

2010
Southern California Swimming
June Age Group
Invitational

June 24-27, 2010

Open to:

Metro (Except: OASIS)

Orange: BREA, FAST, VFA

**Pacific: BRSC, CCY, COLA, HOLY, LAC, MEGA, PVAC, ROSE, RYL, SGAC, TCS, VHC,
WEST, WHG, WSTA, ZAP**

Eastern: CROC, DSRT, DTAC, HILL, LLF, PSP, TRID, YST



La Mirada Splash Aquatic Center
La Mirada, California

Hosted by:

Southern California Swimming
and La Mirada Armada

2010 SOUTHERN CALIFORNIA SWIMMING June Age Group Invitational

Thursday, Friday, Saturday, Sunday – June 24-27, 2010

Sponsored By: SCS & La Mirada Armada

Sanction Number: 10-

Entries Due: Entries must be **received** by 5PM PDT on Wednesday, June 16, 2010. Entry may be received electronically, USPS, delivery service or hand delivered.

Eligibility: Open to 2010 USA Swimming registered swimmers registered in Metro (Except: OASIS), Orange (BREA, FAST, VFA) Pacific (BRSC, CCY, COLA, HOLY, LAC, MEGA, PVAC, ROSE, RYL, SGAC, TCS, VHC, WEST, WHG, WSTA, ZAP), Eastern (CROC, DSRT, DTAC, HILL, LLF, PSP, TRID, YST) who have met and can prove the posted "June Invite" time standards. SCS unattached swimmers must compete in their assigned Committee meet. Out of District swimmers will be limited to 150 swimmers at each site on a first come, first serve basis (Ventura, La Mirada and Irvine). A request form is posted at <http://www.socalswim.org/>. 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.

Facility: Splash Aquatic Center in La Mirada is an outdoor 25-yard by 50 meter pool. Warm-up/warm-down lanes in a separate 50 meter pool will be open during the meet. The competition course has been certified in accordance with 104.2.2(C). **Pool depth at start: 7 feet, at turn end: 14 feet.**

Directions: Splash Aquatic Center, 13806 La Mirada Blvd., La Mirada, CA. From the Santa Ana Freeway (5) heading SOUTH: exit at Valley View travel EAST. Turn RIGHT at Rosecrans. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center. Heading NORTH: exit at Beach Blvd. Proceed NORTH. Turn LEFT at La Mirada Blvd. Turn RIGHT at Civic Center.

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first four events on each day prelims/finals or timed finals sessions will close one-half hour prior to the start of the meet. Swimmers must compete in their own age group. Age on June 24, 2010 determines age for the meet. Combined events will be conducted as heats and finals. Prelim heats will be seeded all ages combined. A consolation final and championship final will be offered for 11-12/13-14 events or 13-14 events, and 15-18 events. Relays for 10 & Un and 11-12 divisions are conducted at the conclusion of the timed final session. Relays for 13-14, 15-16 and 11/UP divisions are conducted at the conclusion of the finals' session. The 11/UP relays are **non-scoring** relays.

Swimsuits: 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.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Meet Start Times: Preliminary sessions for the Combined Prelim events June 24-27 will begin at 9:00 A.M. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 12 & under timed finals events each day. 12 & under timed finals will begin 45 minutes after the last preliminary heat of the day (Sun after the 1500).

Warm-up times: Controlled warm-ups will begin each day at 7:30 a.m. in the competition pool. The competition pool will be closed at 8:45 a.m. with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups.

Entry Limit: A swimmer may enter all events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day. **NOTE: For selection to this summer's SCS North American Challenge Cup (NACC) team, 11/12 year olds qualifying events will include the 200 Back, 200 Breast, 200 Fly (NOT the 50 Back, 50 Breast, 50 Fly).**

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet a swimmer may **UNATTACH** (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

Distance Events: The 800 / 1500 meter freestyle events (all age groups combined) are "timed finals" with standard seeding procedures:

- Events will be swum fastest to slowest alternating girls & boys heats.
- Fastest heat of girl's (combined) 800 and 1500 will be swum following event 2 and 84 on Thursday and Sunday, respectively.
- Fastest heat of boy's (combined) 800 and 1500 will be swum following event 4 and 86 on Thursday and Sunday, respectively.
- All other heats of 800 and 1500 will be swum at end of prelims on Thursday and Sunday, respectively.

Swimmers in the 800 and 1500 freestyle must be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.

If entries warrant, the events 800 and/or 1500 events will be swum two swimmers per lane.

Submitted Times: Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If using a blue card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after Sept. 1, 2008 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to 2010 SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet. **NOTE: All entry times will be verified in advance through the USA SWIMS database.**

Entry: Submit a Blue "proof-of-time" Southern California Consolidated Entry Card for each swimmer. Card must be completely filled out including entire USA Swimming registration number. Individual entry charge of **\$4.75 per entered event** plus **\$12.00 surcharge** must accompany each entry card.

Electronic Entry Procedure: 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 or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy.

Scoring: Individual scoring: 1-16 (USA Swimming Rules 102.7.3); relay scoring: double individual points.

Awards: Distinctive custom medals will be awarded for first through eighth place in all individual events and first through third place in all relay events (except 11&up relays). Certificates will be awarded to consolation finalists, 9th through 16th place. Swimmers 19 years and older are not eligible for awards. Awards for the 10/Under and 11/12 age groups will be given for the Timed Finals events only.

Relays: Relays for 10 & under and 11-12 age groups will be swum at the conclusion of the timed final sessions each day. Relays for 13-14, 15-18, and 11/UP division will be swum as timed-final events in the finals' sessions following the individual events. The 11/UP relays are **non-scoring, non-award** relays. A club may enter one relay in an event without proof of time provided it enters only that one relay. A club entering more than one relay in an event must provide proof of time (meeting June Inv time standard) for each relay entered. Coaches must pre-enter relays (\$12.00 per relay) and relay only swimmers (\$12.00 swimmer surcharge).

Finals: A consolation and championship final (16 swimmers) will be offered for 11-12/13-14 events or 13-14 events, and 15-18 events. 11-12/13-14 events are combined finals; there are no 11-12 finals at the meet. Relays, 800 & 1500 freestyle are timed finals. **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Finals: scratch only (positive check in will not be used). Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet. 19 and Up swimmers will be considered for finals, space available only.

Snack Bar: A complete snack bar is available including breakfast each day of the meet.

Vendors: Swimwear & equipment vendors will be located conveniently at the site of the meet for all your swimming needs.

Souvenir Apparel Available: Meet T-shirts, sweat shirts, etc. designed specifically for the "June Age Group Invitational" Meet will be available for purchase at the meet.

Entries must be received by Wednesday, June 16, 2010

Make checks payable to: Southern California Swimming

Mail entries to: RMDA "June Age Group Invite"
c/o Alina de Armas
P.O. Box 63
Simi Valley, CA 93062
dearmas1@gmail.com

Hand delivered to: Same as above

FOR INFORMATION: Call Southern California Swimming at (805) 682-0135 or Don Garman (949) 552-1710.

Notice: 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.

Thursday - June 24, 2010 - Preliminary Session, Start Time 9:00 AM					
Evt No.	GIRLS	EVENT	AGE	BOYS	Evt No.
1	2:24.10	200 FREESTYLE	13-14	2:20.10	2
	2:20.00	200 FREESTYLE	15/UP	2:08.00	
3	2:50.40	200 BACKSTROKE	11-12/ 13-14	2:46.50	4
	2:46.40	200 BACKSTROKE	15/UP	2:30.30	
5	2:45.10	200 IM	13-14	2:40.70	6
	2:41.20	200 IM	15/UP	2:28.60	
7	10:57.70	800 FREESTYLE	11-12/ 13-14	10:31.20	8
	10:31.70	800 FREESTYLE	15/UP	9:57.40	
9	10:16.40	800 FREE RELAY	13-14	9:54.00	10
11	10:18.80	800 FREE RELAY	15-18	9:27.20	12
13	10:18.80	800 FREE RELAY	11/UP*	9:54.00	14

Friday - June 25, 2010- Preliminary Session, Start Time 9:00 AM					
15	3:10.30	200 BREASTSTROKE	11-12/ 13-14	3:04.90	16
	3:05.00	200 BREASTSTROKE	15/UP	2:55.00	
17	1:15.00	100 BUTTERFLY	13-14	1:13.50	18
	1:13.10	100 BUTTERFLY	15/UP	1:04.70	
19	4:59.50	400 FREESTYLE	11-12/ 13-14	4:53.70	20
	4:52.70	400 FREESTYLE	15/UP	4:32.30	
21	5:31.80	400 MED RELAY	13-14	5:16.50	22
23	5:35.10	400 MED RELAY	15-18	5:05.30	24
25	5:35.10	400 MED RELAY	11/UP*	5:16.50	26

Friday - June 25, 2010 - Timed Finals Session					
27	2:54.40	200 FREESTYLE	10-UN	2:56.80	28
29	1:23.20	100 BACKSTROKE	11-12	1:24.50	30
31	1:35.40	100 BACKSTROKE	10-UN	1:37.60	32
33	1:34.00	100 BREASTSTROKE	11-12	1:35.60	34
35	1:46.40	100 BREASTSTROKE	10-UN	1:50.00	36
37	36.90	50 BUTTERFLY	11-12	37.20	38
39	42.00	50 BUTTERFLY	10-UN	42.00	40
41	5:22.60	400 FREESTYLE	11-12	5:30.90	42
43	5:52.90	400 MED RELAY	11-12	5:54.60	44

Short course (yards) time standards are available on <http://www.socalswim.org/> and in the 2010 SCS Swim Guide as the "June Invite" standard.

11/Up relays are **non-scoring, non-award** relays.

Saturday - June 26, 2010 - Preliminary Session, Start Time 9:00 AM					
Evt No.	GIRLS	EVENT	AGE	BOYS	Evt No.
45	5:53.00	400 IM	11-12/ 13-14	5:44.20	46
	5:44.70	400 IM	15/UP	5:21.70	
47	1:06.00	100 FREESTYLE	13-14	1:03.50	48
	1:04.00	100 FREESTYLE	15/UP	58.30	
49	1:18.00	100 BACKSTROKE	13-14	1:16.00	50
	1:15.60	100 BACKSTROKE	15/UP	1:10.00	
51	2:38.40	200 MED RELAY	13-14	2:30.70	52
53	2:40.00	200 MED RELAY	15-18	2:25.10	54
55	2:40.00	200 MED RELAY	11/UP*	2:30.70	56
57	2:13.20	200 FREE RELAY	13-14	2:00.80	58
59	2:15.60	200 FREE RELAY	15-18	2:00.80	60
61	2:15.60	200 FREE RELAY	11/UP*	2:00.80	62

Saturday - June 26, 2010 - Timed Finals Session					
63	3:19.20	200 IM	10-UN	3:20.70	64
65	2:53.00	200 IM	11-12	2:54.70	66
67	44.30	50 BACKSTROKE	10-UN	44.70	68
69	39.00	50 BACKSTROKE	11-12	39.80	70
71	1:20.40	100 FREESTYLE	10-UN	1:20.00	72
73	1:10.50	100 FREESTYLE	11-12	1:10.50	74
75	2:33.60	200 FREE RELAY	10-UN	2:32.40	76
77	2:19.60	200 FREE RELAY	11-12	2:17.60	78
79	2:59.40	200 MED RELAY	10-UN	2:58.90	80
81	2:40.90	200 MED RELAY	11-12	2:41.20	82

Sunday - June 27, 2010 - Preliminary Session, Start Time 9:00 AM					
Evt No.	GIRLS	EVENT	AGE	BOYS	Evt No.
83	2:52.70	200 BUTTERFLY	11-12/ 13-14	2:46.80	84
	2:48.00	200 BUTTERFLY	15/UP	2:31.40	
85	30.80	50 FREESTYLE	13-14	29.20	86
	29.90	50 FREESTYLE	15/UP	27.00	
87	1:27.50	100 BREASTSTROKE	13-14	1:25.20	88
	1:25.70	100 BREASTSTROKE	15/UP	1:18.30	
89	20:19.20	1500 FREESTYLE	11-12/ 13-14	20:00.30	90
	20:03.00	1500 FREESTYLE	15/UP	19:19.90	
91	4:47.60	400 FREE RELAY	13-14	4:31.60	92
93	4:49.60	400 FREE RELAY	15-18	4:21.60	94
95	4:49.60	400 FREE RELAY	11/UP*	4:31.60	96

Sunday - June 27, 2010 - Timed Finals Session					
97	2:32.70	200 FREESTYLE	11-12	2:34.60	98
99	49.90	50 BREASTSTROKE	10-UN	50.10	100
101	43.70	50 BREASTSTROKE	11-12	44.00	102
103	1:37.90	100 BUTTERFLY	10-UN	1:38.30	104
105	1:23.10	100 BUTTERFLY	11-12	1:24.60	106
107	36.60	50 FREESTYLE	10-UN	37.10	108
109	32.60	50 FREESTYLE	11-12	32.90	110
111	5:02.40	400 FREE RELAY	11-12	5:00.40	112