

Elite Long Course Season Opener B/R/W

March 6-7, 2010

Sanctioned By: Southern California Swimming
Sponsored By: Elite Swimming & Eastern Committee
Date of Meet: March 6 & 7, 2010
Start of Meet: 9:00 am, Sat. & Sun.

Sanction Number: # 10 - 041
Entries Due: February 23rd, 2010
Hand Delivered: February 24th, 2010 – 6pm
Warm-up: 7:30 am, Sat. & Sun.

POOL: Tahquitz High School. 4425 Titan Dr. Hemet, CA 92545.

DIRECTIONS: From West: 215 Exit Florida Ave(74) East into Hemet. Past Warren Ave to Cawston Ave turn Left. School is north 4 blocks on left hand side of street. **From North.** Exit I-10 on 79 south. Continue past Ramona expressway street will turn into Sanderson, Continue South to Esplanade Ave. and turn Right. Go 1 Block and turn left on Cawston. School will be on right hand side of street. Park near football stadium. EZ ups may be set up around the pool in the basketball court area.

COURSE: 50 meter long course with 7 competition lanes. One lane will be available for warm-up/cool down throughout the swim meet. The competition course has been certified in accordance with 104.2.2(C). Pool Depth Measurements at Start End Lane 1 - 8 = 7'1". Turn End Lane 1 – 8 = 4'1".

WARM-UP RULES: USA Swimming Officials will enforce USA Swimming warm-up policies. Warm-up will be under the supervision of USA Swimming coaches and marshals. Warm-up will begin at 7:30 am. Practice starts will be allowed only in designated Sprint Lanes, not to begin before 8:25 am. Warm-up and cool down lanes will be open during the meet.

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 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. Swimmers must check in with the Clerk of Course for each event they wish to swim. **SWIMMERS MUST CHECK IN 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 competition. This meet will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Swimmers in the 400 Free, 400 IM, and 800 Free must provide their own timers (and lap counters for the 800 Free). Swimmers 8 & under may enter either 8 & under or 10 & under events, but not a combination.

Swimmer may swim a maximum of 4 individual events per day.

ELIGIBILITY: Open to Eastern Committee athletes who are 2010 USA Swimming members. Registration application must be **received by Monday prior to first day of 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. 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.

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

SWIMSUITS: 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 **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. Swimmers must have achieved time standards listed for an event.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 8th place Relays: Medals 1st place, Ribbons 2nd - 3rd place
Red and White Division: Ribbons 1st – 8th place

ENTRY FEES: Club Electronic entry is encouraged. Individual entry charges of **\$3.00 plus \$6.00 surcharge per swimmer must accompany every entry.** 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 and will be swum time permitting.

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 hand delivered to the address below by 6:00 pm, February 24, 2010.

NOTICE: Entries stamped with post office meter machine will be accepted if it arrives within 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 concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed envelope or postcard for return when your entry is received.**

Make Checks payable to SCS

Questions: call (909) 644-7311 or SCS Office (800) 824-6206

MAIL ENTRIES TO: Darlys Ankeny

**2918 Laurel Tree Drive
Ontario, CA 91761**

darlys.ankeney@gmail.com

SNACK BAR WILL BE AVAILABLE

Elite Long Course season Opener BR/W LC Meet

March 6-7, 2010

Saturday							
GIRLS	MIN	AGE			STROKE	MIN	BOYS
1	3:22.60	11-12	BR	200	m	Butterfly	
2	1:10.30	7-8	BR	50	m	Breaststroke	1:08.50 3
4	1:49.10	11-12	BR	100	m	Breaststroke	
5	2:02.40	10-un	BR	100	m	Breaststroke	2:03.10 6
7	2:57.70	11-12	BR	200	m	Freestyle	
8	3:19.30	10-un	BR	200	m	Freestyle	3:19.00 9
10	6:31.20	11-12	B	400	m	IM	
11	1:05.30	7-8	BR	50	m	Backstroke	1:03.80 12
13	45.40	11-12	BR	50	m	Backstroke	
14	50.60	10-un	BR	50	m	Backstroke	50.50 15
16	Deck	7-8	BRW	200	m	Free Relay	Deck 17
18	Entered	11-12	BRW	200	m	Free Relay	Entered 18
19		10-un	BRW	200	m	Free Relay	20
21	41.90	11-12	BR	50	m	Butterfly	
22	1:02.40	7-8	BR	50	m	Butterfly	1:03.20 23
24	47.20	10-un	BR	50	m	Butterfly	47.00 25
26	3:26.50	11-12	BR	200	m	Backstroke	
27	1:32.00	10-un	BR	100	m	Freestyle	28
29	1:22.40	11-12	BR	100	m	Freestyle	1:31.60 29
*****BREAK DETERMINED BY MEET REFEREE*****							
30	11:44.20	Open		800	m	Freestyle	11:43.70 31
*****30 MINUTE BREAK, NO EARLIER THAN 12:00 START*****							
		11-12	BR	200	m	Butterfly	3:24.20 32
33		13-14	BRW	100	m	Freestyle	34
		11-12	BR	100	m	Freestyle	1:22.00 35
36		15-up	BRW	100	m	Freestyle	37
		11-12	BR	100	m	Breaststroke	1:49.20 38
39		13-14	BRW	100	m	Breaststroke	40
41		15-up	BRW	100	m	Breaststroke	42
		11-12	BR	50	m	Backstroke	45.80 43
44		13-14	BRW	200	m	Backstroke	45
46		15-up	BRW	200	m	Backstroke	47
	Deck	11-12	BR	200	m	Free Relay	Deck 48
49	Entered	13-14	BRW	200	m	Free Relay	Entered 50
51		15-up	BRW	200	m	Free Relay	52
		11-12	BR	200	m	Freestyle	2:58.40 53
54		13-14	BRW	200	m	Freestyle	55
		11-12	BR	200	m	Backstroke	3:29.40 56
		15-up	BRW	200	m	Freestyle	58
		11-12	BR	50	m	Butterfly	42.70 59
60		13-14	BRW	100	m	Butterfly	61
62		15-up	BRW	100	m	Butterfly	63
*****BREAK DETERMINED BY MEET REFEREE*****							
		11-12	B	400	m	IM	6:32.30 64
65*		13-14	BRW	400	m	IM	66*
65*		15-up	BRW	400	m	IM	66*

Sunday							
GIRLS	MIN	AGE			STROKE	MIN	BOYS
67	3:50.20	11-12	BR	200	m	Breaststroke	
68	1:59.20	7-8	BR	100	m	Freestyle	1:54.60 69
70	1:35.30	11-12	BR	100	m	Butterfly	
71	1:49.70	10-un	BR	100	m	Butterfly	1:49.80 72
73	1:37.60	11-12	BR	100	m	Backstroke	
74	1:50.30	10-un	BR	100	m	Backstroke	1:50.50 75
76	Deck	7-8	BR	200	m	Medley Relay	Deck 77
78	Entered	11-12	BR	200	m	Medley Relay	Entered 78
79		10-un	BR	200	m	Medley Relay	80
81	50.20	11-12	BR	50	m	Breaststroke	
82	56.00	10-un	BR	50	m	Breaststroke	56.00 83
84	3:25.00	11-12	BR	200	m	IM	
85	3:49.30	10-un	BR	200	m	IM	3:50.40 86
87	38.00	11-12	BR	50	m	Freestyle	
88	54.70	7-8	BR	50	m	Freestyle	53.30 89
90	41.90	10-un	BR	50	m	Freestyle	41.50 91
92	6:18.80	11-12	BR	400	m	Freestyle	
*****30 MINUTE BREAK, NO EARLIER THAN 12:00 START*****							
		11-12	BR	200	m	Breaststroke	3:50.40 93
94		13-14	BRW	200	m	IM	95
		11-12	BR	200	m	IM	3:25.30 96
97		15-up	BRW	200	m	IM	98
		11-12	BR	100	m	Butterfly	1:36.10 99
100		13-14	BRW	200	m	Butterfly	101
102		15-up	BRW	200	m	Butterfly	103
		11-12	BR	100	m	Backstroke	1:39.00 104
105		13-14	BRW	100	m	Backstroke	106
107		15-up	BRW	100	m	Backstroke	108
	Deck	11-12	BR	200	m	Medley Relay	Deck 109
110	Entered	13-14	BRW	200	m	Medley Relay	Entered 111
112		15-up	BRW	200	m	Medley Relay	113
		11-12	BR	50	m	Freestyle	37.60 114
115		13-14	BRW	50	m	Freestyle	116
117		15-up	BRW	50	m	Freestyle	118
		11-12	BR	50	m	Breaststroke	49.80 119
120		13-14	BRW	200	m	Breaststroke	121
122		15-up	BRW	200	m	Breaststroke	123
*****BREAK DETERMINED BY MEET REFEREE*****							
		11-12	BR	400	m	Freestyle	6:18.10 124
125*		13-14	BRW	400	m	Freestyle	126*
125*		15-up	BRW	400	m	Freestyle	126*

** Swimmers must have own timers (and lap counters for the 800) for events 30-31, 64-66, 92, 124-126

**7/8 year old swimmers may enter either 7-8 or 10-un events but not any combination of age groups

**relays swum time permitting

**Events 65-66, 125-126 will be swum together and awarded separately

**Swimmers must be at least 11 years old to compete in an open event