

Cerritos Aquatic Club

Metro Committee B, R, W Long Course Swim Meet

April 10 & 11, 2010

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING (SCS)

WARM-UP AM Sessions: 7:30 AM AM BOTH DAYS

STARTING TIME: 9:00 AM BOTH DAYS

SANCTION NO:# : 10-078

Afternoon session will not begin before 11:30 AM

Afternoon warm-up begins immediately after AM Session

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.

CERRITOS WILL LIMIT THE MEET ENTRIES TO COMPLY WITH THE 4 HOUR RULE Maximum of 4 Individual Events per day

Directions: CERRITOS OLYMPIC SWIM CENTER, 13150 EAST 166th STREET, Cerritos, CA. From the 91 Freeway: Exit at Carmenita and go North to 166th. From the Santa Ana Freeway (5): Exit at Carmenita and go south to 166th. In both cases, go west on 166th a quarter mile to the pool. Parking is at the rear of the building. Additional parking available at Whitney High School Gymnasium, 16800 Shoemaker Ave., ¼ mile west then ¼ mile south of the pool.

COURSE: CERRITOS OLYMPIC SWIM CENTER is an indoor, 50-meter, pool with seven (7) competition lanes. Water depth is 13.0 ft. at the start end and 4. ft. at the turn end. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C)

MEET REFEREE: The Meet Referee will be in charge of the meet. Questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current Southern California Swimming (SCS) swim meet procedures will be enforced and take precedence over any errors or omissions on this meet form (see 2010 SCS Swim Guide). Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After the event has been officially closed, swimmers may not check-in or scratch. Swimmers in the first 4 events of each session **must check-in at least thirty minutes prior to the 9:00 AM starting time. 8 and under swimmers must choose to swim either "8 & under" or "10 & under" (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.

WARM-UP POLICY: 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.

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes who are 2010, 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.

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 the best recorded **LONG COURSE METERS** times from this or the preceding swim season. Do not submit estimated times or workout times. If you do not have a recorded time, enter NT (No Time) on the entry card. "NT" entries are acceptable for "White" division only. All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in the submitted times can lead to disciplinary action. A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event Open events are not awarded or are events 1 and 75. **A swimmer may swim an event (stroke/distance) once even if offered twice.**

ENTRY FORMS: Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA SWIMMING registration number. \$3.00 for each individual event PLUS \$6.00 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$5.00 fee. **Make checks payable to "SOUTHERN CALIFORNIA SWIMMING".** There are 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.

AWARDS: **'Blue' DIVISION** MEDALS to places 1st through 3rd. Ribbons to places 4th through 8th
'Red' DIVISION Ribbons to places 1st through 8th. **'White' DIVISION** Ribbons to places 1st through 8th. **Relays** Ribbons to places 1st through 3rd.

ENTRY PROCEDURE: 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). NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

Make checks payable to: SOUTHERN CALIFORNIA SWIMMING:

MAIL or hand deliver entries to: Carol Peña 413 E. 212th Street, Carson, Ca 90745

Electronic HY-TEK entries are to be sent to (ocpswim@hotmail.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 RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

FOR FURTHER INFORMATION CALL: Mark Johnson (714) 374-6345

Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of your entry.

Receipt of entries will not be verified by telephone or E-Mail

Cerritos Aquatic Club B,R,W Long Course Swim Meet

April 10 & 11, 2010

ENTER LONG COURSE METER TIMES

Cerritos will comply with the 4 Hour Rule

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Saturday

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	6:31.20	400 IM	11-12		
2		100 Free	8&Un		3
4	3:19.30	200 Free	10&U	3:19.00	5
6		200 Free	11-12		
7		100 Breast	10&U		8
9		100 Breast	11-12		
10		50 Back	8&U		11
12		50 Back	10&U		13
14		50 Back	11-12		
15		50 Free	8&U		16
17		50 Free	10&U		18
19		50 Free	11-12		
20		100 Fly	10&U		21
22		100 Fly	11-12		
23	Deck	200 Medley Relay	8&U	Deck	24
25	Entered	200 Medley Relay	10&Un	Entered	26
27		200 Medley Relay	11-12		
28	5:47.30	400 Freestyle	Open		
29	3:09.20	200 Back	Open	3:11.80	30

Afternoon session will not begin before 11:30 am

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 Free	11-12		31
32		200 Free	13-14		33
34		200 Free	15&O		35
		100 Breast	11-12		36
37		100 Breast	13-14		38
39		100 Breast	15&O		40
		50 Back	11-12		41
42		50 Free	13-14		43
44		50 Free	15&O		45
		50 Free	11-12		46
47		100 Fly	13-14		48
49		100 Fly	15&O		50
		100 Fly	11-12		51
52	6:31.20	400 IM	Open	6:32.30	53
	Deck	200 Medley Relay	11-12	Deck	54
55	Entered	400 Medley Relay	13-14	Entered	56
57		400 Medley Relay	15&O		58
		400 Freestyle	Open	5:46.60	59

A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event
 A swimmer may swim an event (stroke/distance) once even if offered twice. Do not enter Open events with NT.

8 and under swimmers must choose to swim as 8 & under OR 10 & under, not any combination thereof.

Swimmers in the 400 and 1500 Freestyle events must provide their own timers and lap counters
 The 1500 Freestyle events will swim fastest to slowest .

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 IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

****Entries Due: Wednesday March 31 , 2010

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Sunday

Morning Session					
Girls	Min	Event	Age	Min	Boys
60	3:49.30	200 IM	10&Un	3:50.40	61
62		200 IM	11-12		
63		50 Breast	8&U		64
65		50 Breast	10&U		66
67		50 Breast	11-12		
68		50 Fly	8&U		69
70		50 Fly	10&U		71
72		50 Fly	11-12		
73	Deck	200 Free Relay	8&U	Entered	74
75	3:31.00	200 Breast	11-12		
76		100 Back	10&U		77
78		100 Back	11-12		
79		100 Free	10&U		80
81		100 Free	11-12		
82	Deck	200 Free Relay	10&Un	Deck	83
84	Entered	200 Free Relay	11-12	Entered	
85	22:11.60	1500 Freestyle	Open		
86	3:05.70	200 Fly	Open	3:07.20	87

Afternoon warmup begins immediately following AM session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 IM	11-12		88
89		200 IM	13-14		90
91		200 IM	15&O		92
		50 Fly	11-12		93
94	3:31.00	200 Breast	Open	3:31.20	95
96		100 Back	13-14		97
		100 Back	11-12		98
99		100 Back	15&O		100
		50 Breast	11-12		101
102		100 Free	13-14		103
104		100 Free	15&O		105
		100 Free	11-12		106
	Deck	200 Free Relay	11-12	Deck	107
108	Entered	400 Free Relay	13-14	Entered	109
110		400 Free Relay	15&O		111
		1500 Freestyle	Open	22:10.90	112