

TYR INDEPENDENCE INVITATIONAL

Hosted by FAST SWIMMING

Sanctioned by: Southern California Swimming
Sanction Number: 09- 144
Sponsored by: FAST Swim Team
Free Weekend

DATE OF MEET: July 3, 4 & 5, 2009
ENTRIES DUE: **June 23, 2009 (Tuesday)**
WARM UP TIME: **2:30 PM (Fri), 7:30 AM (Sat/Sun)**
MEET START TIME: **4:00 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 400 Freestyle, 800 Freestyle and 400 IM must provide timers for three heats. 400 Freestyle, 400IM and 800 Freestyle will be swum fastest to slowest alternating girls and boys. You must provide your own lap counters.** 8 and Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination. Only 11 Years and older swimmers who meet the time standard may enter OPEN events. Swimmers may only enter an event once, even if it is offered twice.

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 July 3, 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. 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).

AWARDS: INDIVIDUAL EVENTS: Ribbons will be awarded by division Blue, Red White 1st through 8th place.
Ribbons will be awarded to the following age groups: 5- 6, 7/8, & 10 & under. 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. Electronic team entry is encouraged.** 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.

CONDITIONAL STATEMENT: **If entries warrant, the 11-12 boys may be moved to the morning session to balance sessions. Event order would be: Saturday 26, 9-12, 30, 13-16, 34, 17-20, 38,21-22,42. Sunday 62, 45-48, 66, 49-52, 70, 53-56, 74, 57-58, 78. Decision will be made by June 26 and posted on the FAST web site.**

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 Tuesday, June 23, 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:	MUFFYMB@AOL.COM
And MAIL TO:	MARILYN BOLTON
(Include Swimmer's name and SCS Number)	26492 ARACENA
	MISSION VIEJO, CA 92691

For further meet Information call: Bill Jewell 714-773-5788

Receipt of entry will not be verified by phone.

**** Get your entries in early to ensure your swimmers make it into the meet****

TYR INDEPENDENCE INVATIONAL

July 3-5, 2009. Hosted by FAST SWIMMING - Free Weekend

Date of Meet: July 3, 4, 5, 2009

Entries Due: June 23, 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**

8 & Under swimmers may compete in 8 & under or 10 & Under events, but not any combination

8 & Under Swimmers may only enter the 100 Meter Freestyle once, even though it is offered twice.

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

Girls		Session 1 Friday, July 3rd, Meet Start 4pm				Boys	
No.	Age	Minimum	Event	Minimum	No.		
1	10&UN	BRW	200 MTR IM	BRW	2		
3	11&12	BRW	400 MTR FREE	BRW	4		
5	10 &UN	BRW	100 MTR BACK	BRW	6		
7	OPEN	5:47.30	400 MTR FREE	5:46.60	8		

Girls		Session 2 Sat., July 4th, Meet Start 9am				Boys	
No.	Age	Minimum	Event	Minimum	No.		
9	10&UN	BRW	100 MTR FREE	BRW	10		
11	8&UN	BRW	100 MTR FREE	BRW	12		
13	10&UN	BRW	50 MTR BRST	BRW	14		
15	8&UN	BRW	50 MTR BRST	BRW	16		
17	10&UN	BRW	50 MTR BACK	BRW	18		
19	8&UN	BRW	50 MTR BACK	BRW	20		
21	10&UN	BRW	100 MTR FLY	BRW	22		

Note: You may enter and swim the 8&UN Mtr. Free once only.

Girls		Session 3 Sat., July 4th, Meet Start: Not before noon.				Boys	
No.	Age	Minimum	Event	Minimum	No.		
23	OPEN	2:42.90	200 MTR FREE	2:43.60	24		
25	11&12	BRW	200 MTR FREE	BRW	26		
27	OPEN	1:40.00	100 MTR BRST	1:40.10	28		
29	11&12	BRW	50 MTR BRST	BRW	30		
31	OPEN	3:09.20	200 MTR BACK	3:11.80	32		
33	11&12	BRW	100 MTR BACK	BRW	34		
35	OPEN	1:27.30	100 MTR FLY	1:28.10	36		
37	11&12	BRW	100 MTR FLY	BRW	38		
39	OPEN	34.90	50 MTR FREE	34.40	40		
41	11&12	BRW	50 MTR FREE	BRW	42		
43	OPEN	6:31.20	400 MTR IM	6:32.30	44		

Girls		Session 4 Sun., July 5th, Meet Start 9am				Boys	
No.	Age	Minimum	Event	Minimum	No.		
45	10&UN	BRW	200 MTR FREE	BRW	46		
47	8&UN	BRW	100 MTR FREE	BRW	48		
49	10&UN	BRW	50 MTR FLY	BRW	50		
51	8&UN	BRW	50 MTR FLY	BRW	52		
53	10&UN	BRW	50 MTR FREE	BRW	54		
55	8&UN	BRW	50 MTR FREE	BRW	56		
57	10&UN	BRW	100 MTR BREAST	BRW	58		

Note: You may enter and swim the 8&UN Mtr. Free once only.

Girls		Session 5 Sun., July 5th, Meet Start: Not before noon.				Boys	
No.	Age	Minimum	Event	Minimum	No.		
59	OPEN	3:07.90	200 MTR IM	3:08.20	60		
61	11&12	BRW	200 MTR IM	BRW	62		
63	OPEN	1:15.60	100 MTR FREE	1:15.10	64		
65	11&12	BRW	100 MTR FREE	BRW	66		
67	OPEN	3:31.00	200 MTR BREAST	3:31.20	68		
69	11&12	BRW	50 MTR FLY	BRW	70		
71	OPEN	1:29.40	100 MTR BACK	1:30.70	72		
73	11&12	BRW	50 MTR BACK	BRW	74		
75	OPEN	3:05.70	200 MTR FLY	3:07.20	76		
77	11&12	BRW	100 MTR BREAST	BRW	78		
79	OPEN	11:44.20	800 MTR FREE	11:43.70	80		

Swimmers in the 400 IM, 400 Free and 800 Free must provide timers for three heats.

All distance swimmers must provide own lap counters

800,400 freestyle and 400IM will be swum

girls and boys, fastest to slowest, alternating girls and boys