

NGSV "BLUE" LONG COURSE AGE GROUP MEET

LOCATION CHANGE

DATE OF MEET:

May 9, 10 & 11, 2008

Sanctioned by: Southern California Swimming
Sanction Number: 08-076
Sponsored by: Orange Committee

ENTRIES DUE: **April 28, 2008 (Monday)**

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

*Afternoon Session will begin no earlier than 12:00pm or 45 min. after the conclusion of the morning session

POOL: SANTA MARGARITA CATHOLIC HIGH SCHOOL: 22062 ANTONIO PARKWAY, RANCHO SANTA MARGARITA, CA 92688. The easiest way to get to the High School is from the 241 Tollroad, exit San Antonio Parkway, turn Left until you come to the High School. **From North: Take I-5 or I-405 south, exit Alicia Parkway. Go left 5.4 miles to Santa Margarita Parkway, turn right. Go 2.7 mi les to Plano Trabuco, turn right. Parking and Pool on right hand side at Dove Canyon Drive.**

COURSE: SANTA MARGARITA CATHOLIC HIGH SCHOOL POOL is an outdoor 50 meter by 25 yard competition pool. This meet will be run in seven (7) competition lanes with a warm up warm down lane available.

SPECIAL NOTICE: Swimmers may swim a maximum of **FOUR (4) events per day**. Entries will be limited to meet the "4 Hour" rule for each session. **Timers must be provided by each team. Swimmers in the 400 and 800 Meter Freestyle and 400 Meter IM must provide timers for three heats. You must provide your own lap counters. 11/12 year old swimmers may enter the 400 Freestyle only once.** 10 & Under 400 Meter Freestyle swimmers must enter their best 200 Meter Freestyle time that meets or exceeds the stated minimum time.

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 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 in the first two 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 **May 9, 2008. In SCS age group events, a swimmer's suit may not extend past the 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. 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**). 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 on or 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 the minimum (see 2008 Swim Guide for exceptions).

AWARDS: INDIVIDUAL EVENTS RIBBONS 1st through 8th

Ribbons will be awarded to the following age groups: 8 & Under, 10 & Under, 11/12, 13/14 and 15 & Up

ENTRY FEES: **\$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 April 28, 2008, WILL BE REJECTED. Space permitting, entries will be accepted if delivered to the address below up to 8:00 PM on Wednesday, April 30, 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.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	JULSONLL@AOL.COM
And MAIL TO:	Lynda Julson
	25552 LOGANBERRY LANE
Please include Swimmer's name and SCS Number	LAKE FOREST, CA 92630

For Further Information call: Louis Demetriades 949/831-6660

Receipt of entry will not be verified by phone.

NGSV "BLUE" LONG COURSE AGE GROUP MEET

Date of Meet: May 9, 10 & 11, 2008

Friday, May 9, 2008 4:30 pm

No.	Minimum	Age	Event	Minimum	No.
1	3:02.70	10 & Under	400 Meter Freestyle (Enter 200 Meter Freestyle Time)	3:02.40	2
3	3:07.90	11/12	200 Meter Individual Medley	3:08.20	4
5	11:44.20	OPEN	800 Meter Freestyle	11:43.70	6
5	11:29.00	13/14	800 Meter Freestyle	11:01.20	6
5	11:05.70	15 & Up	800 Meter Freestyle	10:39.90	6
7	5:47.30	11/12	400 Meter Freestyle	5:46.60	8

Saturday, May 10, 2008 9:00 am

No.	Minimum	Age	Event	Minimum	No.
9	3:02.70	10 & Under	200 Meter Freestyle	3:02.40	10
11	2:42.90	11/12	200 Meter Freestyle	2:43.60	12
13	1:39.30	8 & Under	100 Meter Freestyle	1:35.50	14
15	46.40	10 & Under	50 Meter Backstroke	46.30	16
17	41.60	11/12	50 Meter Backstroke	42.00	18
19	54.40	8 & Under	50 Meter Backstroke	53.20	20
21	1:52.20	10 & Under	100 Meter Breaststroke	1:52.90	22
23	1:40.00	11/12	100 Meter Breaststroke	1:40.10	24
25	43.20	10 & Under	50 Meter Butterfly	43.10	26
27	38.40	11/12	50 Meter Butterfly	39.20	28
29	38.40	10 & Under	50 Meter Freestyle	38.10	30
31	34.90	11/12	50 Meter Freestyle	34.40	32

Afternoon Session will begin no sooner than 12:00pm

33	3:07.90	OPEN	200 Meter Individual Medley	3:08.20	34
33	2:57.30	13/14	200 Meter Individual Medley	2:49.00	34
33	2:58.60	15 & Up	200 Meter Individual Medley	2:41.00	34
35	1:15.60	OPEN	100 Meter Freestyle	1:15.10	36
35	1:11.90	13/14	100 Meter Freestyle	1:07.90	36
35	1:12.40	15 & Up	100 Meter Freestyle	1:05.40	36
37	1:29.40	OPEN	100 Meter Backstroke	1:30.70	38
37	1:25.10	13/14	100 Meter Backstroke	1:22.10	38
37	1:25.70	15 & Up	100 Meter Backstroke	1:19.80	38
39	3:31.00	OPEN	200 Meter Breaststroke	3:31.20	40
39	3:24.40	13/14	200 Meter Breaststroke	3:15.20	40
39	3:23.40	15 & Up	200 Meter Breaststroke	3:03.70	40
41	1:27.30	OPEN	100 Meter Butterfly	1:28.10	42
41	1:20.30	13/14	100 Meter Butterfly	1:16.70	42
41	1:20.40	15 & Up	100 Meter Butterfly	1:13.90	42

10 Minute Break or at the discretion of the Referee

43	5:47.30	OPEN	400 Meter Freestyle	5:46.60	44
43	5:26.10	13/14	400 Meter Freestyle	5:15.60	44
43	5:23.40	15 & Up	400 Meter Freestyle	5:03.70	44

Entries Due: April 28, 2008 (Monday)

SUBMIT BEST RECORDED LONG COURSE METER TIMES

YOU MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY

ENTRIES WILL BE LIMITED TO MEET THE "4 HOUR" RULE

8 & Under swimmers may enter 8 Under or 10 & Under events but not a combination.

10 & Under 400 Meter Freestyle swimmers must enter their best 200 Meter

Freestyle time that meets or exceeds the stated minimum time standard.

Sunday, May 11, 2008 9:00 am

No.	Minimum	Age	Event	Minimum	No.
45	1:41.00	10 & Under	100 Meter Backstroke	1:41.30	46
47	1:29.40	11/12	100 Meter Backstroke	1:30.70	48
49	58.60	8 & Under	50 Meter Breaststroke	57.10	50
51	51.40	10 & Under	50 Meter Breaststroke	51.40	52
53	46.00	11/12	50 Meter Breaststroke	45.60	54
55	1:24.40	10 & Under	100 Meter Freestyle	1:23.90	56
57	1:15.60	11/12	100 Meter Freestyle	1:15.10	58
59	45.60	8 & Under	50 Meter Freestyle	44.40	60
61	1:40.50	10 & Under	100 Meter Butterfly	1:40.70	62
63	1:27.30	11/12	100 Meter Butterfly	1:28.10	64
65	52.00	8 & Under	50 Meter Butterfly	52.70	66
67	3:30.20	10 & Under	200 Meter Individual Medley	3:31.20	68

Afternoon Session will begin no sooner than 12:00pm

69	3:09.20	OPEN	200 Meter Backstroke	3:11.80	70
69	3:02.80	13/14	200 Meter Backstroke	2:53.30	70
69	2:56.50	15 & Up	200 Meter Backstroke	2:45.50	70
71	2:42.90	OPEN	200 Meter Freestyle	2:43.60	72
71	2:34.10	13/14	200 Meter Freestyle	2:28.50	72
71	2:34.70	15 & Up	200 Meter Freestyle	2:21.80	72
73	1:40.00	OPEN	100 Meter Breaststroke	1:40.10	74
73	1:33.90	13/14	100 Meter Breaststroke	1:29.20	74
73	1:36.00	15 & Up	100 Meter Breaststroke	1:25.60	74
75	3:05.70	OPEN	200 Meter Butterfly	3:07.20	76
75	3:00.90	13/14	200 Meter Butterfly	2:53.10	76
75	2:56.90	15 & Up	200 Meter Butterfly	2:40.30	76
77	34.90	OPEN	50 Meter Freestyle	34.40	78
77	33.30	13/14	50 Meter Freestyle	30.20	78
77	32.90	15 & Up	50 Meter Freestyle	30.20	78

10 Minute Break or at the discretion of the Referee

79	6:31.20	OPEN	400 Meter Individual Medley	6:32.30	80
79	6:20.40	13/14	400 Meter Individual Medley	6:00.20	80
79	6:04.50	15 & Up	400 Meter Individual Medley	5:41.70	80

The 800 Meter Freestyle will be swum boys and girls fastest to slowest, awarded separately and may be swum 2 per lane to meet the 4 hour rule.

LOCATION CHANGE: Santa Margarita Catholic High School