

## MESA SEASON OPENER B/R/W SHORT COURSE MEET

Sanctioned by: Southern California Swimming  
Sponsored By: MESA Aquatics & Eastern Committee  
Date of Meet: September 24-26<sup>th</sup>, 2010  
Warm-up: 4:00 pm Fri, 7:30 Sat & Sun

Sanction No. 10-213  
Received by deadline: 5:00 pm, Sept. 15 2010  
Start of Meet: 5:00 pm Fri, 9:00 am Sat & Sun  
**Friday night session hosted by YST at 7<sup>th</sup> St. Pool, Yucaipa, CA**

**POOL:** Great Oak High School, 32555 Deer Hollow Way, Temecula, CA 92592

**DIRECTIONS:** I-15 south to Temecula Pkwy. Turn left and go to Pechanga Pkwy. Turn right to Deer Hollow Way and turn left. School is on the right.

**COURSE:** Outdoor 25 yard pool with 8 competition lanes and separate 6 lane 25 yard warm-up/warm-down pool. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7.0', turn end 7.0'.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. (4:00-4:50 on Friday night) Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule for each session. SWIMMERS MUST CHECK IN with the clerk of course 45 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on Sept. 24, 2010 to enter this meet. Timers must be provided by each team. Swimmers competing in the events 1-4, 41, 69-71, 102, & 132-134 must furnish their own timers for three heats and lap counters in events freestyle events. **Swimmer may swim a maximum of 4 events per day.**

**ELIGIBILITY:** Open to Eastern Committee athletes who hold 2010 or 2011 USA Swimming Registration from the following teams: MESA, TCC, CCAQ, EAST, TMEC, DTAC, CROC, TRID, HVDA, MBA, DSRT, TVA, WSST, BLSC, LNCR, CVD. Registration application must be received by Monday prior to the first day of the meet by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. **REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**UNACCOMPANIED ATHLETE:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SWIM SUITS:** 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.

**SUBMITTED TIMES:** Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

**AWARDS:** Blue Division: Medals 1<sup>st</sup> - 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> - 6<sup>th</sup> place Red Division: Ribbons 1<sup>st</sup> - 6<sup>th</sup> place  
White Division: Ribbons 1<sup>st</sup> - 6<sup>th</sup> place Relays: Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> place

**ENTRY FEES:** \$3.00 for each individual event along with a \$6.00 surcharge **per swimmer must accompany each individual entry card.** NO REFUNDS. Returned checks may incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time. (5PM 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.** Relays will be deck-entered at \$5.00 each, payable on entry.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, Sept, 15, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

**Make Checks payable to Southern California Swimming**  
Email for team electronic entries only: <mailto:ruszim@hotmail.com>  
Questions: SCS Office (800) 824-6206

**MAIL ENTRIES TO:**

**Jan Szuszkiewicz**  
**23283 Sonnet Dr.**  
**Moreno Valley, CA 92557**

**Notice:** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

# MESA Season Opener BRW SC Meet

September 24-26, 2010

## FRIDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1	2:56.80/	7-10	BR	500 yd	Freestyle	2:56.50/ 2
3*	12:58.60/	11-12	B	1000 yd	Freestyle	13:09.80/ 4*
	13:45.80/	13-14	BR	1000 yd	Freestyle	13:30.70/
	13:24.80/	15-up	BR	1000 yd	Freestyle	12:53.50/

## SATURDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
5	2:43.20/	11-12	B	200	Butterfly	
6		7-10	BRW	50 yd	Backstroke	7
8	57.80/	7-8	BR	50 yd	Backstroke	56.30/ 9
10		11-12	BRW	50 yd	Backstroke	
11*	/26.61	7-8	W	25 yd	Backstroke	/25.91 12*
		5-6		25 yd	Backstroke	
13		7-10	BRW	100 yd	IM	14
15		11-12	BRW	100 yd	IM	
16*	/28.81	7-8	W	25 yd	Breaststroke	/28.01 17*
		5-6		25 yd	Breaststroke	
18		11-12	BRW	100 yd	Breaststroke	
19		7-10	BRW	100 yd	Breaststroke	20
21	2:46.20/	11-12	B	200 yd	Backstroke	
22		7-8	BRW	100 yd	Medley Relay	23
24		7-10	BRW	200 yd	Medley Relay	25
26		11-12	BRW	200 yd	Medley Relay	
27		7-10	BRW	200 yd	Freestyle	28
29		11-12	BRW	200 yd	Freestyle	
30	48.60/	7-8	BR	50 yd	Freestyle	47.30/ 31
32*	/21.71	7-8	W	25 yd	Freestyle	/21.70 33*
		5-6		25 yd	Freestyle	
34		11-12	BRW	50 yd	Butterfly	
35		7-10	BRW	50 yd	Butterfly	36
37	55.60/	7-8	BR	50 yd	Butterfly	56.40/ 38
39*	/25.61	7-8	W	25 yd	Butterfly	/25.61 40*
		5-6		25 yd	Butterfly	
41	5:48.20/	11-12	B	400 yd	IM	
*****Break determined by Meet Referee*****						
		11-12	B	200 yd	Butterfly	2:47.40/ 42
43*	2:55.10/	13-14	BR	200 yd	Butterfly	2:47.30/ 44*
	2:50.90/	15-up	BR	200 yd	Butterfly	2:34.40/
		11-12	BRW	50 yd	Backstroke	45
46		15-up	BRW	100 yd	Breaststroke	47
48		13-14	BRW	100 yd	Breaststroke	49
		11-12	BRW	100 yd	Breaststroke	50
51		15-up	BRW	200 yd	Freestyle	52
		11-12	BRW	100 yd	IM	53
54		13-14	BRW	200 yd	Freestyle	55
		11-12	BRW	200 yd	Freestyle	56
57		15-up	BRW	200 yd	Medley Relay	58
59		13-14	BRW	200 yd	Medley Relay	60
		11-12	BRW	200 yd	Medley Relay	61
62*	2:56.70/	15-up	BR	200 yd	Backstroke	2:37.30/ 63*
	2:54.50/	13-14	BR	200 yd	Backstroke	2:45.10/
		11-12	B	200 yd	Backstroke	2:51.40/ 64
65		15-up	BRW	100 yd	Freestyle	66
67		13-14	BRW	100 yd	Freestyle	68
		11-12	BRW	50 yd	Butterfly	69
*****Break determined by Meet Referee*****						
	5:48.20/	11-12	B	400 yd	IM	5:48.90/ 70
71*	6:07.30/	13-14	BR	400 yd	IM	5:47.30/ 72*
	5:51.50/	15-up	BR	400 yd	IM	5:28.80/

Friday Night session at 7th Street Pool, Yucaipa

## SUNDAY

GIRLS	min/max	age	distance	stroke	min/max	BOYS
73	3:08.80/	11-12	B	200 yd	Breaststroke	
74		7-10	BRW	200 yd	IM	75
76		11-12	BRW	200 yd	IM	
77		7-8	BRW	100 yd	Freestyle	78
79		11-12	BRW	50 yd	Freestyle	
80		7-10	BRW	50 yd	Freestyle	81
82		11-12	BRW	100 yd	Backstroke	
83		7-10	BRW	100 yd	Backstroke	84
85		7-8	BRW	100 yd	Freestyle Relay	86
87		11-12	BRW	200 yd	Freestyle Relay	
88		7-10	BRW	200 yd	Freestyle Relay	89
90	1:02.80/	7-8	BR	50 yd	Breaststroke	1:01.20/ 91
92		11-12	BRW	50 yd	Breaststroke	
93		7-10	BRW	50 yd	Breaststroke	94
95		11-12	BRW	100 yd	Freestyle	
96		7-10	BRW	100 yd	Freestyle	97
98		11-12	BRW	100 yd	Butterfly	
99		7-10	BRW	100 yd	Butterfly	100
101		7-8	BRW	100 yd	IM	102
103	6:59.50/	11-12	BR	500 yd	Freestyle	
*****Break determined by Meet Referee*****						
		11-12	B	200 yd	Breaststroke	3:09.00/ 104
105*	3:18.20/	13-14	BR	200 yd	Breaststroke	3:06.40/ 106*
	3:17.30/	15-up	BR	200 yd	Breaststroke	2:57.80/
		11-12	BRW	100 yd	Butterfly	107
108		13-14	BRW	200 yd	IM	109
		11-12	BRW	50 yd	Breaststroke	110
111		15-up	BRW	200 yd	IM	112
		11-12	BRW	200 yd	IM	113
114		13-14	BRW	50 yd	Freestyle	115
116		15-up	BRW	50 yd	Freestyle	117
		11-12	BRW	50 yd	Freestyle	118
119		13-14	BRW	200 yd	Freestyle Relay	120
121		15-up	BRW	200 yd	Freestyle Relay	122
		11-12	BRW	200 yd	Freestyle Relay	123
124		13-14	BRW	100 yd	Backstroke	125
126		15-up	BRW	100 yd	Backstroke	127
		11-12	BRW	100 yd	Backstroke	128
129		13-14	BRW	100 yd	Butterfly	130
131		15-up	BRW	100 yd	Butterfly	132
		11-12	BRW	100 yd	Freestyle	133
*****Break determined by Meet Referee*****						
	6:24.40/	11-12	BR	500 yd	Freestyle	7:05.30/ 134
135*	6:32.30/	13-14	BR	500 yd	Freestyle	6:20.30/ 136*
	6:29.90/	15-up	BR	500 yd	Freestyle	6:05.30/

This meet is subject to the 4 hour rule.

\*\*\*Relays swum time permitting.

\*\*\* 7-8 may swim 7-8 or 7-10 but not any combination.

\*\*\*Events 3-4 will be swum together and awarded separately alternating girls and boys swimming fastest to slowest

\*\*\*events 43-44, 62-63, 71-72, 105-106, & 135-136 will be swum together and awarded separately

\*\*\*Swimmers must provide own timers and lap counters for 500 & 1000 free and 400 IM

\*\*\*events with a star following the number will be swum together and awarded separately

\*\*\*7-10 swimming the 500 free must enter 200 yd free time. Minimum to enter is the 200 yd Red time.

\*\*\* Events 11-12, 16-17, 32-33, & 39-40 will be swum combined and awarded separately, 5-6 & 7-8