

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

Sanctioned by: Southern California Swimming
Sanction Number: 10-171
Sponsored by: Orange Regional Competitive Aquatics
Orange Committee

DATE OF MEET: July 23, 24 & 25, 2010
ENTRIES RECEIVED BY 5:00PM: July 14, 2010 (Wednesday)
WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 6:00 PM (Fri), 9:00 AM (Sat/Sun)

The following Orange Committee Teams may attend: AAA, AST, AZOT, BGST, BREA, CDM, DA, FAST, LBST, NGG, OCW, SCAC, SCAT, STOP, TD, WASC, YOC
***The second session will begin no sooner than 12:00 pm or 90 minutes after the conclusion of the first session**

- POOLS:** CANYON HIGH SCHOOL, 220 S. IMPERIAL HIGHWAY, ANAHEIM, CA. From the 55 Freeway to the 91 Freeway East towards Riverside, exit Imperial Highway, go right about ½ mile, Canyon High School is on the left side of the street.
- 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'.
- SPECIAL NOTICE:** Swimmers may swim a maximum of **FOUR** events per day. Swimmers in the **400 IM, 500, 1000 and 1650 Freestyle** must provide a timer for three heats; freestyle requires own lap counter. **5-8 year old swimmers may compete in 5-8 or 5-10 events, but not a combination. 5-10 500 yard Freestyle swimmers enter best 200 Yard Freestyle time that meets or exceeds the stated minimum time. The 400 IM, 500, 1000 and 1650 Yard Freestyles will be swum alternating girls and boys. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. Relays will be swum, time permitting. Timers must be provided by each team. POSSIBLE SPLIT WARMUP WILL BE ANNOUNCED.**
- 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). **Teams will be assigned warm up time, which will be announced.**
- 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 must check in for the first 4 events **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 **July 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 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**). Coaches and swimmers should be prepared to verify all submitted times. All non conforming times will be seeded last. Discrepancy in the submitted times can lead to disciplinary action.
- QUALIFYING TIMES:** 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.
- AWARDS:** INDIVIDUAL EVENTS: 5-10, 11/12, 13/14 and 15 & Up: Summer JO/BLUE Division – MEDALS 1st – 3rd RIBBONS 4th – 8th
5-10: RED and WHITE Division – RIBBONS 1 – 8th
5-8: BLUE and RED Division – MEDALS 1st – 3rd RIBBONS 4th – 8th WHITE Division – RIBBONS 1st – 8th
DIVISION TEAM TROPHIES (to be determined by entries): 1st through 3rd 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.
JAG: 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 \$5.50 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 a 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 JULY 14, 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 Information call: Kenny Russell at 714/283-2176 or email Kenny@anaheimaquatics.org Receipt of entry **will not** be verified by phone or email.

"FULL SNACK BAR AVAILABLE"

AAA "SUMMER JO MAX" CHAMPIONSHIPS SHORT COURSE MEET

DATE OF MEET: JULY 23, 24 & 25, 2010

ENTRIES DUE: JULY 14, 2010 (Wednesday)

Times submitted must be BEST RECORDED TIMES short course or long course. All non conforming times will be seeded last.
 5-8 year old swimmers may compete in 5-8 or 5-10 events, but not any combination.
 You may swim a maximum of 4 events per day.

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Girls **FRIDAY, JULY 23, 2010 - EVENING SESSION - 6:00 PM** Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
1	2:56.80	2:31.81	5-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:56.50	2:31.31	2
3	22:57.70	19:55.31	13/14	1650 Yard Freestyle	22:35.80	19:36.81	4
3	22:18.40	19:39.51	15 & Up	1650 Yard Freestyle	21:32.00	18:45.11	4
3	23:27.89	...	11/12	1650 Yard Freestyle	23:10.49	...	4
5	6:07.30	5:07.51	13/14	400 Yard Individual Medley	5:47.30	4:58.61	6
5	5:51.50	5:01.81	15 & Up	400 Yard Individual Medley	5:28.80	4:44.21	6
5	6:04.19	...	11/12	400 Yard Individual Medley	5:56.29	...	6

SATURDAY, JULY 24, 2010 - MORNING SESSION - YOUNGERS 9:00 AM

7	5-8	100 Yard Freestyle	8
9	...	2:52.91	5-10	200 Yard Individual Medley	...	2:50.91	10
11	5-8	50 Yard Breaststroke	12
13	...	42.71	5-10	50 Yard Breaststroke	...	43.61	14
15	5-8	25 Yard Freestyle	16
17	...	1:09.91	5-10	100 Yard Freestyle	...	1:09.71	18
19	5-8	25 Yard Backstroke	20
21	...	38.41	5-10	50 Yard Backstroke	...	38.31	22
23	5-8	50 Yard Butterfly	24
25	...	1:25.31	5-10	100 Yard Butterfly	...	1:25.51	26
27	Coaches Only		5-10	200 Yard Freestyle Relay	Coaches Only		28
29	Enter Relays on Deck		5-8	100 Yard Freestyle Relay	Enter Relays on Deck		30

SATURDAY, JULY 24, 2010 - AFTERNOON SESSION - OLDERS - 1 1/2 HOURS AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

31	...	2:31.81	11/12	200 Yard Individual Medley	...	2:30.81	32
31	...	2:22.71	13/14	200 Yard Individual Medley	...	2:17.31	32
31	...	2:19.11	15 & Up	200 Yard Individual Medley	...	2:08.11	32
33	...	1:01.31	11/12	100 Yard Freestyle	...	1:01.71	34
35	...	58.21	13/14	100 Yard Freestyle	...	55.41	36
35	...	55.91	15 & Up	100 Yard Freestyle	...	51.11	36
37	3:01.40	...	11/12	200 Yard Backstroke	3:07.30	...	38
37	...	2:26.71	13/14	200 Yard Backstroke	...	2:23.61	38
37	...	2:23.01	15 & Up	200 Yard Backstroke	...	2:14.81	38
39	...	1:10.71	11/12	100 Yard Butterfly	...	1:11.71	40
41	...	1:05.61	13/14	100 Yard Butterfly	...	1:02.51	42
41	...	1:02.91	15 & Up	100 Yard Butterfly	...	56.41	42
43	...	37.11	11/12	50 Yard Breaststroke	...	37.81	44
45	3:25.90	...	11/12	200 Yard Breaststroke	3:26.20	...	46
45	...	2:43.51	13/14	200 Yard Breaststroke	...	2:38.11	46
45	...	2:42.01	15 & Up	200 Yard Breaststroke	...	2:31.11	46
47	...	1:12.91	11/12	100 Yard Backstroke	...	1:13.51	48
49	Coaches Only		13 & Up	400 Yard Freestyle Relay	Coaches Only		50
51	Enter Relays on Deck		11/12	200 Yard Freestyle Relay	Enter Relays on Deck		52
53	6:32.30	5:37.61	13/14	500 Yard Freestyle	6:20.30	5:27.81	54
53	6:29.90	5:27.81	15 & Up	500 Yard Freestyle	6:05.30	5:06.81	54
53	6:59.50	5:56.61	11/12	500 Yard Freestyle	7:05.30	6:02.61	54

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Girls **SUNDAY, JULY 25, 2010 - MORNING SESSION - YOUNGERS - 9:00 AM** Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
55	5-10	100 Yard Individual Medley	56
57	5-8	100 Yard Individual Medley	58
59	...	31.71	5-10	50 Yard Freestyle	...	31.71	60
61	5-8	50 Yard Freestyle	62
63	...	1:33.31	5-10	100 Yard Breaststroke	...	1:35.31	64
65	5-8	25 Yard Breaststroke	66
67	...	1:22.81	5-10	100 Yard Backstroke	...	1:22.61	68
69	5-8	50 Yard Backstroke	70
71	...	35.91	5-10	50 Yard Butterfly	...	35.81	72
73	5-8	25 Yard Butterfly	74
75	...	2:31.81	5-10	200 Yard Freestyle	...	2:31.31	76
77	Coaches Only		5-8	100 Yard Medley Relay	Coaches Only		78
79	Enter Relays on Deck		5-10	200 Yard Medley Relay	Enter Relays on Deck		80

SUNDAY, JULY 25, 2010 AFTERNOON SESSION - OLDER'S - 1 1/2 HOURS AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

81	...	2:13.11	11/12	200 Yard Freestyle	...	2:13.11	82
83	...	2:05.91	13/14	200 Yard Freestyle	...	2:00.41	84
83	...	2:01.31	15 & Up	200 Yard Freestyle	...	1:51.81	84
85	...	1:21.11	11/12	100 Yard Breaststroke	...	1:22.21	86
87	...	1:16.31	13/14	100 Yard Breaststroke	...	1:12.81	88
87	...	1:14.31	15 & Up	100 Yard Breaststroke	...	1:08.51	88
89	...	28.01	11/12	50 Yard Freestyle	...	28.01	90
91	...	26.81	13/14	50 Yard Freestyle	...	25.41	92
91	...	26.21	15 & Up	50 Yard Freestyle	...	23.61	92
93	...	31.21	11/12	50 Yard Butterfly	...	31.41	94
95	2:58.10	...	11/12	200 Yard Butterfly	3:02.60	...	96
95	...	2:32.41	13/14	200 Yard Butterfly	...	2:27.41	96
95	...	2:25.01	15 & Up	200 Yard Butterfly	...	2:13.61	96
97	...	33.81	11/12	50 Yard Backstroke	...	34.11	98
99	...	1:07.91	13/14	100 Yard Backstroke	...	1:06.41	100
99	...	1:06.41	15 & Up	100 Yard Backstroke	...	1:01.01	100
101	11/12	100 Yard Individual Medley	102
103	Coaches Only		13 & Up	400 Yard Medley Relay	Coaches Only		104
105	Enter Relays on Deck		11/12	200 Yard Medley Relay	Enter Relays on Deck		106
107	13:45.80	11:50.01	13/14	1000 Yard Freestyle	13:30.70	11:32.91	108
107	13:24.70	11:31.91	15 & Up	1000 Yard Freestyle	12:53.30	10:59.31	108
107	13:55.99	...	11/12	1000 Yard Freestyle	13:46.49	...	108

TEAM WARM UP TIME WILL BE ASSIGNED AND ANNOUNCED

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

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

FULL SNACK BAR AVAILABLE