.

400 Yard IM and the 500 Yard Freestyle will be swum fastest to slowest alternating girls and boys.

Swimmers in the 400 IM and 500 Free must provide timers and lap counters.