

Orange Regional Competitive Aquatics "SUMMER JO MAX" CHAMPIONSHIP SHORT COURSE MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-145
Sponsored by: Orange Regional Competitive Aquatics
Orange Committee

DATE OF MEET: July 24, 25 & 26, 2009
ENTRIES DUE: **July 13, 2009 (Monday)**
WARM UP TIME: 4:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 9:00 AM (Sat/Sun)

***The second session will begin no sooner than 1:00 pm or 90 minutes after the conclusion of the first session**

- POOLS:** VILLA PARK HIGH SCHOOL POOL, 18042 TAFT AVENUE, VILLA PARK, CA. From 55 Freeway, exit Katella and go 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 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 FOUR events per day. Timers must be provided by each team. Swimmers in the 400 IM, 500, 1000 and 1650 Freestyle must provide a timer for three heats; freestyle requires own lap counter. 8 & Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination. Relays will be swum, time permitting. 10 & Under 500 yard Freestyle swimmers enter best 200 Yard Freestyle time that meets or exceeds the stated minimum time. The 400 IM, 500, 1000 and 1650 Yard Freestyles 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). **Teams will be assigned warm up time, which will be announced.**
- 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 2009SCS 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 must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **July 24, 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 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 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 not exceed the JO Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the "JO" Maximum time standard for the stroke they swim in the relay, prior to this meet.
- AWARDS:** INDIVIDUAL EVENTS: 10 & Under, 11/12, 13/14 and 15 & Up: "Summer JO/BLUE/RED Division – MEDALS 1st – 3rd RIBBONS 4th – 8th
8 & Under: BLUE and RED Division – MEDALS 1st – 3rd RIBBONS 4th – 8th WHITE Division – RIBBONS 1st – 8th
TEAM TROPHIES: 1st through 4th RELAYS: RIBBONS 1st – 3rd
Team Trophy points will be awarded as follows: WHITE: 9,7,6,5,4,3,2,1. RED: 19,17,16,15,14,13,12,11. BLUE: 29,27,26,25,24,23,22,21.
JAG: 39,37,36,35,34,33,32,31. RELAYS: 78,74,72,70,68,66,64,62.
- 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 a 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 1327 Stratford Street, Brea, CA 92821 up to 8:00 PM on Tuesday, July 14, 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 entries 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.

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| MAKE CHECKS PAYABLE TO: EMAIL: And MAIL TO: (Include Swimmer's name and SCS Number) | SOUTHERN CALIFORNIA SWIMMING splashandgo@larrykaren.com KAREN THOMAS 750 Stagecoach Road Arroyo Grande, CA 93420 |
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For further meet Information call Mark Tierney 714/639-7531

Receipt of entry will not be verified by phone or email.

ORCA "SUMMER JO MAX" CHAMPIONSHIPS SHORT COURSE MEET

DATE OF MEET: JULY 24, 25 & 26, 2009

ENTRIES DUE: JULY 13, 2009 (Monday)

Submit best recorded short course yard times.
8 & UN swimmers may compete in 8 & UN or 10 & UN events, but not any combination.
You may swim a maximum of 4 events per day.

Girls **FRIDAY, JULY 24, 2009 - EVENING SESSION - 5:00 PM** **Boys**

| No. | Minimum | Maximum | Age | Event | Minimum | Maximum | No. |
|-----|-----------------|----------|------------|---|-----------------|----------|-----|
| 1 | 2:56.80 | 2:31.51 | 10 & Under | 500 Yard Freestyle (Enter 200 Yard Freestyle Time) | 2:56.50 | 2:33.01 | 2 |
| 3 | 22:57.70 | 19:55.31 | 13/14 | 1650 Yard Freestyle | 22:35.80 | 19:36.81 | 4 |
| 3 | 22:18.40 | 19:39.51 | 15 & Up | 1650 Yard Freestyle | 21:32.00 | 18:59.81 | 4 |
| 3 | 23:30.19 | ... | 11/12 | 1650 Yard Freestyle | 23:23.89 | ... | 4 |
| 5 | 6:07.30 | 5:07.41 | 13/14 | 400 Yard Individual Medley | 5:47.30 | 4:58.81 | 6 |
| 5 | 5:51.50 | 5:02.01 | 15 & Up | 400 Yard Individual Medley | 5:28.80 | 4:45.71 | 6 |
| 5 | 6:06.19 | ... | 11/12 | 400 Yard Individual Medley | 5:59.59 | ... | 6 |

SATURDAY, JULY 25, 2009 - MORNING SESSION - YOUNGERS 9:00 AM

| | | | | | | | |
|----|----------------------|---------|------------|----------------------------|----------------------|---------|----|
| 7 | ... | ... | 8 & Under | 100 Yard Freestyle | ... | ... | 8 |
| 9 | ... | 2:52.61 | 10 & Under | 200 Yard Individual Medley | ... | 2:51.01 | 10 |
| 11 | ... | ... | 8 & Under | 50 Yard Breaststroke | ... | ... | 12 |
| 13 | ... | 42.71 | 10 & Under | 50 Yard Breaststroke | ... | 43.71 | 14 |
| 15 | ... | ... | 8 & Under | 25 Yard Freestyle | ... | ... | 16 |
| 17 | ... | 1:09.81 | 10 & Under | 100 Yard Freestyle | ... | 1:10.21 | 18 |
| 19 | ... | ... | 8 & Under | 25 Yard Backstroke | ... | ... | 20 |
| 21 | ... | 38.21 | 10 & Under | 50 Yard Backstroke | ... | 43.71 | 22 |
| 23 | ... | ... | 8 & Under | 50 Yard Butterfly | ... | ... | 24 |
| 25 | ... | 1:25.31 | 10 & Under | 100 Yard Butterfly | ... | 1:26.31 | 26 |
| 27 | Coaches Only | | 10 & Under | 200 Yard Freestyle Relay | Coaches Only | | 28 |
| 29 | Enter Relays on Deck | | 8 & Under | 100 Yard Freestyle Relay | Enter Relays on Deck | | 30 |

SATURDAY, JULY 25, 2009 - AFTERNOON SESSION - OLDERS - 1 1/2 HOURS AFTER END OF AM SESSION, BUT NOT BEFORE 1:00 PM

| | | | | | | | |
|----|----------------------|---------|---------|----------------------------|----------------------|---------|----|
| 31 | ... | 2:31.81 | 11/12 | 200 Yard Individual Medley | ... | 2:32.31 | 32 |
| 31 | ... | 2:23.51 | 13/14 | 200 Yard Individual Medley | ... | 2:17.31 | 32 |
| 31 | ... | 2:19.21 | 15 & Up | 200 Yard Individual Medley | ... | 2:08.11 | 32 |
| 33 | ... | 1:01.51 | 11/12 | 100 Yard Freestyle | ... | 1:02.11 | 34 |
| 35 | ... | 58.21 | 13/14 | 100 Yard Freestyle | ... | 55.21 | 36 |
| 35 | ... | 56.01 | 15 & Up | 100 Yard Freestyle | ... | 51.11 | 36 |
| 37 | 3:01.40 | ... | 11/12 | 200 Yard Backstroke | 3:07.30 | ... | 38 |
| 37 | ... | 2:26.71 | 13/14 | 200 Yard Backstroke | ... | 2:23.31 | 38 |
| 37 | ... | 2:23.01 | 15 & Up | 200 Yard Backstroke | ... | 2:14.71 | 38 |
| 39 | ... | 31.41 | 11/12 | 50 Yard Butterfly | ... | 31.51 | 40 |
| 41 | ... | 1:05.81 | 13/14 | 100 Yard Butterfly | ... | 1:02.41 | 42 |
| 41 | ... | 1:02.91 | 15 & Up | 100 Yard Butterfly | ... | 56.41 | 42 |
| 43 | ... | 37.21 | 11/12 | 50 Yard Breaststroke | ... | 38.01 | 44 |
| 45 | 3:25.90 | ... | 11/12 | 200 Yard Breaststroke | 3:26.20 | ... | 46 |
| 45 | ... | 2:43.51 | 13/14 | 200 Yard Breaststroke | ... | 2:37.91 | 46 |
| 45 | ... | 2:48.71 | 15 & Up | 200 Yard Breaststroke | ... | 2:32.01 | 46 |
| 47 | ... | 1:13.21 | 11/12 | 100 Yard Backstroke | ... | 1:14.11 | 48 |
| 49 | Coaches Only | | 13 & Up | 400 Yard Freestyle Relay | Coaches Only | | 50 |
| 51 | Enter Relays on Deck | | 11/12 | 200 Yard Freestyle Relay | Enter Relays on Deck | | 52 |
| 53 | 6:32.30 | 5:38.11 | 13/14 | 500 Yard Freestyle | 6:20.30 | 5:25.61 | 54 |
| 53 | 6:29.90 | 5:27.71 | 15 & Up | 500 Yard Freestyle | 6:05.30 | 5:06.81 | 54 |
| 53 | 6:59.50 | 5:59.01 | 11/12 | 500 Yard Freestyle | 7:05.30 | 6:03.91 | 54 |

ORCA "SUMMER JO MAX" CHAMPIONSHIP SHORT COURSE MEET

DATE OF MEET: JULY 24, 25 & 26, 2009

ENTRIES DUE: JULY 13, 2009 (Monday)

Submit best recorded short course yard times.
 8 & UN swimmers may compete in 8 & UN or 10 & UN events, but not any combination.
 You may swim a maximum of 4 events per day.

Girls **SUNDAY, JULY 26, 2009 - MORNING SESSION - YOUNGERS - 9:00 AM** Boys

| No. | Minimum | Maximum | Age | Event | Minimum | Maximum | No. |
|-----|----------------------|---------|------------|----------------------------|----------------------|---------|-----|
| 55 | ... | ... | 10 & Under | 100 Yard Individual Medley | ... | ... | 56 |
| 57 | ... | ... | 8 & Under | 100 Yard Individual Medley | ... | ... | 58 |
| 59 | ... | 31.71 | 10 & Under | 50 Yard Freestyle | ... | 31.61 | 60 |
| 61 | ... | ... | 8 & Under | 50 Yard Freestyle | ... | ... | 62 |
| 63 | ... | 1:33.01 | 10 & Under | 100 Yard Breaststroke | ... | 1:35.31 | 64 |
| 65 | ... | ... | 8 & Under | 25 Yard Breaststroke | ... | ... | 66 |
| 67 | ... | 1:22.61 | 10 & Under | 100 Yard Backstroke | ... | 1:22.11 | 68 |
| 69 | ... | ... | 8 & Under | 50 Yard Backstroke | ... | ... | 70 |
| 71 | ... | 35.91 | 10 & Under | 50 Yard Butterfly | ... | 35.41 | 72 |
| 73 | ... | ... | 8 & Under | 25 Yard Butterfly | ... | ... | 74 |
| 75 | ... | 2:31.51 | 10 & Under | 200 Yard Freestyle | ... | 2:33.01 | 76 |
| 77 | Coaches Only | | 8 & Under | 100 Yard Medley Relay | Coaches Only | | 78 |
| 79 | Enter Relays on Deck | | 10 & Under | 200 Yard Medley Relay | Enter Relays on Deck | | 80 |

SUNDAY, JULY 26, 2009 AFTERNOON SESSION - OLDERS - 1 1/2 HOURS AFTER END OF AM SESSION, BUT NOT BEFORE 1:00 PM

| | | | | | | | |
|-----|----------------------|----------|---------|----------------------------|----------------------|----------|-----|
| 81 | ... | 2:13.91 | 11/12 | 200 Yard Freestyle | ... | 2:14.21 | 82 |
| 83 | ... | 2:06.21 | 13/14 | 200 Yard Freestyle | ... | 2:00.11 | 84 |
| 83 | ... | 2:01.81 | 15 & Up | 200 Yard Freestyle | ... | 1:51.81 | 84 |
| 85 | ... | 1:21.11 | 11/12 | 100 Yard Breaststroke | ... | 1:22.61 | 86 |
| 87 | ... | 1:16.01 | 13/14 | 100 Yard Breaststroke | ... | 1:12.81 | 88 |
| 87 | ... | 1:14.51 | 15 & Up | 100 Yard Breaststroke | ... | 1:08.71 | 88 |
| 89 | ... | 28.01 | 11/12 | 50 Yard Freestyle | ... | 28.01 | 90 |
| 91 | ... | 26.81 | 13/14 | 50 Yard Freestyle | ... | 25.41 | 92 |
| 91 | ... | 26.31 | 15 & Up | 50 Yard Freestyle | ... | 23.61 | 92 |
| 93 | ... | 1:11.11 | 11/12 | 100 Yard Butterfly | ... | 1:12.61 | 94 |
| 95 | 2:58.10 | ... | 11/12 | 200 Yard Butterfly | 3:02.60 | ... | 96 |
| 95 | ... | 2:32.41 | 13/14 | 200 Yard Butterfly | ... | 2:28.01 | 96 |
| 95 | ... | 2:25.91 | 15 & Up | 200 Yard Butterfly | ... | 2:15.21 | 96 |
| 97 | ... | 34.01 | 11/12 | 50 Yard Backstroke | ... | 34.11 | 98 |
| 99 | ... | 1:07.91 | 13/14 | 100 Yard Backstroke | ... | 1:06.61 | 100 |
| 99 | ... | 1:06.41 | 15 & Up | 100 Yard Backstroke | ... | 1:01.01 | 100 |
| 101 | ... | ... | 11/12 | 100 Yard Individual Medley | ... | ... | 102 |
| 103 | Coaches Only | | 13 & Up | 400 Yard Medley Relay | Coaches Only | | 104 |
| 105 | Enter Relays on Deck | | 11/12 | 200 Yard Medley Relay | Enter Relays on Deck | | 106 |
| 107 | 13:45.80 | 11:50.01 | 13/14 | 1000 Yard Freestyle | 13:30.70 | 11:31.91 | 108 |
| 107 | 13:24.70 | 11:32.91 | 15 & Up | 1000 Yard Freestyle | 12:53.30 | 11:01.81 | 108 |
| 107 | 13:57.39 | ... | 11/12 | 1000 Yard Freestyle | 13:52.99 | ... | 108 |

TEAM WARM UP TIME WILL BE ASSIGNED AND ANNOUNCED

The 400 Yard IM, 500, 1000 and 1650 Yard Freestyle will be swum fastest to slowest alternating girls and boys.