

SEAL BEACH "CARL W. JOHNSON" "BRW" SHORT COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-195
Sponsored by: Seal Beach Swim Club
Orange Committee

DATE OF MEET: October 10 & 11, 2009
ENTRIES DUE: **September 28, 2009 (Monday)**

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

**This is an Orange Committee "TRI" Meet, the following teams are eligible to enter: AZOT, BGST, BREA, LRL, NGSV, OCW, SEAL, SET, SOKA, SWFS, WCS
PM Session begins no earlier than 11:00 AM or 45 Minutes after the conclusion of the AM Session

- POOL:** JOINT FORCES RESERVE CENTER, 405 OR 22 NORTH EXIT Valley View turn North or right. Go to Katella, turn West or left. Pass the race track, turn South or left on Lexington and proceed onto the base. Turn left into the first parking lot, pool is on the East side of the lot. **ALL ADULTS MUST HAVE PHOTO I.D. TO ENTER THE BASE.**
- COURSE:** JOINT FORCES RESERVE CENTER pool is a heated, outdoor 50 meter by 25 yard pool with 10 racing lanes, and 8 lanes of continuous warm up and warm down. This competition course has been certified in accordance with 104.2.2 (C) however the pool is 3" long.
- SPECIAL NOTICE:** Swimmers may swim a maximum of FOUR events per day. **SEAL will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Swimmers in the 500 Yard Freestyle and the 400 IM must provide timers for three heats. You must provide your own lap counters. The 500 Freestyle and 400 IM will be swum fastest to slowest, alternating girls and boys. 8 & Under swimmers may enter 8 & Under or 10 & Under events, but not a combination.
- 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 2009SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. **THE FIRST FOUR EVENTS OF EACH SESSION WILL CLOSE 30 MINUTES PRIOR TO THE START OF THAT SESSION.** After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group determined by their age on **October 10, 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 or 2010 USA Swimming members. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. Registration application must be **received by the Monday prior to the first day of the meet** by the meet processor, administrative referee or SCS Office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). All non conforming times will be seeded last. 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: "BLUE" "RED" and "WHITE" Division: RIBBONS 1st through 8th
The Following Ages Groups will be Awarded: 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.** 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) 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 2724 N. Loraine Place, Simi Valley, CA 93065 up to 8:00 PM on Tuesday, September 29, 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.**

CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL NOT BE ACCEPTED.

Team Hy-Tek entries will be accepted with a signed printed copy accompanied by a single entry team check.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	ALINADEA@AOL.COM
OR MAIL TO:	ALINA de ARMAS
(Include Swimmer's name and SCS Number)	PO BOX 63, SIMI VALLEY, CA 93062

For further meet information call: Alina de Armas 805/522-4134 or email alinadea@aol.com Receipt of entry will not be verified by phone or email

SEAL BEACH "CARL W. JOHNSON" "BRW" SHORT COURSE AGE GROUP SWIM MEET

Date of Meet: October 10 & 11, 2009

Entries Due: Monday, September 28, 2009

Times submitted must be Best Recorded Times short course or long course. All non conforming times will be seeded last.

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

SEAL WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE FOR EACH SESSION

PM SESSION WILL BEGIN NO SOONER THAN 11:00 AM OR 45 MINUTES AFTER THE CONCLUSION OF THE AM SESSION

The following teams may enter this meet: AZOT, BGST, BREA, LRL, NGSV, OCW, SEAL, SET, SOKA, SWFS

Girls Saturday, October 10, 2009 9:00 am Boys

No.	Age	Event	Age	No.
1	10 & Under	100 Yard Individual Medley	10 & Under	2
3	8 & Under	100 Yard Individual Medley	8 & Under	4
5	10 & Under	50 Yard Breaststroke	10 & Under	6
7	8 & Under	25 Yard Breaststroke	8 & Under	8
9	10 & Under	100 Yard Butterfly	10 & Under	10
11	8 & Under	50 Yard Backstroke	8 & Under	12
13	10 & Under	50 Yard Freestyle	10 & Under	14
15	8 & Under	50 Yard Freestyle	8 & Under	16
17	10 & Under	100 Yard Backstroke	10 & Under	18
19	8 & Under	25 Yard Butterfly	8 & Under	20
21	10 & Under	200 Yard Freestyle	10 & Under	22

PM Session will begin no sooner than 11:00 am or 45 minutes after the end of the AM Session

23	11/12	200 Yard Freestyle	11/12	24
25	13 & Up	200 Yard Freestyle	13 & Up	26
27	11/12	50 Yard Breaststroke	11/12	28
29	13 & Up	100 Yard Breaststroke	13 & Up	30
31	11/12	100 Yard Butterfly	11/12	32
33	11/12	200 Yard Backstroke	11/12	34
33	13 & Up	200 Yard Backstroke	13 & Up	34
35	11/12	100 Yard Breaststroke	11/12	36
37	13 & Up	50 Yard Freestyle	13 & Up	38
39	11/12	50 Yard Freestyle	11/12	40
41	11/12	200 Yard Butterfly	11/12	42
41	13 & Up	200 Yard Butterfly	13 & Up	42
43	11/12	100 Yard Individual Medley	11/12	44

10 Minute Break at the discretion of the Referee

45	13 & Up	400 Yard Individual Medley	13 & Up	46
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8 & Under swimmers may enter 8 & Under or 10 & Under events but not a combination.

Girls Sunday, October 11, 2009 9:00 am Boys

No.	Age	Event	Age	No.
47	10 & Under	200 Yard Individual Medley	10 & Under	48
49	8 & Under	50 Yard Breaststroke	8 & Under	50
51	10 & Under	50 Yard Backstroke	10 & Under	52
53	8 & Under	25 Yard Freestyle	8 & Under	54
55	10 & Under	100 Yard Freestyle	10 & Under	56
57	8 & Under	50 Yard Butterfly	8 & Under	58
59	10 & Under	100 Yard Breaststroke	10 & Under	60
61	8 & Under	25 Yard Backstroke	8 & Under	62
63	10 & Under	50 Yard Butterfly	10 & Under	64
65	8 & Under	100 Yard Freestyle	8 & Under	66

PM Session will begin no sooner than 11:00 am or 45 minutes after the end of the AM Session

67	11/12	200 Yard Individual Medley	11/12	68
69	13 & Up	200 Yard Individual Medley	13 & Up	70
71	11/12	100 Yard Freestyle	11/12	72
73	13 & Up	100 Yard Freestyle	13 & Up	74
75	11/12	50 Yard Backstroke	11/12	76
77	11/12	200 Yard Breaststroke	11/12	78
77	13 & Up	200 Yard Breaststroke	13 & Up	78
79	11/12	50 Yard Butterfly	11/12	80
81	13 & Up	100 Yard Butterfly	13 & Up	82
83	11/12	100 Yard Backstroke	11/12	84
85	13 & Up	100 Yard Backstroke	13 & Up	86

10 Minute Break at the discretion of the Referee

87	11/12	500 Yard Freestyle	11/12	88
89	13 & Up	500 Yard Freestyle	13 & Up	90

Swimmers in the 500 Yard Freestyle and 400 Individual Medley must provide timers for three heats and your own lap counters. The 500 Freestyle and the 400 IM will be swum fastest to slowest, alternating girls and boys.