

# THE FAST APRIL LONG COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming  
Sanction Number: 08-073  
Sponsored by: FAST Swim Team  
Orange Committee

DATE OF MEET: April 11, 12 & 13, 2008  
ENTRIES DUE: **March 31, 2008 (Monday)**

WARM UP TIME: 3:30 PM (Fri), 7:30 AM (Sat/Sun)  
MEET START TIME: 4:30 PM (Fri), 9:00 AM (Sat/Sun)

**Afternoon Session will begin no sooner than 12:00pm or 45 minutes after the conclusion of the Morning Session**

**POOL:** JANET EVANS SWIM COMPLEX, 801 W. Valencia Ave., Fullerton. From the 91 Freeway take the Euclid Ave. Exit. Go north on Euclid to Valencia and turn right on Valencia. The Swim Complex is located on the left.

**COURSE:** JANET EVANS SWIM COMPLEX is an outdoor heated 8 lane 50 meter competition course, with 4 separate 25 yard warm-up lanes.

**SPECIAL NOTICE:** Swimmers may swim a maximum of FOUR events per day. **FAST will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Out of District swimmers/teams are welcome, however, their entry into the meet will only be allowed once all entered Orange Committee members are accommodated and the "4 hour" rule is met. Swimmers in the 400 Freestyle, 1500 Freestyle and 400 IM must provide timers for three heats. You must provide your own lap counters. **Please note: Swimmers may enter a stroke and distance only once even if it is offered twice. Only swimmers 11 years and older who meet the stated time standard may enter OPEN events. 8 & Under swimmers may enter 8 & Under or 10 & Under events, but not a combination. In order to meet the 4 Hour Rule, the 1500 Meter Freestyle may be swum 2 per lane. 13/14 and OPEN events will be swum together.**

**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 2008 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 **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 April 11, 2008. **In SCS age group events, a swimmer's suit may not extend past shoulder or the knee cap.**

**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 2008 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 applications must be received by the meet host or SCS office prior to the first day of the meet. **REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM.** There are substantial penalties to swimmer and Club (See 2008 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

**SUBMITTED TIMES:** Times submitted must be **BEST RECORDED LONG COURSE METER TIMES** from this or preceding swim season (**NO WORK OUT TIMES**). Swimmers must have achieved time standards listed for an event. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

**Note:** **There is a \$1.00 processing fee if a swimmer submits an update or correction of entry card before meet entry deadline. As a reminder: no updated times will be accepted after the meet entry deadline.**

**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 minimum (see 2008 Swim Guide for exceptions).

**AWARDS:** **INDIVIDUAL EVENTS:** RIBBONS 1<sup>st</sup> through 8<sup>th</sup>  
Ribbons will be awarded to the following age groups: 6 & Under, 7/8, 10 & Under, 11/12, 13/14. OPEN events will not be awarded.

**ENTRY FEE:** **\$2.75 for each INDIVIDUAL EVENT, plus \$5.00 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. (5 PM 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 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:** Entry forms bearing a postmark **LATER THAN 12:00 MIDNIGHT** on the due date of entry form **WILL BE REJECTED**. Space permitting, entries will be accepted if hand delivered to the address below up to 8:00 PM on Tuesday, April 1, 2008. **NOTICE:** Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be 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.  
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	MUFFYMB@AOL.COM
And MAIL TO:	MARILYN BOLTON
(Include Swimmer's name and SCS Number)	26492 ARACENA
	MISSION VIEJO, CA 92691

For further meet Information call: Kevin Perry at 714 871-9616      Receipt of entry *will not* be verified by phone.

# THE FAST APRIL LONG COURSE AGE GROUP SWIM MEET

Date of Meet: April 11, 12 & 13, 2008

Entries Due: March 31, 2008 (Monday)

## SUBMIT BEST RECORDED LONG COURSE METER TIMES

Afternoon Session will begin no sooner than 12:00pm or 45 minutes after the conclusion of the Morning Session

Girls Friday, April 11, 2008 4:30pm Boys

No.	Minimum	Age	Event	Minimum	No
1	3:30.20	10 & Under	200 Meter Individual Medley	3:31.20	2
3	5:47.30	11/12	400 Meter Freestyle	5:46.60	4
5	1:41.00	10 & Under	100 Meter Backstroke	1:41.30	6
7	5:47.30	OPEN	400 Meter Freestyle	5:46.60	8

Girls Saturday, April 12, 2008 9:00am Boys

9	2:42.90	11/12	200 Meter Freestyle	2:43.60	10
11	1:24.40	10 & Under	100 Meter Freestyle	1:23.90	12
13	1:39.30	8 & Under	100 Meter Freestyle	1:35.50	14
15	1:29.40	11/12	100 Meter Backstroke	1:30.70	16
17	51.40	10 & Under	50 Meter Breaststroke	51.40	18
19	46.00	11/12	50 Meter Breaststroke	45.60	20
21	58.60	8 & Under	50 Meter Breaststroke	57.10	22
23	34.90	11/12	50 Meter Freestyle	34.40	24
25	46.40	10 & Under	50 Meter Backstroke	46.30	26
27	54.40	8 & Under	50 Meter Backstroke	53.20	28
29	1:27.30	11/12	100 Meter Butterfly	1:28.10	30
31	1:40.50	10 & Under	100 Meter Butterfly	1:40.70	32
33	6:31.20	11/12	400 Meter Individual Medley	6:32.30	34

Afternoon session will begin no sooner than 12:00pm

35	2:34.10	13/14	200 Meter Freestyle	1:07.90	36
35	2:42.90	OPEN	200 Meter Freestyle	2:43.60	36
37	1:33.90	13/14	100 Meter Breaststroke	1:29.20	38
37	1:40.00	OPEN	100 Meter Breaststroke	1:40.10	38
39	3:02.80	13/14	200 Meter Backstroke	2:53.30	40
39	3:09.20	OPEN	200 Meter Backstroke	3:11.80	40
41	1:20.30	13/14	100 Meter Butterfly	1:16.70	42
41	1:27.30	OPEN	100 Meter Butterfly	1:28.10	42
43	33.30	13/14	50 Meter Freestyle	30.20	44
43	34.90	OPEN	50 Meter Freestyle	34.40	44

10 Minute Break

45	6:31.20	OPEN	400 Meter Individual Medley	6:32.30	46
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8 & Under swimmers may enter 8 & Under or 10 & Under events, but not a combination.

Swimmers in the 400 IM, 400 and 1500 Meter Freestyles must provide timers for three heats and the 1500 Freestyles must provide lap counters.

The 1500 Meter Freestyle, 400 Meter Freestyle and 400 IM will be seeded fastest to slowest, alternating girls and boys.

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

FAST WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE

Swimmers may enter a stroke and distance only once even if it is offered twice.

Girls Sunday, April 13, 2008 9:00am Boys

No.	Minimum	Age	Event	Minimum	No
47	3:07.90	11/12	200 Meter Individual Medley	3:08.20	48
49	3:02.70	10 & Under	200 Meter Freestyle	3:02.40	50
51	1:15.60	11/12	100 Meter Freestyle	1:15.10	52
53	1:39.30	8 & Under	100 Meter Freestyle	1:35.50	54
55	41.60	11/12	50 Meter Backstroke	42.00	56
57	43.20	10 & Under	50 Meter Butterfly	43.10	58
59	52.00	8 & Under	50 Meter Butterfly	52.70	60
61	38.40	11/12	50 Meter Butterfly	39.20	62
63	38.40	10 & Under	50 Meter Freestyle	38.10	64
65	45.60	8 & Under	50 Meter Freestyle	44.40	66
67	1:40.00	11/12	100 Meter Breaststroke	1:40.10	68
69	1:52.20	10 & Under	100 Meter Breaststroke	1:52.90	70
71	22:11.60	11/12	1500 Meter Freestyle	22:10.90	72

Afternoon session will begin no sooner than 12:00pm

73	2:57.30	13/14	200 Meter Individual Medley	2:49.00	74
73	3:07.90	OPEN	200 Meter Individual Medley	3:08.20	74
75	1:11.90	13/14	100 Meter Freestyle	1:07.90	76
75	1:15.60	OPEN	100 Meter Freestyle	1:15.10	76
77	3:00.90	13/14	200 Meter Butterfly	2:53.10	78
77	3:05.70	OPEN	200 Meter Butterfly	3:07.20	78
79	1:25.10	13/14	100 Meter Backstroke	1:22.10	80
79	1:29.40	OPEN	100 Meter Backstroke	1:30.70	80
81	3:24.40	13/14	200 Meter Breaststroke	3:15.20	82
81	3:31.00	OPEN	200 Meter Breaststroke	3:31.20	82

10 Minute Break

83	22:11.60	OPEN	1500 Meter Freestyle	22:10.90	84
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In order to meet the 4 Hour Rule, the 1500 Meter Freestyle may be swum 2 per lane.

Only swimmers 11 years and older, that meet the time standard, may enter OPEN events.

13/14 and OPEN events will be swum together but awarded separately.