

THE EVAN COUSINEAU SPRING "RED AND WHITE" SHORT COURSE AGE GROUP SWIM MEET presented by SET AQUATICS

Sanctioned by: Southern California Swimming
Sanction Number: 09-096
Sponsored by: SET Aquatics
Orange Committee

DATE OF MEET: June 13 & 14, 2009
ENTRIES DUE: **June 1, 2009 (Monday)**
WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

The Afternoon Session will begin no sooner than 1:00pm or 60 minutes after the conclusion of the morning session.

POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North: Take I-5 or i0405 South, exit Lake Forest Drive. Go left to Serrano, turn Right, Parking and Pool on right hand side.

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with ten (10) swimming lanes and ample warm-up space. This competition course has not been certified in accordance with 104.2.2 (C).

SPECIAL NOTICE: **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. SET will limit entries to meet the "4 Hour" rule for each session. Swimmers in the 400 IM and 500 Yard Freestyle must provide timers for three heats.** All distance event swimmers must provide their own lap counters. **RELAYS WILL BE SWUM TIME PERMITTING.** Relay swimmers are not permitted to swim a stroke in a relay if they hold a "BLUE" time in any distance of that stroke. 8 & Under swimmers may enter 8 & Under events or 10 & Under events but not a combination. Team Warm Up time will be split and announced at the meet.

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 the session. Swimmers must swim in their actual Age Group as determined by their age on **June 13, 2009.** 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 "NT". (see 2009 Swim Guide for exceptions). *11/12 year old swimmers entering the 500 Yard Freestyle **must have qualified to enter with the minimum RED 500 Freestyle time standard (Girls 6:59.50; Boys 7:05.30).** Nonconforming times may be submitted and will be used for seeding purposes only.

AWARDS: "RED" and "WHITE" DIVISION RIBBONS 1st through 8th
RELAYS: RIBBONS 1st through 3rd

Ribbons will be awarded by the following age groups: 5/6, 7/8, 10 & Under, 11/12, 13/14 and 15 & Up

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. (5PM postmark would queue before a 10 PM 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 the address below up to 8:00 PM on Wednesday, June 3, 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:	JULSONLL@AOL.COM
And MAIL TO:	LYNDA JULSON
(Include Swimmer's name and SCS Number)	25552 Loganberry Lane Lake Forest, CA 92630

THE EVAN COUSINEAU SHORT COURSE "RED AND WHITE" AGE GROUP MEET

presented by SET AQUATICS

Date of Meet: June 13 & 14, 2009

Entries Due: June 1, 2009 (MONDAY)

SUBMIT BEST RECORDED SHORT COURSE YARD TIMES

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY.

RELAYS WILL BE SWUM TIME PERMITTING.

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

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

11/12 year old swimmers entering the 500 yard Freestyle must have qualified to enter with the minimum **RED** 500 Freestyle time standard (Girls 6:59.50; Boys 7:05.30).

Swimmers in the 400 IM and 500 Yard Freestyle must provide timers for three heats.

Girls		Saturday, June 13, 2009			9:00 am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
1	3:06.51	10 & Under	200 Yard Individual Medley	3:07.41	2			
3	1:41.21	8 & Under	100 Yard Individual Medley	1:38.51	4			
5	1:29.31	10 & Under	100 Yard Butterfly	1:29.41	6			
7	21.31	8 & Under	25 Yard Butterfly	21.31	8			
9	1:28.61	10 & Under	100 Yard Backstroke	1:28.71	10			
11	48.11	8 & Under	50 Yard Backstroke	46.81	12			
13	45.61	10 & Under	50 Yard Breaststroke	45.61	14			
15	24.01	8 & Under	25 Yard Breaststroke	23.31	16			
17	33.91	10 & Under	50 Yard Freestyle	34.11	18			
19	40.51	8 & Under	50 Yard Freestyle	39.41	20			
21	Coaches	8 & Under	100 Yard Freestyle Relay	On	22			
23	Enter	10 & Under	200 Yard Freestyle Relay	Deck	24			

PM session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the first session.

25	2:46.21	11/12	200 Yard Individual Medley	2:46.51	26			
27	2:36.61	13/14	200 Yard Individual Medley	2:29.01	28			
27	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	28			
29	30.71	11/12	50 Yard Freestyle	30.81	30			
31	29.31	13/14	50 Yard Freestyle	27.51	32			
31	29.31	15 & Up	50 Yard Freestyle	26.51	32			
33	1:17.91	11/12	100 Yard Backstroke	1:20.51	34			
35	2:39.61	13/14	200 Yard Backstroke	2:31.01	36			
35	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	36			
37	3:08.81	11/12	200 Yard Breaststroke	3:09.01	38			
39	40.81	11/12	50 Yard Breaststroke	41.01	40			
41	1:23.41	13/14	100 Yard Breaststroke	1:19.11	42			
41	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	42			
43	34.31	11/12	50 Yard Butterfly	34.51	44			
45	2:43.21	11/12	200 Yard Butterfly	2:47.41	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			
49	Coaches	11/12	200 Yard Freestyle Relay	On	50			
51	Enter	13 & Up	200 Yard Freestyle Relay	Deck	52			
53	6:24.61	*11/12	500 Yard Freestyle	6:29.81	54			
53	5:59.61	13/14	500 Yard Freestyle	5:48.61	54			
53	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	54			

Girls		Sunday, June 14, 2009			9:00am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
55	2:42.01	10 & Under	200 Yard Freestyle	2:41.81	56			
57	1:28.41	8 & Under	100 Yard Freestyle	1:25.01	58			
59	38.31	10 & Under	50 Yard Butterfly	38.21	60			
61	46.31	8 & Under	50 Yard Butterfly	47.01	62			
63	1:40.01	10 & Under	100 Yard Breaststroke	1:40.51	64			
65	52.31	8 & Under	50 Yard Breaststroke	51.01	66			
67	40.51	10 & Under	50 Yard Backstroke	40.41	68			
69	22.21	8 & Under	25 Yard Backstroke	21.61	70			
71	1:14.71	10 & Under	100 Yard Freestyle	1:14.31	72			
73	18.11	8 & Under	25 Yard Freestyle	17.61	74			
75	1:26.61	10 & Under	100 Yard Individual Medley	1:26.91	76			
77	Coaches	8 & Under	100 Yard Medley Relay	On	78			
79	Enter	10 & Under	200 Yard Medley Relay	Deck	80			

PM Session will begin no sooner than 12:00 pm or 60 minutes after the conclusion of the first session.

81	2:24.11	11/12	200 Yard Freestyle	2:24.61	82			
83	2:16.11	13/14	200 Yard Freestyle	2:10.91	84			
83	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	84			
85	1:16.11	11/12	100 Yard Butterfly	1:18.21	86			
87	1:11.01	13/14	100 Yard Butterfly	1:07.71	88			
87	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	88			
89	1:28.91	11/12	100 Yard Breaststroke	1:29.01	90			
91	3:01.71	13/14	200 Yard Breaststroke	2:50.81	92			
91	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	92			
93	36.21	11/12	50 Yard Backstroke	36.61	94			
95	2:46.21	11/12	200 Yard Backstroke	2:51.41	96			
97	1:14.11	13/14	100 Yard Backstroke	1:11.31	98			
97	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	98			
99	1:06.71	11/12	100 Yard Freestyle	1:06.21	100			
101	1:03.41	13/14	100 Yard Freestyle	59.61	102			
101	1:02.81	15 & Up	100 Yard Freestyle	57.41	102			
103	1:17.71	11/12	100 Yard Individual Medley	1:17.71	104			
105	Coach	13 & Up	200 Yard Medley Relay	On	106			
107	Entered	11/12	200 Yard Medley Relay	Deck	108			
109	5:36.61	13/14	400 Yard Individual Medley	5:18.21	110			
109	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	110			