

ORANGE REGIONAL COMPETITIVE AQUATICS RED/WHITE SHORT COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 08-055
Sponsored by: Orange Regional Competitive Aquatics
Orange Committee

DATE OF MEET: March 29 & 30, 2008
ENTRIES DUE: **March 17, 2008 (Monday)**

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

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

POOL: VILLA PARK HIGH SCHOOL POOL, 18042 TAFT AVENUE, VILLA PARK, CA. From 55 Freeway, exit Katella proceed East to Wanda, turn Left, Go to Taft, turn Right. Park near tennis courts. Pool is located on the South side of the Gym.

COURSE: VILLA PARK HIGH SCHOOL POOL is an outdoor 25 yard pool with eight (8) swimming lanes and a warm-up area.

SPECIAL NOTICE: **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. ORCA will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Relays will be swum, time permitting. 8 & Under swimmers may compete in 8 & Under or 10 & Under events but not any combination.**

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 in the first four events of each session must check in **THIRTY MINUTES** prior to the start of their respective session. Swimmers must swim in their actual Age Group as determined by their age on **March 29, 2008**. Relay Swimmers must be Red or White level in any relay stroke they are swimming. Swimmers are not permitted to swim a stroke in a relay if they hold a Blue time in any distance of that stroke. **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 SHORT COURSE YARD 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 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:

Red and White DIVISIONS:	RIBBONS 1 st through 8 th
RELAYS:	RIBBONS 1 st through 3 rd

Ribbons will be awarded to the following age groups: 5/6, 7/8, 10 & Under, 11/12, 13/14, 15 & Up
(8 & Under swimmers entering 10 & Under events will be awarded as such)

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 delivered to 1327 Stratford St., Brea, CA 92821 up to 8:00 PM on Tuesday, March 18, 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:	splashandgo@larrykaren.com
And MAIL TO:	KAREN THOMAS
(Include Swimmer's name and SCS Number)	750 Stagecoach Road Arroyo Grande, CA 93420-4603

For further meet information call: Mark Tierney: 714/648-2111 or email coachmark@orca-aquatics.com Receipt of entry will not be verified by phone.

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Date of Meet: March 29 & 30, 2008

Entries Due: March 17, 2008 (Monday)

ORCA WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.
YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

SUBMIT BEST RECORDED SHORT COURSE YARD TIMES
RELAYS WILL BE SWUM, TIME PERMITTING

Girls Saturday, March 29, 2008 9:00 am Boys

No.	Maximum	Age	Event	Maximum	No.
1	3:06.51	10 & Under	200 Yard Individual Medley	3:07.41	2
3	1:41.21	8 & Under	100 Yard Individual Medley	1:38.51	4
5	33.91	10 & Under	50 Yard Freestyle	34.11	6
7	21.31	8 & Under	25 Yard Butterfly	21.31	8
9	1:28.61	10 & Under	100 Yard Backstroke	1:28.71	10
11	48.11	8 & Under	50 Yard Backstroke	46.81	12
13	45.61	10 & Under	50 Yard Breaststroke	45.61	14
15	24.01	8 & Under	25 Yard Breaststroke	23.31	16
17	1:29.31	10 & Under	100 Yard Butterfly	1:29.41	18
19	40.51	8 & Under	50 Yard Freestyle	39.41	20
21	Coaches	10 & Under	200 Yard Freestyle Relay	On	22
23	Enter	8 & Under	100 Yard Freestyle Relay	Deck	24
25	2:42.01	10 & Under	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:41.81	26

Second session will begin no sooner than 12:00pm

27	2:46.21	11/12	200 Yard Individual Medley	2:46.51	28
29	2:36.61	13/14	200 Yard Individual Medley	2:29.01	30
29	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	30
31	30.71	11/12	50 Yard Freestyle	30.81	32
33	29.31	13/14	50 Yard Freestyle	27.51	34
33	29.31	15 & Up	50 Yard Freestyle	26.51	34
35	36.21	11/12	50 Yard Backstroke	36.61	36
37	2:39.61	13/14	200 Yard Backstroke	2:31.01	38
37	2:46.21	11/12	200 Yard Backstroke	2:51.41	38
37	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	38
39	1:28.91	11/12	100 Yard Breaststroke	1:29.01	40
41	1:23.41	13/14	100 Yard Breaststroke	1:19.11	42
41	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	42
43	34.31	11/12	50 Yard Butterfly	34.51	44
45	2:40.51	13/14	200 Yard Butterfly	2:33.31	46
45	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	46
45	2:43.21	11/12	200 Yard Butterfly	2:47.41	46
47	Coaches	11/12	200 Yard Freestyle Relay	On	48
49	Enter	13 & Up	200 Yard Freestyle Relay	Deck	50
51	6:24.61	11/12	500 Yard Freestyle	6:29.81	52
53	5:59.61	13/14	500 Yard Freestyle	5:48.61	54
53	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	54

Swimmers in the 400 IM and 500 Free must provide timers and lap counters.

Girls Sunday, March 30, 2008 9:00am Boys

No.	Maximum	Age	Event	Maximum	No.
55	2:42.01	10 & Under	200 Yard Freestyle	2:41.81	56
57	1:28.41	8 & Under	100 Yard Freestyle	1:25.01	58
59	38.31	10 & Under	50 Yard Butterfly	38.21	60
61	18.11	8 & Under	25 Yard Freestyle	17.61	62
63	1:40.01	10 & Under	100 Yard Breaststroke	1:40.51	64
65	52.31	8 & Under	50 Yard Breaststroke	51.01	66
67	40.51	10 & Under	50 Yard Backstroke	40.41	68
69	22.21	8 & Under	25 Yard Backstroke	21.61	70
71	1:14.71	10 & Under	100 Yard Freestyle	1:14.31	72
73	46.31	8 & Under	50 Yard Butterfly	47.01	74
75	1:26.61	10 & Under	100 Yard Individual Medley	1:26.91	76
77	Coaches	8 & Under	100 Yard Medley Relay	On	78
79	Enter	10 & Under	200 Yard Medley Relay	Deck	80

Second session will begin no sooner than 12:00pm

81	1:17.71	11/12	100 Yard Individual Medley	1:17.71	82
83	1:03.41	13/14	100 Yard Freestyle	59.61	84
83	1:02.81	15 & Up	100 Yard Freestyle	57.41	84
85	1:06.71	11/12	100 Yard Freestyle	1:06.21	86
87	3:01.71	13/14	200 Yard Breaststroke	2:50.81	88
87	3:08.81	11/12	200 Yard Breaststroke	3:09.01	88
87	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	88
89	40.81	11/12	50 Yard Breaststroke	41.01	90
91	1:14.11	13/14	100 Yard Backstroke	1:11.31	92
91	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	92
93	1:17.91	11/12	100 Yard Backstroke	1:20.51	94
95	2:16.11	13/14	200 Yard Freestyle	2:10.91	96
95	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	96
97	2:24.11	11/12	200 Yard Freestyle	2:24.61	98
99	1:11.01	13/14	100 Yard Butterfly	1:07.71	100
99	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	100
101	1:16.11	11/12	100 Yard Butterfly	1:18.21	102
103	Coaches	13 & Up	200 Yard Medley Relay	On	104
105	Enter	11/12	200 Yard Medley Relay	Deck	106
107	5:36.61	13.14	400 Yard Individual Medley	5:18.21	108
107	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	108

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