



Lakewood Aquatics

October Short Course "B, R, W" Meet

DATE OF MEET: October 9-10, 2010

Sanctioned by: Southern California Swimming

Meet Warm-up: 7:30 AM (Each Day)

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.

ENTRIES DUE: Wednesday, September 29, 2010

Sanction #: 10-224

Meet Start: 9:00 AM (Each Day)

LAKEWOOD AQUATICS WILL COMPLY WITH THE 4 HOUR RULE

POOL LOCATION: The Cerritos College Aquatics Center is located on the campus of Cerritos College, 11110 Alondra Blvd., Norwalk, CA 90650

Directions: Exit the 605 freeway exit at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd and Studebaker Road in the City of Norwalk. The Aquatic Center faces North on Alondra Blvd.. Ample free parking, lots of deck space and grass area.

COURSE: Outdoor 25-yard pool with up to 10 short course competition lanes with a separate warm-up pool. Water depth is 7 ft. at the start end and 7 ft. at the turn end. Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C)

SPLASH COUNT: SWIMMERS MAY COMPETE IN A MAXIMUM OF FOUR (4) INDIVIDUAL EVENTS PER DAY.

WARM UP RULES: Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up pool will be removed at the discretion of the Marshal. Warm-up rules will be announced and posted.

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.

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 of each session must check in THIRTY MINUTES prior to the start of the session. Swimmers must swim in their actual age group as determined by age on the first day of the meet. Open events may be entered by swimmers 11-yrs and older who have achieved the 11-12 "Blue" time for that event. Swimmers 5-8 years old may swim 5-8 events or 5-10 events, not any combination.

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 only unattach (may not attach or reattach) by notifying the Administrative Referee and paying the fee.

SUBMITTED TIMES: Times submitted must be BEST RECORDED TIMES long course or short 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. A "NT" will be accepted only in the white division. Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but it otherwise qualified, he/she may enter at minimum (see 2010 Swim Guide for exceptions).

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes who are 2010 or 2011, USA Swimming registered. 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. There are substantial penalties to swimmer & Club (See 2010 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

AWARDS: Blue: DIVISION MEDALS - 1st through 3rd RIBBONS- 4th through 8th RELAYS: RIBBONS 1st 2nd and 3rd place
Red: DIVISION RIBBONS- 1st through 8th OPEN will not receive awards.
White: DIVISION RIBBONS- 1st through 8th

SPONSOR NOTES: 1) Swimmers in the 500 YD and 1650 YD Freestyle must provide a lap counter for the swimmer's heat, and at least one (1) timer to time three (3) heats. Lap counters will not be provided. 2) Timers: Teams will be assigned lanes for timing, based proportionally upon the number of swimmers participating.

ENTRY FEE: \$3.00 for each INDIVIDUAL EVENT must accompany each individual entry card. \$6.00 surcharge per swimmer must be included in check for individual events. \$5.00 per Relay Team is due when entered on deck. NO REFUNDS RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. Entries will be rejected if a check does not accompany the entry card.

ENTRY PROCEDURE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, September 29, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED. Make checks payable to: SOUTHERN CALIFORNIA SWIMMING. MAIL entries to: Alina de Armas, PO Box 63, Simi Valley, CA 93062

Electronic HY-TEK entries are to be sent to: dearmas1@gmail.com. SCS policy for electronic entry: #1 E-mail entry (entry. zip file) 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. #2 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. #3 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. #4 DO NOT RE-SEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

FOR FURTHER INFORMATION CONTACT: Kirsten Dominguez (562) 420-3847 or info@lakewoodaquatics.org

Lakewood Aquatics B,R,W Short Course Swim Meet

Enter Short Course Times

October 9 & 10, 2010

Enter Short Course Times

ENTRIES DUE: Wednesday, September 29, 2010

Saturday, October 9, 2010

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
1	3:06.50		200 IM	5-10	3:07.40	2
			200 IM	11-12	3:01.70	3
4			100 IM	5-8		5
6			50 Breaststroke	5-10		7
			50 Breaststroke	11-12		8
9			25 Fly	5-8		10
11			50 Fly	5-10		12
			50 Fly	11-12		13
14			25 Freestyle	5-8		15
16			100 Freestyle	5-10		17
			100 Freestyle	11-12		18
19			50 Backstroke	5-10		20
			50 Backstroke	11-12		21
22			100 Fly	5-10		23
24	2:43.20		200 Fly	OPEN	2:47.40	25
26	MIXED		200 Med Relay	5-8		
27	Relays Time		200 Med Relay	5-10	Deck	28
	Permitting		200 Med Relay	11-12	Entered	29

Sunday, October 10, 2010

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
			200 Freestyle	11-12	2:37.80	60
61	2:42.00		200 Freestyle	5-10	2:41.80	62
63			100 Freestyle	5-8		64
			100 Breaststroke	11-12		65
66			100 Breaststroke	5-10		67
68			25 Breaststroke	5-8		69
			50 Freestyle	11-12		70
71			50 Freestyle	5-10		72
73			50 Freestyle	5-8		74
75			100 Backstroke	5-10		76
			100 Backstroke	11-12		77
78			25 Backstroke	5-8		79
			100 IM	11-12		80
81			100 IM	5-10		82
			100 Fly	11-12		83
84	2:46.20		200 Backstroke	OPEN	2:51.40	85
86	MIXED		200 Free Relay	5-8		
87	Relays Time		200 Free Relay	5-10	Deck	88
	Permitting		200 Free Relay	11-12	Entered	89

Afternoon session will not begin before 12:30PM. Afternoon warm-up will begin immediately after AM session.

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY. Lakewood WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE - MAIL EARLY

Afternoon Session 2

30	6:24.60		500 Freestyle	OPEN	6:29.80	31
32	3:01.30		200 IM	11-12		
33			200 IM	13-14		34
35			200 IM	15-UP		36
37			50 Fly	11-12		
38			100 Fly	13-14		39
40			100 Fly	15-UP		41
42			100 Backstroke	11-12		
43			100 Backstroke	13-14		44
45			100 Backstroke	15-UP		46
47			100 Freestyle	11-12		
48			100 Freestyle	13-14		49
50			100 Freestyle	15-UP		51
52			50 Breaststroke	11-12		
53	Relays		200 Med Relay	11-12	Deck	
54	Time		200 Med Relay	13-14	Entered	55
56	Permitting		200 Med Relay	15-UP		57
58	5:48.20		400 IM	OPEN	5:48.90	59

Afternoon Session 4

90	3:08.80		200 Breaststroke	OPEN	3:09.00	91
92	2:37.20		200 Freestyle	11-12		
93			200 Freestyle	13-14		94
95			200 Freestyle	15-UP		96
97			100 IM	11-12		
98			100 Breaststroke	13-14		99
100			100 Breaststroke	11-12		
101			100 Breaststroke	15-UP		102
103			50 Freestyle	11-12		
104			50 Freestyle	13-14		105
106			50 Backstroke	11-12		
107			50 Freestyle	15-UP		108
109			100 Fly	11-12		
110	Relays		200 Free Relay	11-12	Deck	
111	Time		200 Free Relay	13-14	Entered	112
113	Permitting		200 Free Relay	15-UP		114
115	21:32.10	OPEN	1650 Free Open	OPEN	21:51.50	116

The 1650 will swim fastest to slowest alternating girls and boys. Swimmers in the 1650 and 500 must provide timer for 3 heats and a lap counter.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.

5-8 swimmers must choose to swim either "5-8" or "5-10" (not any combination).

A swimmer may swim an event (stroke/distance) once even if offered twice.