

NOVAQUATICS "R MAX" BEST TIME SHORT COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-003
Sponsored by: Irvine Novaquatics
Orange Committee

DATE OF MEET: January 23 & 24, 2010
ENTRIES DUE: **January 11, 2010 (Monday)**
WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

This is an Orange Committee Meet, the following teams may enter: AAA, BGST, BREA, FAST, GWSC, LBST, NOVA, ORCA, RAYS, SEAL, SOCAL, SOKA, SPLA, STOP, DA, WCS, WWA
*** The Afternoon session will begin no sooner than 12:00pm or 45 minutes after the conclusion of the morning session.**

POOL: WILLIAM WOOLLETT JR. AQUATICS CENTER, 4601 WALNUT AVE., IRVINE, CA 92604. Take I-5 North exit Culver Drive turn left at light (Trabuco Road) turn left onto Culver, go back under the freeway to Walnut Ave., turn Left. The WILLIAM WOOLLETT JR. AQUATICS CENTER is located on the Left side of the street just before Yale Ave. From the North, Exit Culver Drive turn Right, Left on Walnut, follow above directions.

COURSE: WILLIAM WOOLLETT JR AQUATICS CENTER 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). Pool Depth Measurements at Start End Lane 1 – 10 = 7', Turn End Lanes 1 – 10 = 7'.

SPECIAL NOTICE: **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. NOVA will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Swimmers in the 400 IM and 500 yard Freestyle must provide timers for three heats. You must provide your own lap counters. ALL EVENTS WILL BE SWUM MIXED BOYS AND GIRLS EXCEPT RELAYS WILL BE SWUM BY GENDER. Relays will be swum time permitting. 8 & Under swimmers may enter 8 & Under or 10 & Under events but not a combination. The 500 Yard Freestyle and 400 IM will be swum fastest to slowest.**

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 January 23, 2010. **Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.**

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 2010 USA SWIMMING MEMBERS. Clubs must be 2010 USA Swimming member clubs to be represented at this meet.** SCS athletes must be members of the Orange Committee. **NO ON-DECK ENTRIES.** Registration application must be received by 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 provide birth dates prior to competition. 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 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 or NT except for the 400 Yard IM and 500 Yard Freestyle. **In order to enter the 400 IM and/or the 500 Free events, an 11/12 year old swimmer must have qualified to enter the minimum RED time standard in the 200 IM (Girls 3:01.30; Boys 3:01.70) for the 400 IM and a RED minimum time standard in the 500 Yard Freestyle (Girls 6:59.50; Boys 7:05.30).** (see 2009 Swim Guide for exceptions).

AWARDS: TIME IMPROVEMENT RIBBONS

ENTRY FEE: **\$3.00 for each INDIVIDUAL EVENT, plus \$5.25 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. (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.

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, January 13, 2010. **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:	BONNIEJOS5@AOL.COM
And MAIL TO:	BONNIE JOSEPH
	447 EAST 19TH STREET
	COSTA MESA, CA 92627

NOVAQUATICS "R MAX" BEST TIME SHORT COURSE AGE GROUP SWIM MEET

Date of Meet: January 23 & 24, 2010

Entries Due: January 11, 2010 (Monday)

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

NOVA will limit entries to meet the "4 Hour" rule for each session.

Relays will be swum by gender time permitting.

Times submitted must be BEST RECORDED TIMES Short Course or Long Course.

All events will be swum MIXED boys and girls except Relays will be swum by gender.

All non conforming times will be seeded last.

The following teams may enter:AAA, BGST, BREA, FAST, GWSC, LBST, NOVA, ORCA, RAYS, SEAL, SOCIAL, SOKA, SPLA, STOP, TD, WCS, WWA

Girls			Saturday, January 23, 2010 9:00 am			Boys		
No.	Maximum	Age	Event	Maximum	No.			
1	2:42.01	10 & Under	200 Yard Freestyle	2:41.81	1			
2	1:41.21	8 & Under	100 Yard Individual Medley	1:38.51	2			
3	45.61	10 & Under	50 Yard Breaststroke	45.61	3			
4	24.01	8 & Under	25 Yard Breaststroke	23.31	4			
5	1:29.31	10 & Under	100 Yard Butterfly	1:29.41	5			
6	48.11	8 & Under	50 Yard Backstroke	46.81	6			
7	33.91	10 & Under	50 Yard Freestyle	34.11	7			
8	40.51	8 & Under	50 Yard Freestyle	39.41	8			
9	1:28.61	10 & Under	100 Yard Backstroke	1:28.71	9			
10	21.31	8 & Under	25 Yard Butterfly	21.31	10			
11	1:26.61	10 & Under	100 Yard Individual Medley	1:26.91	11			
12	Coaches	8 & Under	100 Yard Medley Relay	On	13			
14	Enter	10 & Under	200 Yard Medley Relay	Deck	15			

The PM Session will begin no sooner than 12:00 or 45 minutes after the end of the AM Session

16	2:24.11	11/12	200 Yard Freestyle	2:24.61	16
17	2:16.11	13/14	200 Yard Freestyle	2:10.91	17
	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	
18	1:28.91	11/12	100 Yard Breaststroke	1:29.01	18
	1:23.41	13/14	100 Yard Breaststroke	1:19.11	
	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	
19	34.31	11/12	50 Yard Butterfly	34.51	19
20	2:39.61	13/14	200 Yard Backstroke	2:31.01	20
	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	
	2:46.21	11/12	200 Yard Backstroke	2:51.41	
21	29.31	13/14	50 Yard Freestyle	27.51	21
	29.31	15 & Up	50 Yard Freestyle	26.51	
	30.71	11/12	50 Yard Freestyle	30.81	
22	2:40.51	13/14	200 Yard Butterfly	2:33.31	22
	2:43.21	11/12	200 Yard Butterfly	2:47.41	
	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	
23	1:17.71	11/12	100 Yard Individual Medley	1:17.71	23
24	Coaches	13/14	400 Yard Freestyle Relay	On	25
		15 & Up	400 Yard Freestyle Relay		
26	Enter	11/12	200 Yard Freestyle Relay	Deck	27

10 Minute Break or at the discretion of the Meet Referee

28	2:46.21	11/12	**400 Yard Individual Medley	2:46.51	28
29	5:36.61	13/14	400 Yard Individual Medley	5:18.21	29
	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	

The 500 Free and 400 IM will be swum fastest to slowest, and must provide timers for 3 heats as well as their own lap counters.

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

Girls			Sunday, January 24, 2010 9:00 am			Boys		
No.	Maximum	Age	Event	Maximum	No.			
30	3:06.51	10 & Under	200 Yard Individual Medley	3:07.41	30			
31	52.31	8 & Under	50 Yard Breaststroke	51.01	31			
32	40.51	10 & Under	50 Yard Backstroke	40.41	32			
33	18.11	8 & Under	25 Yard Freestyle	17.61	33			
34	1:14.71	10 & Under	100 Yard Freestyle	1:14.31	34			
35	46.31	8 & Under	50 Yard Butterfly	47.01	35			
36	1:40.01	10 & Under	100 Yard Breaststroke	1:40.51	36			
37	22.21	8 & Under	25 Yard Backstroke	21.61	37			
38	38.31	10 & Under	50 Yard Butterfly	38.21	38			
39	1:28.41	8 & Under	100 Yard Freestyle	1:25.01	39			
40	Coaches	10 & Under	200 Yard Freestyle Relay	On	41			
42	Enter	8 & Under	100 Yard Freestyle Relay	Deck	43			

The PM Session will begin no sooner than 12:00 or 45 minutes after the end of the AM Session

44	2:46.21	11/12	200 Yard Individual Medley	2:46.51	44
45	2:36.61	13/14	200 Yard Individual Medley	2:29.01	45
	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	
46	36.21	11/12	50 Yard Backstroke	36.61	46
47	1:03.41	13/14	100 Yard Freestyle	59.61	47
	1:02.81	15 & Up	100 Yard Freestyle	57.41	
	1:06.71	11/12	100 Yard Freestyle	1:06.21	
48	3:01.71	13/14	200 Yard Breaststroke	2:50.81	48
	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	
	3:08.81	11/12	200 Yard Breaststroke	3:09.01	
49	1:11.01	13/14	100 Yard Butterfly	1:07.71	49
	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	
	1:16.11	11/12	100 Yard Butterfly	1:18.21	
50	1:14.11	13/14	100 Yard Backstroke	1:11.31	50
	1:17.91	11/12	100 Yard Backstroke	1:20.51	
	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	
51	40.81	11/12	50 Yard Breaststroke	41.01	51
52	Coaches	13/14	400 Yard Medley Relay	On	53
		15 & Up	400 Yard Medley Relay		
54	Enter	11/12	200 Yard Medley Relay	Deck	55

10 Minute Break or at the discretion of the Meet Referee

56	6:24.61	11/12	*500 Yard Freestyle	6:29.81	56
57	5:59.61	13/14	500 Yard Freestyle	5:48.61	57
	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	

****11/12 year old swimmers entering the 400 IM must have achieved the**

11/12 Red time standard in the 200 IM (Girls 3:01.30; Boys 3:01.70)

***11/12 year old swimmers entering the 500 Yard Freestyle must have achieved the**

11/12 Red time standard. (Girls 6:59.50; Boys 7:05.30)