

ANAHEIM AQUATICS ASSOCIATION SPRING "JO MAX" CHAMPIONSHIP SHORT COURSE MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-024
Sponsored by: Anaheim Aquatics Association
Orange Committee

DATE OF MEET: February 19, 20 & 21, 2010
ENTRIES DUE: **February 8, 2010 (Monday)**

WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 6:00 PM (Fri), 9:00 AM (Sat/Sun)

PM Session begins no sooner than 12:30 PM or 60 minutes after the end of the AM Session

The following Orange Committee Teams may enter this meet: AAA, AZOT, BREA, GWSC, LRL, ORCA, SCAC, SEAL, STOP, WCS, YOC

- POOL:** CANYON HIGH SCHOOL, 220 S. IMPERIAL HIGHWAY, ANAHEIM, CA. East on 91 Freeway towards Riverside, exit Imperial Highway, go right about ½ mile, Canyon High School is on the left side of the street. From the South: North on 55 Fwy, East on 91 Fwy, follow above.
- COURSE:** CANYON HIGH SCHOOL pool is an outdoor 25 Yard pool with eight (8) swimming lanes and a warm up area. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End Lane 1 = 6.1' to Lane 8 = 4.8', Turn End Lane 1 = 11.7' to Lane 8 = 4.7'.
- ENTRY RESTRICTIONS:** Swimmers may swim a maximum of FOUR events per day. Timers must be provided by each team. Swimmers in the 500, 1000 and 1650 yard Freestyle must provide timers for three heats and your own lap counters. **8 & Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination. Relays will be swum, time permitting. 8 & Under swimmers may only swim the 50 yard Freestyle once. 10 & Under 500 yard Freestyle swimmers enter best 200 yard Freestyle time that meets or exceeds the stated minimum time. 15 & Up Maximum times are the "Spring JO" time standard.** 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. The 400 IM, 500, 1000, 1650 Freestyle events will be swum fastest to slowest, alternating girls and boys. **ALL EVENTS 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.** Assigned warm up times may apply, teams will be notified as to which warm-up period they have been assigned prior to the first day of the meet.
- 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 2010 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 must swim in their actual Age Group as determined by their age on **February 19, 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 REGISTERED. SCS athletes must be members of the Orange Committee. **NO ON-DECK ENTRIES.** Registration application must be received by Monday prior to first day of meet by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. **REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM.** There are substantial penalties to swimmer and Club (See 2010 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 (see 2010 Swim Guide for exceptions).
- AWARDS:** INDIVIDUAL EVENTS: 10 & Under, 11/12, 13/14 and 15 & Up: "Spring JO/BLUE/RED Division – MEDALS 1st – 3rd RIBBONS 4th – 8th
8 & Under: WAG, 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.
WAG: 39,37,36,35,34,33,32,31. RELAYS: 78,74,72,70,68,66,64,62.
- ENTRY FEE:** **\$3.00 for each INDIVIDUAL EVENT, plus \$5.75 SURCHARGE per swimmer must accompany each individual entry card,** Relays \$7.00. 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 hand delivered to the address below up to 8:00 PM on Tuesday, February 10, 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: | MUFFYMB@AOL.COM |
| And MAIL TO: | MARILYN BOLTON |
| | 26492 Aracena |
| | Mission Viejos, CA 92691 |

For further meet Information call: Ken Russell 714/283-2176 or email: Kenny@anaheimaquatics.org Receipt of entry *will not* be verified by phone.

VISIT OUR SNACK BAR! A complete hot and cold snack bar will be available...

ANAHEIM AQUATICS ASSOCIATION "SPRING JO MAX" CHAMPIONSHIPS

DATE OF MEET: FEBRUARY 19, 20 & 21, 2010

ENTRIES DUE: February 8, 2010 (Monday)

Times submitted must be Best Recorded Times short course or long course. All non conforming times will be seeded last.
8 & Under swimmers may compete in 8 & Under or 10 & Under events, but not any combination.
You may swim a maximum of 4 events per day.

The following Orange Committee Teams may enter this meet: AAA, AZOT, BREA, GWSC, LRL, ORCA, SCAC, SEAL, STOP, WCS, YOC
ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

FRIDAY, FEBRUARY 19, 2010 - EVENING SESSION - OLDERS - 6:00 PM

| No. | Minimum | Maximum | Age | Event | Minimum | Maximum | No. |
|-----|----------|----------|---------|----------------------------|----------|----------|-----|
| 1 | 21:32.10 | ... | 11/12 | 1650 Yard Freestyle | 21:51.50 | ... | 2 |
| 1 | 22:57.70 | 19:11.81 | 13/14 | 1650 Yard Freestyle | 22:35.80 | 18:42.01 | 2 |
| 1 | 22.18.40 | 18:37.91 | 15 & Up | 1650 Yard Freestyle | 21:32.00 | 17:10.41 | 2 |
| 3 | 6:59.50 | 5:50.91 | 11/12 | 500 Yard Freestyle | 7:05.30 | 5:53.61 | 4 |
| 5 | 6:07.30 | 4:56.91 | 13/14 | 400 Yard Individual Medley | 5:47.30 | 4:49.01 | 6 |
| 5 | 5:51.50 | 4:49.51 | 15 & Up | 400 Yard Individual Medley | 5:28.80 | 4:30.51 | 6 |
| 5 | 5:48.20 | ... | 11/12 | 400 Yard Individual Medley | 5:48.90 | ... | 6 |

SATURDAY, FEBRUARY 20, 2010 - MORNING SESSION - YOUNGERS 9:00 AM

RELAYS WILL BE SWUM, TIME PERMITTING

| | | | | | | | |
|----|----------------------|---------|------------|---|----------------------|---------|----|
| 7 | ... | 2:49.61 | 10 & Under | 200 Yard Individual Medley | ... | 2:50.01 | 8 |
| 9 | ... | ... | 8 & Under | 100 Yard Individual Medley | ... | ... | 10 |
| 11 | ... | 31.31 | 10 & Under | 50 Yard Freestyle | ... | 31.01 | 12 |
| 13 | ... | ... | 8 & Under | 25 Yard Freestyle | ... | ... | 14 |
| 15 | ... | 1:21.31 | 10 & Under | 100 Yard Butterfly | ... | 1:21.51 | 16 |
| 17 | ... | ... | 8 & Under | 50 Yard Backstroke | ... | ... | 18 |
| 19 | ... | 36.91 | 10 & Under | 50 Yard Backstroke | ... | 37.01 | 20 |
| 21 | ... | ... | 8 & Under | 50 Yard Freestyle | ... | ... | 22 |
| 23 | ... | 1:30.11 | 10 & Under | 100 Yard Breaststroke | ... | 1:31.31 | 24 |
| 25 | ... | ... | 8 & Under | 25 Yard Backstroke | ... | ... | 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 |
| 31 | 2:56.80 | ... | 10 & Under | 500 Yard Freestyle (Enter 200 Yard Freestyle Time) | 2:56.50 | ... | 32 |

SATURDAY, FEBRUARY 20, 2010 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:30am or at the discretion of the Meet Referee

| | | | | | | | |
|----|----------------------|---------|---------|----------------------------|----------------------|---------|----|
| 33 | ... | 2:29.01 | 11/12 | 200 Yard Individual Medley | ... | 2:29.71 | 34 |
| 35 | ... | 2:19.11 | 13/14 | 200 Yard Individual Medley | ... | 2:14.11 | 36 |
| 35 | ... | 2:17.41 | 15 & Up | 200 Yard Individual Medley | ... | 2:05.61 | 36 |
| 37 | ... | 1:00.21 | 11/12 | 100 Yard Freestyle | ... | 1:00.21 | 38 |
| 39 | ... | 56.91 | 13/14 | 100 Yard Freestyle | ... | 53.81 | 40 |
| 39 | ... | 55.11 | 15 & Up | 100 Yard Freestyle | ... | 50.21 | 40 |
| 41 | 3:01.40 | ... | 11/12 | 200 Yard Backstroke | 3:07.30 | ... | 42 |
| 41 | ... | 2:20.31 | 13/14 | 200 Yard Backstroke | ... | 2:16.61 | 42 |
| 41 | ... | 2:18.01 | 15 & Up | 200 Yard Backstroke | ... | 2:07.61 | 42 |
| 43 | ... | 1:08.71 | 11/12 | 100 Yard Butterfly | ... | 1:09.41 | 44 |
| 45 | ... | 1:04.01 | 13/14 | 100 Yard Butterfly | ... | 1:01.21 | 46 |
| 45 | ... | 1:01.21 | 15 & Up | 100 Yard Butterfly | ... | 55.51 | 46 |
| 47 | 3:25.90 | ... | 11/12 | 200 Yard Breaststroke | 3:26.20 | ... | 48 |
| 47 | ... | 2:37.21 | 13/14 | 200 Yard Breaststroke | ... | 2:32.71 | 48 |
| 47 | ... | 2:36.01 | 15 & Up | 200 Yard Breaststroke | ... | 2:24.11 | 48 |
| 49 | ... | 36.31 | 11/12 | 50 Yard Breaststroke | ... | 36.81 | 50 |
| 51 | 6:32.30 | 5:29.41 | 13/14 | 500 Yard Freestyle | 6:20.30 | 5:19.71 | 52 |
| 51 | 6:29.90 | 5:20.01 | 15 & Up | 500 Yard Freestyle | 6:05.30 | 4:59.41 | 52 |
| 53 | ... | 32.81 | 11/12 | 50 Yard Backstroke | ... | 32.81 | 54 |
| 55 | Coaches Only | | 13 & Up | 400 Yard Freestyle Relay | Coaches Only | | 56 |
| 57 | Enter Relays on Deck | | 11/12 | 200 Yard Freestyle Relay | Enter Relays on Deck | | 58 |

ANAHEIM AQUATICS ASSOCIATION "SPRING JO MAX" CHAMPIONSHIPS

DATE OF MEET: FEBRUARY 19, 20 & 21, 2010

ENTRIES DUE: February 8, 2010 (Monday)

Submit best recorded short course yard times.

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

You may swim a maximum of 4 events per day.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

SUNDAY, FEBRUARY 21, 2010 - MORNING SESSION - YOUNGERS - 9:00 AM

RELAYS WILL BE SWUM, TIME PERMITTING

| No. | Minimum | Maximum | Age | Event | Minimum | Maximum | No. |
|-----|----------------------|---------|------------|----------------------------|----------------------|---------|-----|
| 59 | ... | ... | 8 & Under | 100 Yard Freestyle | ... | ... | 60 |
| 61 | ... | 1:08.61 | 10 & Under | 100 Yard Freestyle | ... | 1:08.31 | 62 |
| 63 | ... | ... | 8 & Under | 25 Yard Butterfly | ... | ... | 64 |
| 65 | ... | 35.21 | 10 & Under | 50 Yard Butterfly | ... | 35.41 | 66 |
| 67 | ... | ... | 8 & Under | 25 Yard Breaststroke | ... | ... | 68 |
| 69 | ... | 42.01 | 10 & Under | 50 Yard Breaststroke | ... | 42.01 | 70 |
| 71 | ... | ... | 8 & Under | 50 Yard Freestyle | ... | ... | 72 |
| 73 | ... | 1:20.21 | 10 & Under | 100 Yard Backstroke | ... | 1:20.41 | 74 |
| 75 | ... | ... | 8 & Under | 50 Yard Butterfly | ... | ... | 76 |
| 77 | ... | 1:19.31 | 10 & Under | 100 Yard Individual Medley | ... | 1:18.71 | 78 |
| 79 | ... | ... | 8 & Under | 50 Yard Breaststroke | ... | ... | 80 |
| 81 | ... | 2:28.71 | 10 & Under | 200 Yard Freestyle | ... | 2:29.31 | 82 |
| 83 | Coaches Only | | 8 & Under | 100 Yard Medley Relay | Coaches Only | | 84 |
| 85 | Enter Relays on Deck | | 10 & Under | 200 Yard Medley Relay | Enter Relays on Deck | | 86 |

SUNDAY, FEBRUARY 21, 2010 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:30am or at the discretion of the Meet Referee

| | | | | | | | |
|-----|----------------------|----------|---------|----------------------------|----------------------|----------|-----|
| 87 | ... | 2:11.31 | 11/12 | 200 Yard Freestyle | ... | 2:11.71 | 88 |
| 89 | ... | 2:02.91 | 13/14 | 200 Yard Freestyle | ... | 1:57.81 | 90 |
| 89 | ... | 1:59.91 | 15 & Up | 200 Yard Freestyle | ... | 1:49.11 | 90 |
| 91 | ... | 31.21 | 11/12 | 50 Yard Butterfly | ... | 31.31 | 92 |
| 93 | ... | 1:18.51 | 11/12 | 100 Yard Breaststroke | ... | 1:20.01 | 94 |
| 95 | ... | 1:13.21 | 13/14 | 100 Yard Breaststroke | ... | 1:10.31 | 96 |
| 95 | ... | 1:12.61 | 15 & Up | 100 Yard Breaststroke | ... | 1:04.81 | 96 |
| 97 | ... | 27.91 | 11/12 | 50 Yard Freestyle | ... | 27.91 | 98 |
| 99 | ... | 26.41 | 13/14 | 50 Yard Freestyle | ... | 25.01 | 100 |
| 99 | ... | 25.81 | 15 & Up | 50 Yard Freestyle | ... | 23.11 | 100 |
| 101 | 2:58.10 | ... | 11/12 | 200 Yard Butterfly | 3:02.60 | ... | 102 |
| 101 | ... | 2:23.01 | 13/14 | 200 Yard Butterfly | ... | 2:18.91 | 102 |
| 101 | ... | 2:16.81 | 15 & Up | 200 Yard Butterfly | ... | 2:06.01 | 102 |
| 103 | ... | 1:09.51 | 11/12 | 100 Yard Individual Medley | ... | 1:10.31 | 104 |
| 105 | ... | 1:05.11 | 13/14 | 100 Yard Backstroke | ... | 1:02.81 | 106 |
| 105 | ... | 1:03.81 | 15 & Up | 100 Yard Backstroke | ... | 58.31 | 106 |
| 107 | ... | 1:09.91 | 11/12 | 100 Yard Backstroke | ... | 1:10.71 | 108 |
| 109 | Coaches Only | | 13 & Up | 400 Yard Medley Relay | Coaches Only | | 110 |
| 111 | Enter Relays on Deck | | 11/12 | 200 Yard Medley Relay | Enter Relays on Deck | | 112 |
| 113 | 13:45.80 | 11:27.91 | 13/14 | 1000 Yard Freestyle | 13:30.70 | 11:06.61 | 114 |
| 113 | 13:24.80 | 11:06.81 | 15 & Up | 1000 Yard Freestyle | 12:53.50 | 10:27.91 | 114 |
| 113 | 12:58.60 | ... | 11/12 | 1000 Yard Freestyle | 13:09.80 | ... | 114 |

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

Swimmers in the 500, 1000 and 1650 Freestyle must provide their own counters and timers

Swimmers in the 400 IM must provide their own timers.

Assigned warm up times may apply, teams will be notified prior to the first day of the meet.