

THE FAST LONG COURSE "BR" AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-052
Sponsored by: FAST Swim Team
Orange Committee

DATE OF MEET: April 9, 10 & 11, 2010
ENTRIES RECEIVED BY 5:00 PM: March 31, 2010 (Wednesday)

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

The following Orange Committee Teams may enter this meet: AAA, AVM, BGST, CDM, FAST, LBST, LRL, MVN, RAYS, SCAC, SCAT, SOKA, SPLA, STOP, WASC

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. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End Lane 1 – 10 = 7'-10", Turn End Lanes 4'.

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 will be swum alternating girls and boys and 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. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**

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 2010 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 must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on April 9, 2010. **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 2010 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 application 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" and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove 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 minimum (see 2010 Swim Guide for exceptions).

AWARDS: INDIVIDUAL EVENTS: RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 5/6, 7/8, 10 & Under and 11/12. OPEN events will not be awarded.

ENTRY FEE: **\$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. (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: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, MARCH 31, 2010. 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.

**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:	CLARY.HOME@WORLDNET.ATT.NET
And MAIL TO:	STACY CLARY
(Include Swimmer's name and SCS Number)	7670 WHITEGATE AVE. RIVERSIDE, CA 92506

For further meet information call: Bill Jewell 714-773-5788

Receipt of entry will not be verified by phone.

THE FAST APRIL BR LONG COURSE AGE GROUP SWIM MEET

Date of Meet: April 9, 10 & 11, 2010

ENTRIES RECEIVED BY 5:00 PM: March 31, 2010 (Wednesday)

Times submitted must be Best Recorded Times short course or long course. All non conforming times will be seeded last

The following Orange Committee teams may enter this meet: AAA, AVM, BGST, CDM, FAST, LBST, LRL, MVN, RAYS, SCAC, SCAT, SOKA, SPLA, STOP, WASC

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

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

Girls	Friday, April 9, 201	4:30pm	Boys		
No.	Minimum	Age	Event	Minimum	No
1	3:49.30	10 & Under	200 Meter Individual Medley	3:50.40	2
3	22:11.60	OPEN	1500 Meter Freestyle	22:10.90	4

Girls	Saturday, April 10, 2010	9:00am	Boys		
5	2:57.70	11/12	200 Meter Freestyle	2:58.40	6
7	1:32.00	10 & Under	100 Meter Freestyle	1:31.60	8
9	1:59.20	8 & Under	100 Meter Freestyle	1:54.60	10
11	1:37.60	11/12	100 Meter Backstroke	1:39.00	12
13	56.00	10 & Under	50 Meter Breaststroke	56.00	14
15	50.20	11/12	50 Meter Breaststroke	49.80	16
17	1:10.30	8 & Under	50 Meter Breaststroke	1:08.50	18
19	38.00	11/12	50 Meter Freestyle	37.60	20
21	50.60	10 & Under	50 Meter Backstroke	50.50	22
23	1:05.30	8 & Under	50 Meter Backstroke	1:03.80	24
25	1:35.30	11/12	100 Meter Butterfly	1:36.10	26
27	1:49.70	10 & Under	100 Meter Butterfly	1:49.80	28
29	6:31.20	11/12	400 Meter Individual Medley	6:32.30	30

Afternoon session will begin no sooner than 12:00pm

31	2:48.10	13/14	200 Meter Freestyle	2:42.00	32
	2:42.90	OPEN	200 Meter Freestyle	2:43.60	
	2:48.70	15 & Up	200 Meter Freestyle	2:34.70	
33	1:42.50	13/14	100 Meter Breaststroke	1:37.30	34
	1:40.00	OPEN	100 Meter Breaststroke	1:40.10	
	1:44.80	15 & Up	100 Meter Breaststroke	1:33.40	
35	3:19.60	13/14	200 Meter Backstroke	3:09.20	36
	3:09.20	OPEN	200 Meter Backstroke	3:11.80	
	3:12.70	15 & Up	200 Meter Backstroke	3:00.70	
37	1:27.60	13/14	100 Meter Butterfly	1:23.60	38
	1:27.30	OPEN	100 Meter Butterfly	1:28.10	
	1:27.70	15 & Up	100 Meter Butterfly	1:20.60	
39	36.40	13/14	50 Meter Freestyle	33.00	40
	34.90	OPEN	50 Meter Freestyle	34.40	
	37.00	15 & Up	50 Meter Freestyle	33.00	

10 Minute Break

41	6:31.20	OPEN	400 Meter Individual Medley	6:32.30	42
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8 & Under swimmers may enter 8 & Under or 10 & Under events, but not a combination.

The 400 and 1500 Meter Freestyle and 400 IM must provide timers for 3 heats, will be swum alternating girls and boys and provide lap counters for the 1500 Freestyle.

In order to meet the 4 Hour Rule, the 1500 Meter Freestyle may be swum 2 per lane.

**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 11, 2010	9:00am	Boys		
No.	Minimum	Age	Event	Minimum	No
43	3:25.00	11/12	200 Meter Individual Medley	3:25.30	44
45	3:19.30	10 & Under	200 Meter Freestyle	3:19.00	46
47	1:22.40	11/12	100 Meter Freestyle	1:22.00	48
49	1:59.20	8 & Under	100 Meter Freestyle	1:54.60	50
51	1:50.30	10 & Under	100 Meter Backstroke	1:50.50	52
53	45.40	11/12	50 Meter Backstroke	45.80	54
55	47.20	10 & Under	50 Meter Butterfly	47.00	56
57	1:02.40	8 & Under	50 Meter Butterfly	1:03.20	58
59	41.90	11/12	50 Meter Butterfly	42.70	60
61	41.90	10 & Under	50 Meter Freestyle	41.50	62
63	54.70	8 & Under	50 Meter Freestyle	53.30	64
65	1:49.10	11/12	100 Meter Breaststroke	1:49.20	66
67	2:02.40	10 & Under	100 Meter Breaststroke	2:03.10	68
69	6:18.80	11/12	400 Meter Freestyle	6:18.10	70

Afternoon session will begin no sooner than 12:00pm

71	3:13.40	13/14	200 Meter Individual Medley	3:04.30	72
	3:07.90	OPEN	200 Meter Individual Medley	3:08.20	
	3:14.90	15 & Up	200 Meter Individual Medley	2:55.70	
73	1:18.50	13/14	100 Meter Freestyle	1:14.00	74
	1:15.60	OPEN	100 Meter Freestyle	1:15.10	
	1:19.00	15 & Up	100 Meter Freestyle	1:11.40	
75	3:17.40	13/14	200 Meter Butterfly	3:08.90	76
	3:05.70	OPEN	200 Meter Butterfly	3:07.20	
	3:13.00	15 & Up	200 Meter Butterfly	2:54.80	
77	1:32.90	13/14	100 Meter Backstroke	1:31.60	78
	1:29.40	OPEN	100 Meter Backstroke	1:30.70	
	1:33.60	15 & Up	100 Meter Backstroke	1:27.10	
79	3:43.00	13/14	200 Meter Breaststroke	3:33.00	80
	3:31.00	OPEN	200 Meter Breaststroke	3:31.20	
	3:41.90	15 & Up	200 Meter Breaststroke	3:20.40	
81	5:55.80	13/14	400 Meter Freestyle	5:44.30	82
	5:47.30	OPEN	400 Meter Freestyle	5:46.60	
	5:52.80	15 & Up	400 Meter Freestyle	5:31.30	

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