

THE EVAN COUSINEAU SPRING "RED AND WHITE" SHORT COURSE AGE GROUP SWIM MEET presented by SET AQUATICS

Sanctioned by: Southern California Swimming
Sanction Number: 10-163
Sponsored by: SET Aquatics
Orange Committee

DATE OF MEET: June 12 & 13, 2010
ENTRIES RECEIVED BY 5:00 PM: June 2, 2010 (Wednesday)
WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

The Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the morning session.

- POOL:** TESORO HIGH SCHOOL, 1 Tesoro Creek Road, Rancho Santa Margarita, CA 92688. From the 5 Freeway: Exit Oso Parkway, go East. Travel about 5 miles, pass Antonio Parkway (light) Turn right at the light onto Tesoro Creek Road. Go straight and stay on your left, the Pool is located by the Tennis Courts.
- COURSE:** TESORO HIGH SCHOOL POOL is an outdoor 25 yard by 50 meter pool with eight (8) swimming lanes and warmup space. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End Lane 1 – 8 = 6'7", Turn End Lanes 1-8 = 12'2".
- SPECIAL NOTICE:** **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. SET will limit entries to meet the "4 Hour" rule for each session. Swimmers in the 400 IM and 500 Yard Freestyle must provide timers for three heats.** All distance event swimmers must provide their own lap counters. **RELAYS WILL BE SWUM TIME PERMITTING.** Relay swimmers are not permitted to swim a stroke in a relay if they hold a "BLUE" time in any distance of that stroke. 5-8 year old swimmers may enter 5-8 events or 5-10 events but not a combination. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** Team Warm Up time will be split and announced at the meet. **NO TEAMS ALLOWED TO SET UP ON DECK.**
- MEDIA:** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
- 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 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 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 on **June 12, 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 to be eligible for entry into this meet. **NO ON-DECK ENTRIES.** 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 "NT". (see 2010 Swim Guide for exceptions). *11/12 year old swimmers entering the 500 Yard Freestyle **must have qualified to enter with the minimum RED 500 Freestyle time standard (Girls 6:59.50; Boys 7:05.30).** Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:** "RED" and "WHITE" DIVISION RIBBONS 1st through 8th
RELAYS: RIBBONS 1st through 3rd
Ribbons will be awarded by the following age groups: 5/6, 7/8, 10 & Under, 11/12, 13/14 and 15 & Up
- 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. (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:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JUNE 2, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST 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:	JULSONLL@AOL.COM
And MAIL TO:	LYNDA JULSON
(Include Swimmer's name and SCS Number)	25552 Loganberry Lane Lake Forest, CA 92630

For further meet Information call: Ashley Yotter at 949/336-6026 or email Ashley.Yotter@gmail.com Receipt of entry will not be verified by phone or email.

THE EVAN COUSINEAU SHORT COURSE "RED AND WHITE" AGE GROUP MEET

presented by SET AQUATICS

Date of Meet: June 12 & 13, 2010

Entries Due: June 2, 2010 (WEDNESDAY)

Submit 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.

RELAYS WILL BE SWUM TIME PERMITTING.

SET WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

5-8 year old swimmers may swim in 5-8 or 5-10 evnets but not a combination.

11/12 year old swimmers entering the 500 yard Freestyle must have qualified to enter with the minimum **RED** 500 Freestyle time standard (Girls 6:59.50; Boys 7:05.30).

Swimmers in the 400 IM and 500 Yard Freestyle must provide timers for three heats.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

Girls		Saturday, June 12, 2010			9:00 am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
1	3:06.51	5-10	200 Yard Individual Medley	3:07.41	2			
3	1:41.21	5-8	100 Yard Individual Medley	1:38.51	4			
5	1:29.31	5-10	100 Yard Butterfly	1:29.41	6			
7	21.31	5-8	25 Yard Butterfly	21.31	8			
9	1:28.61	5-10	100 Yard Backstroke	1:28.71	10			
11	48.11	5-8	50 Yard Backstroke	46.81	12			
13	45.61	5-10	50 Yard Breaststroke	45.61	14			
15	24.01	5-8	25 Yard Breaststroke	23.31	16			
17	33.91	5-10	50 Yard Freestyle	34.11	18			
19	40.51	5-8	50 Yard Freestyle	39.41	20			
21	Coaches	5-8	100 Yard Freestyle Relay	On	22			
23	Enter	5-10	200 Yard Freestyle Relay	Deck	24			

PM session will begin no sooner than 1:00pm or 60 minutes after the conclusion of the first session.

25	2:46.21	11/12	200 Yard Individual Medley	2:46.51	26			
27	2:36.61	13/14	200 Yard Individual Medley	2:29.01	28			
27	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	28			
29	30.71	11/12	50 Yard Freestyle	30.81	30			
31	29.31	13/14	50 Yard Freestyle	27.51	32			
31	29.31	15 & Up	50 Yard Freestyle	26.51	32			
33	1:17.91	11/12	100 Yard Backstroke	1:20.51	34			
35	2:39.61	13/14	200 Yard Backstroke	2:31.01	36			
35	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	36			
37	3:08.81	11/12	200 Yard Breaststroke	3:09.01	38			
39	40.81	11/12	50 Yard Breaststroke	41.01	40			
41	1:23.41	13/14	100 Yard Breaststroke	1:19.11	42			
41	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	42			
43	34.31	11/12	50 Yard Butterfly	34.51	44			
45	2:43.21	11/12	200 Yard Butterfly	2:47.41	46			
47	2:40.51	13/14	200 Yard Butterfly	2:33.31	48			
47	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	48			
49	Coaches	11/12	200 Yard Freestyle Relay	On	50			
51	Enter	13 & Up	200 Yard Freestyle Relay	Deck	52			
53	6:24.61	*11/12	500 Yard Freestyle	6:29.81	54			
53	5:59.61	13/14	500 Yard Freestyle	5:48.61	54			
53	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	54			

Girls		Sunday, June 13, 2010			9:00am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
55	2:42.01	5-10	200 Yard Freestyle	2:41.81	56			
57	1:28.41	5-8	100 Yard Freestyle	1:25.01	58			
59	38.31	5-10	50 Yard Butterfly	38.21	60			
61	46.31	5-8	50 Yard Butterfly	47.01	62			
63	1:40.01	5-10	100 Yard Breaststroke	1:40.51	64			
65	52.31	5-8	50 Yard Breaststroke	51.01	66			
67	40.51	5-10	50 Yard Backstroke	40.41	68			
69	22.21	5-8	25 Yard Backstroke	21.61	70			
71	1:14.71	5-10	100 Yard Freestyle	1:14.31	72			
73	18.11	5-8	25 Yard Freestyle	17.61	74			
75	1:26.61	5-10	100 Yard Individual Medley	1:26.91	76			
77	Coaches	8 & Under	100 Yard Medley Relay	On	78			
79	Enter	10 & Under	200 Yard Medley Relay	Deck	80			

PM Session will begin no sooner than 1:00 pm or 60 minutes after the conclusion of the first session.

81	2:24.11	11/12	200 Yard Freestyle	2:24.61	82			
83	2:16.11	13/14	200 Yard Freestyle	2:10.91	84			
83	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	84			
85	1:16.11	11/12	100 Yard Butterfly	1:18.21	86			
87	1:11.01	13/14	100 Yard Butterfly	1:07.71	88			
87	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	88			
89	1:28.91	11/12	100 Yard Breaststroke	1:29.01	90			
91	3:01.71	13/14	200 Yard Breaststroke	2:50.81	92			
91	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	92			
93	36.21	11/12	50 Yard Backstroke	36.61	94			
95	2:46.21	11/12	200 Yard Backstroke	2:51.41	96			
97	1:14.11	13/14	100 Yard Backstroke	1:11.31	98			
97	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	98			
99	1:06.71	11/12	100 Yard Freestyle	1:06.21	100			
101	1:03.41	13/14	100 Yard Freestyle	59.61	102			
101	1:02.81	15 & Up	100 Yard Freestyle	57.41	102			
103	1:17.71	11/12	100 Yard Individual Medley	1:17.71	104			
105	Coach	13 & Up	200 Yard Medley Relay	On	106			
107	Entered	11/12	200 Yard Medley Relay	Deck	108			
109	5:36.61	13/14	400 Yard Individual Medley	5:18.21	110			
109	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	110			