

# Southern California Swimming Senior Invitational Short Course Meet

## Hosted by Conejo Simi Swim Club

<b>DATE OF MEET:</b>	October 23-24, 2010
<b>SANCTIONED BY:</b>	Southern California Swimming, USA Swimming
<b>STARTING TIME:</b>	9:00AM, Check-in/Warm-up at 7:30AM
<b>SANCTION #:</b>	<b>10 - 225</b>
<b>ENTRY DEADLINE:</b>	<b>Entries must be received by 5:00 PM Wednesday, October 13, 2010.</b>
<b>LOCATION:</b>	California Lutheran University, Samuelson Aquatic Center, 60 W Olsen Road, Thousand Oaks, CA 91360. From 101 Freeway take 23, exit Olsen and head west toward Thousand Oaks. Pool is approx 3 miles on the right.
<b>COURSE:</b>	Short Course--Pool is an outdoor 50m x 25y pool with 8 competition swimming lanes and 7 warm-up lanes. <b>Glass containers are not allowed in the pool area!</b> The competition course has been certified in accordance with 104.2.2(C). Pool depth at start:7ft turn end: 7ft.
<b>WARM-UP:</b>	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2010 or 2011 USA Swimming coach. Warm up rules will be announced and enforced. No diving into the pool except for the sprint lanes as directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.
<b>CHECK-IN:</b>	Swimmers must check-in with the Clerk of Course for each they wish to swim. After an event has been officially closed, swimmers <u>MAY NOT CHECK IN OR SCRATCH</u> . Swimmers in the first 4 events each session must check-in at least 20 minutes prior to the start of the meet. Swimmers who check-in and fail to swim an event will be scratched from their next individual event.
<b>RULES:</b>	USA Swimming rules will govern. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.
<b>ELIGIBILITY:</b>	Open to athletes who are <b>2010 or 2011</b> USA Swimming registered in Southern California Swimming. Registration application must be received by <b>Monday prior to first day of meet</b> 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.
<b>CHANGE OF AFFILIATION:</b>	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and appropriate fee to the SCS Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.
<b>SUBMITTED &amp; QUALIFYING TIMES</b>	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, 2009 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. Blue entry cards or team entries must indicate meet and dates for all submitted entry times. <b>NOTE: All entry times will be verified in advance through the USA SWIMS database.</b>
<b>UNACCOMPANIED ATHLETE:</b>	Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
<b>SWIMWEAR:</b>	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.
<b>RELAYS:</b>	Relays will be deck-entered by coaches, and will be swum at the discretion of the meet referee based on the meet timeline. No relay-only swimmers are allowed. Relay fee is \$10/relay.
<b>ENTRY LIMIT:</b>	A swimmer may enter all events for which the time standard has been met and can be verified. Swimmer qualifying in one or two events may swim up to three events; swimmer qualifying for 3 or 4 events may swim up to five events; qualifying in 5 or more must prove all entered. Swimmer may swim no more than 5 individual events per day.
<b>ENTRY PROCEDURE:</b>	Individual entry charge of <b>\$5.75 per entered event</b> plus <b>\$12.00 surcharge</b> must accompany each entry card. Electronic Club entry is encouraged. You may: 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. A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.
<b>ELECTRONIC ENTRY:</b>	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) 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 hardcopy (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.
<b>CHECKS PAYABLE TO: MAIL ENTRIES TO: FOR FURTHER INFORMATION :</b>	SOUTHERN CALIFORNIA SWIMMING CSA Senior Invite c/o Lori Barthmuss, 4283 Via Rio, Newbury Park, CA 91320, hand deliver same. <b>Entry questions:</b> Lori Barthmuss, 805-217-2192. E-mail: <a href="mailto:d1mhbart@aol.com">d1mhbart@aol.com</a> . <b>Receipt of entry will not be verified by phone or email. Recommend Postal Service Proof of Mailing.</b> <b>Do NOT use certified, registered or special delivery mail services.</b>
<b>NOTICE OF MEDIA COVERAGE:</b>	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.

**Southern California Swimming Invitational Senior Short Course Meet  
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**WOMEN**

**MEN**

**Saturday, October 23**

Event #	Automatic Time		Bonus Time		Stroke/Distance	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
<b>1</b>	2.05.82	2.22.99	2.08.78	2.26.36	<b>200 FREESTYLE</b>	1.55.32	2.12.60	1.58.04	2.15.73	<b>2</b>
<b>3</b>	4.52.90	5.31.19	4.59.97	5.39.19	<b>400 INDIV. MEDLEY</b>	4.29.41	5.11.43	4.35.91	5.18.95	<b>4</b>
<b>5</b>	2.20.55	2.37.19	2.23.86	2.40.90	<b>200 BUTTERFLY</b>	2.07.94	2.25.43	2.10.95	2.28.86	<b>6</b>
<b>7</b>	26.92	30.73	27.55	31.46	<b>50 FREESTYLE</b>	23.95	27.63	24.51	28.31	<b>8</b>
<b>9</b>	2.19.49	2.40.27	2.22.78	2.44.05	<b>200 BACKSTROKE</b>	2.06.88	2.27.86	2.09.87	2.31.35	<b>10</b>
<b>11</b>	1.13.35	1.23.95	1.15.08	1.25.93	<b>100 BREASTSTROKE</b>	1.05.71	1.16.31	1.07.26	1.18.11	<b>12</b>
<b>13</b>					<b>400 MEDLEY RELAY</b>					<b>14</b>
<b>15</b>	11.05.71	9.56.15	11.21.79	10.10.55	<b>1000 FREESTYLE</b>	10.32.38	9.28.21	10.47.65	9.41.93	<b>16</b>

**Sunday, October 24**

Event #	Automatic Time		Bonus Time		Stroke/Distance	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
<b>17</b>	2.21.61	2.42.07	2.24.95	2.45.89	<b>200 INDIV. MEDLEY</b>	2.08.89	2.29.77	2.11.93	2.33.30	<b>18</b>
<b>19</b>	58.40	1.06.35	59.78	1.07.92	<b>100 FREESTYLE</b>	52.36	1.00.62	53.59	1.02.06	<b>20</b>
<b>21</b>	1.04.12	1.12.29	1.05.64	1.13.99	<b>100 BUTTERFLY</b>	57.44	1.05.29	58.80	1.06.83	<b>22</b>
<b>23</b>	5.23.95	4.51.86	5.31.77	4.58.91	<b>500 FREESTYLE</b>	5.02.12	4.35.82	5.11.63	4.42.48	<b>24</b>
<b>25</b>	2.31.16	3.01.04	2.42.09	3.05.31	<b>200 BREASTSTROKE</b>	2.22.99	2.46.10	2.26.36	2.50.01	<b>26</b>
<b>27</b>	1.04.76	1.15.15	1.06.29	1.16.92	<b>100 BACKSTROKE</b>	58.29	1.08.26	59.67	1.09.87	<b>28</b>
<b>29</b>					<b>400 FREE RELAY</b>					<b>30</b>
<b>31</b>	18.35.21	18.59.53	19.02.14	19.27.05	<b>1650 FREESTYLE</b>	17.35.69	18.06.74	18.01.19	18.32.99	<b>32</b>

**DISTANCE EVENTS:** The 1000 and 1650 will be swum fast to slow with alternating heats of women and men. Swimmers in the 1000 and 1650 freestyle must be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.