

**2009  
Southern California Swimming  
June Age Group  
Invitational**

**June 25-28, 2009**

**Open to:**

**Metro (Except: OASIS)**

**Orange: MVN, BREA, FAST, GWSC, SEAL, WCS**

**Pacific: CCY, ROSE, TORR, COLA, HPSC, HOLY, LAC, SGAC, VHC, WHG, WEST**

**Eastern: CROC, DSRT, DTAC, EAST, HILL, LLF, PSP, TRID, YST**



**La Mirada Splash Aquatic Center  
La Mirada, California**

**Hosted by:**

**Southern California Swimming  
and La Mirada Armada**

# 2009 SOUTHERN CALIFORNIA SWIMMING

## June Age Group Invitational

Thursday, Friday, Saturday, Sunday – June 25-28, 2009

**Sponsored By:** SCS & La Mirada Armada

**Sanction Number:** 09-091

**Entries Due:** Entries must be postmarked by Monday, June 15, 2009

**Eligibility:** Open to 2009 USA Swimming registered swimmers registered in Metro (Except: OASIS), Orange (MVN, BREA, FAST, GWSC, SEAL, WCS) Pacific (CCY, ROSE, TORR, COLA, HPSC, HOLY, LAC, SGAC, VHC, WHG, WEST), Eastern (CROC, DSRT, DTAC, EAST, HILL, LLF, PSP, TRID, YST) who have met and can prove the posted "June Invite" time standards. SCS unattached swimmers must compete in their assigned Committee meet. Out of District swimmers will be limited to 150 swimmers at each site on a first come, first serve basis (Ventura, La Mirada and Irvine). A request form is posted at <http://www.socalswim.org/>. USA Registration application must be received by SCS prior to the first day of the meet (06/25/09) or may be submitted with entry. There are substantial penalties to swimmer and club (see SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

**Facility:** Splash Aquatic Center in La Mirada is an outdoor 25-yard by 50 meter pool. Warm-up/warm-down lanes in a separate 50 meter pool will be open during the meet. The competition course has been certified in accordance with 104.2.2(C).

**Directions:** Splash Aquatic Center, 13806 La Mirada Blvd., La Mirada, CA. From the Santa Ana Freeway (5) heading SOUTH: exit at Valley View travel EAST. Turn RIGHT at Rosecrans. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center. Heading NORTH: exit at Beach Blvd. Proceed NORTH. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center.

**Rules:** USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first four events on each day prelims/finals or timed finals sessions will close one-half hour prior to the start of the meet. Swimmers must compete in their own age group. Age on June 25, 2009 determines age for the meet. Combined events will be conducted as heats and finals. Prelim heats will be seeded all ages combined. A consolation final and championship final will be offered for 13-14 and 15-18; a championship final will be offered for 11-12 (for AM prelims events only). Relays for 10 & Un and 11-12 divisions are conducted at the conclusion of the timed final session. Relays for 13-14, 15-16 and 11/UP divisions are conducted at the conclusion of the finals' session. The 11/UP relays are **non-scoring** relays. A swimmer may compete in a stroke/distance only once.

**Swimsuits:** 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.

**Meet Referee:** The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

**Meet Start Times:** Preliminary sessions for the Combined Prelim events June 25-28 will begin at 9:00 A.M. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 12 & under timed finals events each day. 12 & under timed finals will begin 45 minutes after the last preliminary heat of the day (Sun after the 1500).

**Warm-up times:** Controlled warm-ups will begin each day at 7:30 a.m. in the competition pool. The competition pool will be closed at 8:45 a.m. with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups.

**Entry Limit:** A swimmer may enter all events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day. 11/12 year olds may swim an event one time at the meet. Example: an 11/12 year old may not enter the 200 Free in the 11-14 Prelim/Finals and the 200 Free in the 11/12 Timed Final. NOTE: For selection to this summer's SCS North American Challenge Cup (NACC) team, 11/12 year olds qualifying events will include the 200 Back, 200 Breast, 200 Fly (NOT the 50 Back, 50 Breast, 50 Fly).

**Change of Affiliation:** Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may **UNATTACH** (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**Distance Events:** The 800 / 1500 meter freestyle events (all age groups combined) are "timed finals" with standard seeding procedures:

- Events will be swum fastest to slowest alternating girls & boys heats.
- Fastest heat of girl's (combined) 800 and 1500 will be swum following event 2 and 84 on Thursday and Sunday, respectively.
- Fastest heat of boy's (combined) 800 and 1500 will be swum following event 4 and 86 on Thursday and Sunday, respectively.
- All other heats of 800 and 1500 will be swum at end of prelims on Thursday and Sunday, respectively.

Swimmers in the 800 and 1500 freestyle must be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.

If entries warrant, the events 800 and/or 1500 events will be swum two swimmers per lane.

**Submitted Times:** Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If using a blue card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after Sept. 1, 2007 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to 2009 SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet. Blue entry cards or team entries must indicate meet and dates for all submitted entry times. **NOTE: All entry times will be verified in advance through the USA SWIMS database.**

**Entry:** Submit a Blue "proof-of-time" Southern California Consolidated Entry Card for each swimmer. Card must be completely filled out including entire USA Swimming registration number. Individual entry charge of **\$4.25 per entered event** plus **\$10.00 surcharge** must accompany each entry card.

**Electronic Entry Procedure:** E-mail entry (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 or certified funds) 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 AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy.

**Scoring:** Individual scoring: 1-16 (USA Swimming Rules 102.7.3); relay scoring: double individual points. The 11-12 finals will **not** be scored; only 11-12 timed finals and relays will be scored.

**Awards:** Distinctive custom medals will be awarded for first through eighth place in all individual events and first through third place in all relay events (except 11&up relays). Certificates will be awarded to consolation finalists, 9th through 16th place. Swimmers 19 years and older are not eligible for awards. Awards for the 10/Under and 11/12 age groups will be given for the Timed Finals events only. No awards will be given for the 11/12 swimmers in the Prelim/Finals events.

**Relays:** Relays for 10 & under and 11-12 age groups will be swum at the conclusion of the timed final sessions each day. Relays for 13-14, 15-18, and 11/UP division will be swum as timed-final events in the finals' sessions following the individual events. The 11/UP relays are **non-scoring, non-award** relays. A club may enter one relay in an event without proof of time provided it enters only that one relay. A club entering more than one relay in an event must provide proof of time (meeting June Inv time standard) for each relay entered. Coaches must pre-enter relays (\$10.00 per relay) and relay only swimmers (\$10.00 swimmer surcharge).

**Positive Check-in for Consolation & Championship Finals:** Each swimmer in the top 16 prelim finishes for 13-14 and 15-18 plus top 8 prelim finishes for 11-12 for an event must declare his/her intent to swim in the finals' session at the Administration desk. All other swimmers who wish to be considered as alternates must also declare intent. Empty lanes in consolation final heats will be filled only with swimmers checked in for the event for finals. 19 and Up swimmers will be considered for finals, space available only. Final or consolation final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

**Snack Bar:** A complete snack bar is available including breakfast each day of the meet.

**Vendors:** Swimwear & equipment vendors will be located conveniently at the site of the meet for all your swimming needs.

**Souvenir Apparel Available:** Meet T-shirts, sweat shirts, etc. designed specifically for the "June Age Group Invitational" Meet will be available for purchase at the meet.

### **Entries must be postmarked by Monday, June 15, 2009**

Make checks payable to: Southern California Swimming

Mail entries to: RMDA "June Age Group Invite"  
c/o Alina de Armas  
P.O. Box 63  
Simi Valley, CA 93062  
[dearmas1@gmail.com](mailto:dearmas1@gmail.com)

Hand delivered to: Same as above

### **Entries must be hand delivered by 8:00 p.m., Tuesday, June 16, 2009**

**FOR INFORMATION:** Call Southern California Swimming at (805) 682-0135 or Don Garman (949) 552-1710.

Thursday - June 25, 2009 - Preliminary Session, Start Time 9:00 AM					
Evt No.	GIRLS	EVENT	AGE	BOYS	Evt No.
1	2:24.70	200 FREESTYLE	11-14	2:20.40	2
	2:20.20	200 FREESTYLE	15/UP	2:08.00	
3	2:51.50	200 BACKSTROKE	11-14	2:46.30	4
	2:46.40	200 BACKSTROKE	15/UP	2:29.90	
5	2:45.90	200 IM	11-14	2:40.80	6
	2:41.20	200 IM	15/UP	2:28.60	
7	10:57.70	800 FREESTYLE	11-14	10:31.20	8
	10:31.70	800 FREESTYLE	15/UP	9:57.40	
9	10:16.40	800 FREE RELAY	13-14	9:54.00	10
11	10:18.80	800 FREE RELAY	15-18	9:27.20	12
13	10:18.80	800 FREE RELAY	11/UP*	9:54.00	14

Friday - June 26, 2009 - Preliminary Session, Start Time 9:00 AM					
15	3:11.30	200 BREASTSTROKE	11-14	3:05.20	16
	3:05.00	200 BREASTSTROKE	15/UP	2:55.00	
17	1:15.40	100 BUTTERFLY	11-14	1:13.40	18
	1:13.10	100 BUTTERFLY	15/UP	1:04.70	
19	5:01.90	400 FREESTYLE	11-14	4:55.20	20
	4:52.70	400 FREESTYLE	15/UP	4:32.30	
21	5:31.80	400 MED RELAY	13-14	5:16.50	22
23	5:35.10	400 MED RELAY	15-18	5:05.30	24
25	5:35.10	400 MED RELAY	11/UP*	5:16.50	26

Friday - June 26, 2009 - Timed Finals Session					
27	2:54.40	200 FREESTYLE	10-UN	2:57.00	28
29	1:23.60	100 BACKSTROKE	11-12	1:24.90	30
31	1:35.60	100 BACKSTROKE	10-UN	1:36.20	32
33	1:34.30	100 BREASTSTROKE	11-12	1:35.60	34
35	1:46.50	100 BREASTSTROKE	10-UN	1:50.20	36
37	37.30	50 BUTTERFLY	11-12	37.20	38
39	41.90	50 BUTTERFLY	10-UN	42.00	40
41	5:24.40	400 FREESTYLE	11-12	5:30.90	42
43	5:52.90	400 MED RELAY	11-12	5:54.60	44

Short course (yards) time standards are available on <http://www.socalswim.org/> and in the 2009 SCS Swim Guide as the "June Invite" standard.

11/Up relays are **non-scoring** relays.

Saturday - June 27, 2009 - Preliminary Session, Start Time 9:00 AM					
Evt No.	GIRLS	EVENT	AGE	BOYS	Evt No.
45	5:55.30	400 IM	11-14	5:42.10	46
	5:44.70	400 IM	15/UP	5:21.70	
47	1:06.60	100 FREESTYLE	11-14	1:03.80	48
	1:04.00	100 FREESTYLE	15/UP	58.30	
49	1:18.60	100 BACKSTROKE	11-14	1:16.50	50
	1:15.60	100 BACKSTROKE	15/UP	1:10.00	
51	2:38.40	200 MED RELAY	13-14	2:30.70	52
53	2:40.00	200 MED RELAY	15-18	2:25.10	54
55	2:40.00	200 MED RELAY	11/UP*	2:30.70	56
57	2:13.20	200 FREE RELAY	13-14	2:00.80	58
59	2:15.60	200 FREE RELAY	15-18	2:00.80	60
61	2:15.60	200 FREE RELAY	11/UP*	2:00.80	62

Saturday - June 27, 2009 - Timed Finals Session					
63	3:19.50	200 IM	10-UN	3:20.50	64
65	2:53.90	200 IM	11-12	2:55.30	66
67	44.30	50 BACKSTROKE	10-UN	44.20	68
69	39.10	50 BACKSTROKE	11-12	39.90	70
71	1:20.40	100 FREESTYLE	10-UN	1:21.50	72
73	1:10.80	100 FREESTYLE	11-12	1:10.80	74
75	2:33.60	200 FREE RELAY	10-UN	2:32.40	76
77	2:19.60	200 FREE RELAY	11-12	2:17.60	78
79	2:59.40	200 MED RELAY	10-UN	2:58.90	80
81	2:40.90	200 MED RELAY	11-12	2:41.20	82

Sunday - June 28, 2009 - Preliminary Session, Start Time 9:00 AM					
Evt No.	GIRLS	EVENT	AGE	BOYS	Evt No.
83	2:52.70	200 BUTTERFLY	11-14	2:46.20	84
	2:47.60	200 BUTTERFLY	15/UP	2:31.40	
85	31.00	50 FREESTYLE	11-14	29.10	86
	29.90	50 FREESTYLE	15/UP	27.00	
87	1:27.90	100 BREASTSTROKE	11-14	1:25.20	88
	1:25.70	100 BREASTSTROKE	15/UP	1:18.30	
89	20:19.20	1500 FREESTYLE	11-14	20:00.30	90
	20:03.00	1500 FREESTYLE	15/UP	19:19.90	
91	4:47.60	400 FREE RELAY	13-14	4:31.60	92
93	4:49.60	400 FREE RELAY	15-18	4:21.60	94
95	4:49.60	400 FREE RELAY	11/UP*	4:31.60	96

Sunday - June 28, 2009 - Timed Finals Session					
97	2:32.90	200 FREESTYLE	11-12	2:34.90	98
99	49.70	50 BREASTSTROKE	10-UN	50.30	100
101	43.70	50 BREASTSTROKE	11-12	43.90	102
103	1:37.50	100 BUTTERFLY	10-UN	1:38.60	104
105	1:23.00	100 BUTTERFLY	11-12	1:24.10	106
107	36.60	50 FREESTYLE	10-UN	37.50	108
109	32.70	50 FREESTYLE	11-12	32.90	110
111	5:02.40	400 FREE RELAY	11-12	5:00.40	112

## La Mirada Hotels

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### Holiday Inn Select

14299 Firestone Blvd., La Mirada, CA 90638  
(800) 837-9853 | (714) 739-8500

Armada Rate: \$89 Single or Double Grp Code: JAA  
\$99 3-4 persons

- **Distance from Spash:** 2.4 miles

#### Misc:

Valley View off of the 5 Fwy. Complimentary shuttle service within 10 miles. Features pool, whirlpool, and sauna. Fitness Center and Red Robin also on site. Also, complimentary parking, daily paper, and in room wireless internet Rates valid thru June 15, 2009.

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### Marriott Residence Inn

14419 Firestone Blvd., La Mirada, CA 90638  
(800) 331-3131 | (714) 523-2800

Armada Rate: \$114 Studio Suite Grp Code: ASTA  
\$119 One Bdr Suite Grp Code: ASTC  
\$179 Two Bdr Suite Grp Code: ASTB

- **Distance from Splash:** 2.5 miles

#### Misc:

Complimentary hot breakfast served daily. Free WIFI. Complimentary shuttle service within a 5 mile radius. Brand new bedding. Monday - Thursday complimentary evening reception. Fully equipped kitchen in every room

- Studio suite (up to 3 ppl) at \$114, 1-bedroom suite (up to 4 ppl) at \$119, 2-bedroom suite (up to 5 ppl) at \$179. Discounted rates available for stays over 4 nights. Rates valid through June 7th, 2009.



## **Extended Stay America Los Angeles**

*14775 Firestone Blvd., La Mirada, CA 90638*  
*(714) 670-8579*

*Armada Rate: \$54.99-\$69.99*

**Distance from Splash** 2.5 miles

### **Misc:**

Off Valley View and Trojan. Just off the 5fwy. Rooms with fully equipped kitchens. Daily, weekly and monthly rates available.

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