

# SEAL BEACH "CARL W. JOHNSON" "BRW" SHORT COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming  
Sanction Number: 11-203  
Sponsored by: Seal Beach Swim Club  
Orange Committee

DATE OF MEET: October 8 & 9, 2011  
**ENTRIES RECEIVED BY 5:00PM: September 28, 2011 (WEDNESDAY)**

WARM UP TIME: 7:30 AM (Sat/Sun)  
MEET START TIME: **9:00 AM (Sat/Sun)**

**\*\*This is an Orange Committee "TRI" Meet, the following teams are eligible to enter: AQUA, AST, AZOT, BREA, GWSC, LRL, OCW, SCAC, SEAL, SPLA, SPRINT, WASC, WCS PM Sessions will begin no sooner than 11:00 AM or 30 Minutes (per session) after the conclusion of the AM Session or at the discretion of the meet Referee**

- POOL:** JOINT FORCES RESERVE CENTER, 405 OR 22 NORTH EXIT Valley View turn North or right. Go to Katella, turn West or left. Pass the race track, turn South or left on Lexington and proceed onto the base. Turn left into the first parking lot, pool is on the East side of the lot. **ALL ADULTS MUST HAVE PHOTO I.D. TO ENTER THE BASE.**
- COURSE:** JOINT FORCES RESERVE CENTER pool is a heated, outdoor 50 meter by 25 yard pool with 10 racing lanes, and 8 lanes of continuous warm up and warm down. This competition course has been certified in accordance with 104.2.2 ( C ). Pool Depth Measurements Lanes 1-10: 5'.
- SPECIAL NOTICE:** Swimmers may swim a maximum of FOUR events per day. **SEAL will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Swimmers in the 500 Yard Freestyle and the 400 IM are requested to provide timers for three heats. You must provide your own lap counters. 5-8 year old swimmers may enter 5-8 or 5-10 events but not a combination. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST, COMBINED BOYS AND GIRLS.**
- RACING START CERTIFICATION:** 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.
- 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 a 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 2011 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 October 8, 2011. 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 2011 or 2012 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration applications 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" subject to penalties in SCS Swim Guide, part One, III, B. In SCS age group meets, swimmers 18 & younger must provide 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 at the minimum (see 2011 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:** INDIVIDUAL EVENTS: "BLUE" and "RED" and "WHITE" Divisions: RIBBONS 1<sup>st</sup> through 8<sup>th</sup>  
Ribbons will be awarded to the following age groups: 5/6, 7/8, 9-10, 11/12
- ENTRY FEES:** **\$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, SEPTEMBER 28, 2011. 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.**

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	ALINADEA@AOL.COM
OR MAIL TO:	ALINA de ARMAS
(Include Swimmer's name and SCS Number)	PO BOX 63, SIMI VALLEY, CA 93062

For further meet Information call: Alina de Armas 805/522-4134 or email alinadea@aol.com Receipt of entry will not be verified by phone or email

# SEAL BEACH "CARL W. JOHNSON" "BRW" SHORT COURSE AGE GROUP SWIM MEET

Date of Meet: October 8 & 9, 2011

ENTRIES RECEIVED BY 5:00PM: SEPTEMBER 28, 2011 (WEDNESDAY)

Times submitted must be 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

SEAL WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE FOR EACH SESSION

PM Session will begin no sooner than 11:00 AM or 30 Minutes (per session) after the conclusion of the AM Session or at the discretion of the Meet Referee

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST COMBINED BOYS AND GIRLS

The following teams may enter this meet: AQUA, AST, AZOT, BREA, GWSC, LRL, OCV, SCAC, SEAL, SPLA, SPRINT, WASC, WCS

Girls		Saturday, October 8, 2011			9:00 am		Boys		
No.	Age	Event	Age	No.	No.	Age	Event	Age	No.
1	5-10	100 Yard Individual Medley	5-10	1	1	5-10	100 Yard Individual Medley	5-10	1
2	5-8	100 Yard Individual Medley	5-8	2	2	5-8	100 Yard Individual Medley	5-8	2
3	5-10	50 Yard Breaststroke	5-10	3	3	5-10	50 Yard Breaststroke	5-10	3
4	5-8	25 Yard Breaststroke	5-8	4	4	5-8	25 Yard Breaststroke	5-8	4
5	5-10	100 Yard Butterfly	5-10	5	5	5-10	100 Yard Butterfly	5-10	5
6	5-8	50 Yard Backstroke	5-8	6	6	5-8	50 Yard Backstroke	5-8	6
7	5-10	50 Yard Freestyle	5-10	7	7	5-10	50 Yard Freestyle	5-10	7
8	5-8	50 Yard Freestyle	5-8	8	8	5-8	50 Yard Freestyle	5-8	8
9	5-10	100 Yard Backstroke	5-10	9	9	5-10	100 Yard Backstroke	5-10	9
10	5-8	25 Yard Butterfly	5-8	10	10	5-8	25 Yard Butterfly	5-8	10
11	5-10	200 Yard Freestyle	5-10	11	11	5-10	200 Yard Freestyle	5-10	11

Girls		Sunday, October 9, 2011			9:00 am		Boys		
No.	Age	Event	Age	No.	No.	Age	Event	Age	No.
24	5-10	200 Yard Individual Medley	5-10	24	24	5-10	200 Yard Individual Medley	5-10	24
25	5-8	50 Yard Breaststroke	5-8	25	25	5-8	50 Yard Breaststroke	5-8	25
26	5-10	50 Yard Backstroke	5-10	26	26	5-10	50 Yard Backstroke	5-10	26
27	5-8	25 Yard Freestyle	5-8	27	27	5-8	25 Yard Freestyle	5-8	27
28	5-10	100 Yard Freestyle	5-10	28	28	5-10	100 Yard Freestyle	5-10	28
29	5-8	50 Yard Butterfly	5-8	29	29	5-8	50 Yard Butterfly	5-8	29
30	5-10	100 Yard Breaststroke	5-10	30	30	5-10	100 Yard Breaststroke	5-10	30
31	5-8	25 Yard Backstroke	5-8	31	31	5-8	25 Yard Backstroke	5-8	31
32	5-10	50 Yard Butterfly	5-10	32	32	5-10	50 Yard Butterfly	5-10	32
33	5-8	100 Yard Freestyle	5-8	33	33	5-8	100 Yard Freestyle	5-8	33

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12	11/12	200 Yard Freestyle	11/12	12	12	11/12	200 Yard Freestyle	11/12	12
13	13 & Up	200 Yard Freestyle	13 & Up	13	13	13 & Up	200 Yard Freestyle	13 & Up	13
14	11/12	50 Yard Breaststroke	11/12	14	14	11/12	50 Yard Breaststroke	11/12	14
15	13 & Up	100 Yard Breaststroke	13 & Up	15	15	13 & Up	100 Yard Breaststroke	13 & Up	15
16	11/12	100 Yard Butterfly	11/12	16	16	11/12	100 Yard Butterfly	11/12	16
17	11/12	200 Yard Backstroke	11/12	17	17	11/12	200 Yard Backstroke	11/12	17
	13 & Up	200 Yard Backstroke	13 & Up			13 & Up	200 Yard Backstroke	13 & Up	
18	11/12	100 Yard Breaststroke	11/12	18	18	11/12	100 Yard Breaststroke	11/12	18
19	13 & Up	50 Yard Freestyle	13 & Up	19	19	13 & Up	50 Yard Freestyle	13 & Up	19
20	11/12	50 Yard Freestyle	11/12	20	20	11/12	50 Yard Freestyle	11/12	20
21	11/12	200 Yard Butterfly	11/12	21	21	11/12	200 Yard Butterfly	11/12	21
	13 & Up	200 Yard Butterfly	13 & Up			13 & Up	200 Yard Butterfly	13 & Up	
22	11/12	100 Yard Individual Medley	11/12	22	22	11/12	100 Yard Individual Medley	11/12	22

34	11/12	200 Yard Individual Medley	11/12	34	34	11/12	200 Yard Individual Medley	11/12	34
35	13 & Up	200 Yard Individual Medley	13 & Up	35	35	13 & Up	200 Yard Individual Medley	13 & Up	35
36	11/12	100 Yard Freestyle	11/12	36	36	11/12	100 Yard Freestyle	11/12	36
37	13 & Up	100 Yard Freestyle	13 & Up	37	37	13 & Up	100 Yard Freestyle	13 & Up	37
38	11/12	50 Yard Backstroke	11/12	38	38	11/12	50 Yard Backstroke	11/12	38
39	11/12	200 Yard Breaststroke	11/12	39	39	11/12	200 Yard Breaststroke	11/12	39
	13 & Up	200 Yard Breaststroke	13 & Up			13 & Up	200 Yard Breaststroke	13 & Up	
40	11/12	50 Yard Butterfly	11/12	40	40	11/12	50 Yard Butterfly	11/12	40
41	13 & Up	100 Yard Butterfly	13 & Up	41	41	13 & Up	100 Yard Butterfly	13 & Up	41
42	11/12	100 Yard Backstroke	11/12	42	42	11/12	100 Yard Backstroke	11/12	42
43	13 & Up	100 Yard Backstroke	13 & Up	43	43	13 & Up	100 Yard Backstroke	13 & Up	43

**10 Minute Break at the discretion of the Referee**

23	13 & Up	400 Yard Individual Medley	13 & Up	23	23	13 & Up	400 Yard Individual Medley	13 & Up	23
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44	11/12	500 Yard Freestyle	11/12	44	44	11/12	500 Yard Freestyle	11/12	44
45	13 & Up	500 Yard Freestyle	13 & Up	45	45	13 & Up	500 Yard Freestyle	13 & Up	45

Swimmers in the 500 Yard Freestyle and 400 Individual Medley are asked to provide timers for three heats and your own lap counters

5-8 swimmers may enter 5-8 or 5-10 events but not a combination