

TYR FAST LONG COURSE **BLUE** AGE GROUP SWIM MEET

June Age Group Invitational Qualifier

Sanctioned by: Southern California Swimming
Sanction Number: 09-087
Sponsored by: FAST Swim Team
Orange Committee

DATE OF MEET: June 5, 6 & 7, 2009
ENTRIES DUE: **May 26, 2009 (Tuesday)**
WARM UP TIME: 3:30 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 4:30 PM (Fri), 9:00 AM (Sat/Sun)

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

- POOL:** JANET EVANS SWIM COMPLEX, 801 W. Valencia Ave., Fullerton. From the 91 Freeway take the Euclid Ave. Exit. Go north on Euclid to Valencia and turn right on Valencia. The Swim Complex is located on the left.
- COURSE:** JANET EVANS SWIM COMPLEX is an outdoor heated 8 lane 50 meter competition course, with 4 separate 25 yard warm-up lanes. This competition course has been certified in accordance with 104.2.2 (C).
- SPECIAL NOTICE:** **Swimmers may swim a maximum of THREE (3) events per day.** Entries will be limited to meet the "4 Hour" rule for each session. **Timers must be provided by each team. Swimmers in the 400IM, 400, 800 and 1500 Freestyle must provide timers for three heats and your own lap counters. Only 11 Years and older swimmers who meet the stated time standard may enter OPEN events.** 10 & Under swimmers who meet the stated 11/12 Blue 200 Meter Freestyle time standard may enter the 400 Meter Freestyle. Due to the Memorial Day Holiday, entries are due on Tuesday, May 27, 2009. The 400 IM, 400, 800 and 1500 Meter Freestyle events will be seeded 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 must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on June 5, 2009. **In SCS age group events, a swimmer's suit may not extend past shoulder or the knee cap. 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 to be eligible for entry into this meet. **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 LONG COURSE METER TIMES** from this or preceding swim season (**NO WORK OUT TIMES**). Swimmers must have achieved time standards listed for an event. 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 2009 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:** INDIVIDUAL EVENTS: RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 10 & Under and 11/12. OPEN events will not be awarded.
- 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 hand delivered to the address below up to 8:00 PM on Wednesday, May 27, 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.
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

MAKE CHECKS PAYABLE TO: EMAIL TO: And MAIL TO: (Include Swimmer's name and SCS Number)	SOUTHERN CALIFORNIA SWIMMING JULSONLL@AOL.COM LYNDA JULSON 25552 LOGANBERRY LANE LAKE FOREST, CA 92630
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For further meet Information call: Bill Jewell 714-773-5788

Receipt of entry will not be verified by phone.

TYR FAST LONG COURSE **BLUE** AGE GROUP SWIM MEET

JUNE AGE GROUP INVITATIONAL QUALIFIER

Date of Meet: June 5, 6 & 7, 2009

Entries Due: May 26, 2009 (TUESDAY)

**SUBMIT BEST RECORDED LONG COURSE METER TIMES
YOU MAY SWIM A MAXIMUM OF THREE (3) EVENTS PER DAY
ENTRIES WILL BE LIMITED TO MEET THE "4 HOUR" RULE**

Only 11 Years and older swimmers who meet the stated time standard may enter OPEN events.

10 & Under swimmers who meet the stated 11/12 Blue 200 Meter Freestyle time standard may enter the 400 Meter Freestyle

Girls		Friday, June 5, 2009			5:00pm		Boys	
No.	Age	Minimum	Event	Minimum	No.			
1	OPEN	6:31.20	400 Meter Individual Medley	6:32.30	2			
3	OPEN	3:02.80	200 Meter Backstroke	2:53.30	4			
5	OPEN	3:24.40	200 Meter Breaststroke	3:15.20	6			
7	OPEN	22:11.60	1500 Meter Freestyle	22:10.90	8			

Girls		Saturday, June 6, 2009			9:00am		Boys	
No.	Age	Minimum	Event	Minimum	No.			
9	10 & Under	1:24.40	100 Meter Freestyle	1:23.90	10			
11	11/12	1:15.60	100 Meter Freestyle	1:15.10	12			
13	10 & Under	51.40	50 Meter Breaststroke	51.40	14			
15	11/12	46.00	50 Meter Breaststroke	45.60	16			
17	10 & Under	3:30.20	200 Meter Individual Medley	3:31.20	18			
19	11/12	2:42.90	200 Meter Freestyle	2:43.60	20			
21	10 & Under	1:40.50	100 Meter Butterfly	1:40.70	22			
23	11/12	1:27.30	100 Meter Butterfly	1:28.10	24			
25	10 & Under	46.40	50 Meter Backstroke	46.30	26			
27	11/12	41.60	50 Meter Backstroke	42.00	28			
29	10 & Under	2:34.70	400 Meter Freestyle	2:28.50	30			

(Enter 11/12 200 Meter Freestyle Blue Time)

Afternoon session will begin no sooner than 12:00pm

31	OPEN	2:34.70	200 Meter Freestyle	2:28.50	32
33	OPEN	1:36.00	100 Meter Breaststroke	1:29.20	34
35	OPEN	33.30	50 Meter Freestyle	30.20	36
37	OPEN	1:20.40	100 Meter Butterfly	1:16.70	38
39	OPEN	11:44.20	800 Meter Freestyle	11:43.70	40

Girls		Sunday, June 7, 2009			9:00am		Boys	
No.	Age	Minimum	Event	Minimum	No.			
41	11/12	3:07.90	200 Meter Individual Medley	3:08.20	42			
43	10 & Under	3:02.70	200 Meter Freestyle	3:02.40	44			
45	11/12	1:29.40	100 Meter Backstroke	1:30.70	46			
47	10 & Under	1:41.00	100 Meter Backstroke	1:41.30	48			
49	11/12	34.90	50 Meter Freestyle	34.40	50			
51	10 & Under	38.40	50 Meter Freestyle	38.10	52			
53	11/12	1:40.00	100 Meter Breaststroke	1:40.10	54			
55	10 & Under	1:52.20	100 Meter Breaststroke	1:52.90	56			
57	11/12	38.40	50 Meter Butterfly	39.20	58			
59	10 & Under	43.20	50 Meter Butterfly	43.10	60			
61	11/12	5:47.30	400 Meter Freestyle	5:46.60	62			

Afternoon session will begin no sooner than 12:00pm

63	OPEN	2:58.60	200 Meter Individual Medley	2:49.00	64
65	OPEN	1:07.00	100 Meter Freestyle	1:07.90	66
67	OPEN	3:00.90	200 Meter Butterfly	2:53.10	68
69	OPEN	1:25.70	100 Meter Backstroke	1:22.10	70
71	OPEN	5:26.10	400 Meter Freestyle	5:15.60	72

Swimmers in the 400 IM, 400, 800 and 1500 Meter Freestyles must provide timers for three heats and their own lap counter.
The 400 IM, 400, 800 and 1500 Meter Freestyle will be seeded fastest to slowest, alternating girls and boys.