

*Orange Regional Competitive Aquatics*  
**“SUMMER JO MAX” CHAMPIONSHIP SHORT COURSE MEET**

Sanctioned by: Southern California Swimming  
Sanction Number: 08-132  
Sponsored by: Orange Regional Competitive Aquatics  
Orange Committee

DATE OF MEET: July 25, 26 & 27, 2008  
ENTRIES DUE: **July 14, 2008 (Monday)**  
WARM UP TIME: 4:00 PM (Fri), 7:30 AM (Sat/Sun)  
MEET START TIME: 5:00 PM (Fri), 9:00 AM (Sat/Sun)

**\*The second session will begin no sooner than 1:00 pm or 1 hour after the conclusion of the first session**

**POOLS:** VILLA PARK HIGH SCHOOL POOL, 18042 TAFT AVENUE, VILLA PARK, CA. From 55 Freeway, exit Katella and go 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 pool with eight (8) swimming lanes and a warm-up area.

**SPECIAL NOTICE:** Swimmers may swim a maximum of **FOUR** events per day. Timers must be provided by each team. Swimmers in the **400 IM, 500, 1000 and 1650 Freestyle** must provide a timer for three heats; freestyle requires own lap counter. **8 & Under** swimmers may compete in **8 & Under or 10 & Under** events, but not any combination. Relays will be swum, time permitting. **10 & Under 500 yard Freestyle** swimmers enter best **200 Yard Freestyle** time that meets or exceeds the stated minimum time. The **400 IM, 500, 1000 and 1650 Yard Freestyles** will be swum fastest to slowest alternating girls and boys.

**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). **Teams will be assigned warm up time, which will be announced.**

**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 **July 25, 2008**. In **SCS age group events**, a swimmer's suit may not extend past the shoulder or the kneecap.

**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 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 not exceed the JO Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the "JO" Maximum time standard for the stroke they swim in the relay, prior to this meet.

**AWARDS:** INDIVIDUAL EVENTS: 10 & Under, 11/12, 13/14 and 15 & Up: "Summer JO/BLUE/RED Division – MEDALS 1<sup>st</sup> – 3<sup>rd</sup> RIBBONS 4<sup>th</sup> – 8<sup>th</sup>  
8 & Under: BLUE and RED Division – MEDALS 1<sup>st</sup> – 3<sup>rd</sup> RIBBONS 4<sup>th</sup> – 8<sup>th</sup> WHITE Division – RIBBONS 1<sup>st</sup> – 8<sup>th</sup>  
TEAM TROPHIES: 1<sup>st</sup> through 4<sup>th</sup> RELAYS: RIBBONS 1<sup>st</sup> – 3<sup>rd</sup>

**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 a 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:** 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 Street, Brea, CA 92821 up to 8:00 PM on Tuesday, July 15, 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 entries 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: EMAIL: And MAIL TO: (Include Swimmer's name and SCS Number)	SOUTHERN CALIFORNIA SWIMMING splashandgo@larrykaren.com KAREN THOMAS 750 Stagecoach Road Arroyo Grande, CA 93420
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For further meet information call Mark Tierney 714/639-7531

Receipt of entry will not be verified by phone or email.

# ORCA "SUMMER JO MAX" CHAMPIONSHIPS SHORT COURSE MEET

DATE OF MEET: JULY 25, 26 & 27, 2008

ENTRIES DUE: JULY 14, 2008 (Monday)

Submit best recorded short course yard times.  
8 & UN swimmers may compete in 8 & UN or 10 & UN events, but not any combination.  
You may swim a maximum of 4 events per day.

Girls FRIDAY, JULY 25, 2008 - EVENING SESSION - 5:00 PM Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
1	<b>2:56.80</b>	2:31.51	10 & Under	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	<b>2:56.50</b>	2:33.01	2
3	<b>22:57.70</b>	19:55.31	13/14	1650 Yard Freestyle	<b>22:35.80</b>	19:36.81	4
3	<b>22:18.40</b>	19:39.51	15 & Up	1650 Yard Freestyle	<b>21:32.00</b>	18:59.81	4
3	<b>23:30.19</b>	...	11/12	1650 Yard Freestyle	<b>23:23.89</b>	...	4
5	<b>6:07.30</b>	5:07.41	13/14	400 Yard Individual Medley	<b>5:47.30</b>	4:58.81	6
5	<b>5:51.50</b>	5:02.01	15 & Up	400 Yard Individual Medley	<b>5:28.80</b>	4:45.71	6
5	<b>6:06.19</b>	...	11/12	400 Yard Individual Medley	<b>5:59.59</b>	...	6

**SATURDAY, JULY 26, 2008 - MORNING SESSION - YOUNGERS 9:00 AM** **RELAYS WILL BE SWUM, TIME PERMITTING**

7	...	2:52.61	10 & Under	200 Yard Individual Medley	...	2:51.01	8
9	...	...	8 & Under	25 Yard Freestyle	...	...	10
11	...	1:09.81	10 & Under	100 Yard Freestyle	...	1:10.21	12
13	...	...	8 & Under	50 Yard Breaststroke	...	...	14
15	...	1:33.01	10 & Under	100 Yard Breaststroke	...	1:35.31	16
17	...	...	8 & Under	25 Yard Backstroke	...	...	18
19	...	38.21	10 & Under	50 Yard Backstroke	...	43.71	20
21	...	...	8 & Under	50 Yard Butterfly	...	...	22
23	...	1:25.31	10 & Under	100 Yard Butterfly	...	1:26.31	24
25	...	...	8 & Under	100 Yard Freestyle	...	...	26
27	Coaches Only		10 & Under	200 Yard Freestyle Relay	Coaches Only		28
29	Enter Relays on Deck		8 & Under	100 Yard Freestyle Relay	Enter Relays on Deck		30

**SATURDAY, JULY 26, 2008 - AFTERNOON SESSION - OLDERS - 1 HOUR AFTER END OF AM SESSION, BUT NOT BEFORE 1:00 PM**

31	...	1:13.21	11/12	100 Yard Backstroke	...	1:14.11	32
33	...	2:31.81	11/12	200 Yard Individual Medley	...	2:32.31	34
33	...	2:23.51	13/14	200 Yard Individual Medley	...	2:17.31	34
33	...	2:19.21	15 & Up	200 Yard Individual Medley	...	2:08.11	34
35	...	1:01.51	11/12	100 Yard Freestyle	...	1:02.11	36
37	...	58.21	13/14	100 Yard Freestyle	...	55.21	38
37	...	56.01	15 & Up	100 Yard Freestyle	...	51.11	38
39	<b>3:01.40</b>	...	11/12	200 Yard Backstroke	<b>3:07.30</b>	...	40
39	...	2:26.71	13/14	200 Yard Backstroke	...	2:23.31	40
39	...	2:23.01	15 & Up	200 Yard Backstroke	...	2:14.71	40
41	...	31.41	11/12	50 Yard Butterfly	...	31.51	42
43	...	1:05.81	13/14	100 Yard Butterfly	...	1:02.41	44
43	...	1:02.91	15 & Up	100 Yard Butterfly	...	56.41	44
45	...	37.21	11/12	50 Yard Breaststroke	...	38.01	46
47	<b>3:25.90</b>	...	11/12	200 Yard Breaststroke	<b>3:26.20</b>	...	48
47	...	2:43.51	13/14	200 Yard Breaststroke	...	2:37.91	48
47	...	2:48.71	15 & Up	200 Yard Breaststroke	...	2:32.01	48
49	...	...	11/12	100 Yard Individual Medley	...	...	50
51	Coaches Only		13 & Up	400 Yard Freestyle Relay	Coaches Only		52
53	Enter Relays on Deck		11/12	200 Yard Freestyle Relay	Enter Relays on Deck		54
55	<b>6:32.30</b>	5:38.11	13/14	500 Yard Freestyle	<b>6:20.30</b>	5:25.61	56
55	<b>6:29.90</b>	5:27.71	15 & Up	500 Yard Freestyle	<b>6:05.30</b>	5:06.81	56
55	<b>6:59.50</b>	5:59.01	11/12	500 Yard Freestyle	<b>7:05.30</b>	6:03.91	56

# ORCA "SUMMER JO MAX" CHAMPIONSHIP SHORT COURSE MEET

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ENTRIES DUE: JULY 14, 2008 (Monday)

Submit best recorded short course yard times.

8 & UN swimmers may compete in 8 & UN or 10 & UN events, but not any combination.

You may swim a maximum of 4 events per day.

Girls		SUNDAY, JULY 27, 2008 - MORNING SESSION - YOUNGERS - 9:00 AM					Boys	
No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.	
57	...	...	10 & Under	100 Yard Individual Medley	...	...	58	
59	...	...	8 & Under	100 Yard Individual Medley	...	...	60	
61	...	31.71	10 & Under	50 Yard Freestyle	...	31.61	62	
63	...	...	8 & Under	50 Yard Freestyle	...	...	64	
65	...	42.71	10 & Under	50 Yard Breaststroke	...	43.71	66	
67	...	...	8 & Under	25 Yard Breaststroke	...	...	68	
69	...	1:22.61	10 & Under	100 Yard Backstroke	...	1:22.11	70	
71	...	...	8 & Under	50 Yard Backstroke	...	...	72	
73	...	35.91	10 & Under	50 Yard Butterfly	...	35.41	74	
75	...	...	8 & Under	25 Yard Butterfly	...	...	76	
77	...	2:31.51	10 & Under	200 Yard Freestyle	...	2:33.01	78	
79	Coaches Only		8 & Under	100 Yard Medley Relay	Coaches Only		80	
81	Enter Relays on Deck		10 & Under	200 Yard Medley Relay	Enter Relays on Deck		82	

## SUNDAY, JULY 27, 2008 AFTERNOON SESSION - OLDERS - 1 HOUR AFTER END OF AM SESSION, BUT NOT BEFORE 1:00 PM

83	...	2:13.91	11/12	200 Yard Freestyle	...	2:14.21	84
85	...	2:06.21	13/14	200 Yard Freestyle	...	2:00.11	86
85	...	2:01.81	15 & Up	200 Yard Freestyle	...	1:51.81	86
87	...	1:21.11	11/12	100 Yard Breaststroke	...	1:22.61	88
89	...	1:16.01	13/14	100 Yard Breaststroke	...	1:12.81	90
89	...	1:14.51	15 & Up	100 Yard Breaststroke	...	1:08.71	90
91	...	28.01	11/12	50 Yard Freestyle	...	28.01	92
93	...	26.81	13/14	50 Yard Freestyle	...	25.41	94
93	...	26.31	15 & Up	50 Yard Freestyle	...	23.61	94
95	...	1:11.11	11/12	100 Yard Butterfly	...	1:12.61	96
97	<b>2:58.10</b>	...	11/12	200 Yard Butterfly	<b>3:02.60</b>	...	98
97	...	2:32.41	13/14	200 Yard Butterfly	...	2:28.01	98
97	...	2:25.91	15 & Up	200 Yard Butterfly	...	2:15.21	98
99	...	1:07.91	13/14	100 Yard Backstroke	...	1:06.61	100
99	...	1:06.41	15 & Up	100 Yard Backstroke	...	1:01.01	100
101	...	34.01	11/12	50 Yard Backstroke	...	34.11	102
103	Coaches Only		13 & Up	400 Yard Medley Relay	Coaches Only		104
105	Enter Relays on Deck		11/12	200 Yard Medley Relay	Enter Relays on Deck		106
107	<b>13:45.80</b>	11:50.01	13/14	1000 Yard Freestyle	<b>13:30.70</b>	11:31.91	108
107	<b>13:24.70</b>	11:32.91	15 & Up	1000 Yard Freestyle	<b>12:53.30</b>	11:01.81	108
107	<b>13:57.39</b>	...	11/12	1000 Yard Freestyle	<b>13:52.99</b>	...	108

TEAM WARM UP TIME WILL BE ASSIGNED AND ANNOUNCED

RELAYS WILL BE SWUM, TIME PERMITTING

The 400 Yard IM, 500, 1000 and 1650 Yard Freestyle will be swum fastest to slowest alternating girls and boys.