

**Norwalk Stingrays Swim Team**  
**Metro Committee R, W, Short Course Swim Meet**  
**May 22, 2010**

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING (SCS)  
WARM-UP: 7:30 AM

SANCTION NO #: 10- 135  
MEET START TIME 9:00 AM

**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.

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**NSST WILL LIMIT THE MEET ENTRIES TO COMPLY WITH THE 4 HOUR RULE      Maximum of 5 Individual Events per day**

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**Directions:** Norwalk Aquatic Pavilion 12301 Sproul street Norwalk CA 90650, From the 605 fwy exit imperial go east on imperial. Turn Left onto San Antonio Blvd. Turn left onto Sproul St.(Sproul does not have a signal. It is the second left once you go under the 5 fwy) Pool will be after third stop sign on your left.

**COURSE:** Norwalk Aquatic pavillion is an out door, 25-yard, pool with (8) competition lanes. Water depth is 6.5 ft. at the start end and 3.5. ft. at the turn end. A warm-up area is available.

The competition course is SCS certified for semi-automatic and manual timing only. No records requiring level 1 timing may be set at this competition

**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 **short or long course** 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.

**AWARDS:** Events 49-50 will not be awarded

**'Red' DIVISION** Ribbons to places 1<sup>st</sup> through 8<sup>th</sup>. **'White' DIVISION** Ribbons to places 1<sup>st</sup> through 8<sup>th</sup>. **Relays** Ribbons to places 1<sup>st</sup> through 3<sup>rd</sup>.

**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.

**ENTRY PROCEDURE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, May 12, 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. 212<sup>th</sup> Street, Carson, Ca 90745

Electronic HY-TEK entries are to be sent to ([ocpswim@hotmail.com](mailto: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.

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**FOR FURTHER INFORMATION CALL: Teneale McCullough** ([tmccullough@ci.norwalk.ca.us](mailto:tmccullough@ci.norwalk.ca.us))

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**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**

# Norwalk Stingrays Swim Team R,W, MEET

**DATE: 05/22/2010**

**Norwalk Stingrays Swim Team will comply with the 4 Hour Rule**

Swimmers may enter a maximum of 5 events

Warm-up 7:30 AM/Start 9:00 AM

Entries Due: May 12, 2010

Girls	Max	Event	Age	Max	Boys
1	1:11.01 (13-14)	100 Fly	13 & Up	1:07.71 (13-14)	2
	1:11.10 (15 & Up)			1:05.11 (15 & Up)	
3	34.31	50 Fly	11-12	34.51	4
5	38.31	50 Fly	10 & Under	38.21	6
7	BRW	25 Fly	8 & Under	BRW	8
9	1:14.11 (13-14)	100 Back	13 & Up	1:11.31 (13-14)	10
	1:14.51 (15 & Up)			1:09.31 (15 & Up)	
11	36.21	50 Back	11-12	36.61	12
13	40.51	50 Back	10 & Under	40.41	14
15	BRW	25 Back	8 & Under	BRW	16
17	2:36.61 (13-14)	200 IM	13 & Up	2:29.01 (13-14)	18
	2:37.71 (15 & Up)			2:21.71 (15 & Up)	
19	1:17.71	100 IM	11-12	1:17.71	20
21	1:26.61	100 IM	10 & Under	1:26.91	22
23	BRW	100 IM	8 & Under	BRW	24
25	1:23.41 (13-14)	100 Breast	13 & Up	1:19.11 (13-14)	26
	1:25.11 (15 & Up)			1:15.81 (15 & Up)	
27	40.81	50 Breast	11-12	41.01	28
29	45.61	50 Breast	10 & Under	45.61	30
31	BRW	25 Breast	8 & Under	BRW	32
33	29.31 (13-14)	50 Free	13 & Up	27.51 (13-14)	34
	29.71 (15 & Up)			26.51 (15 & Up)	
35	30.71	50 Free	11-12	30.81	36
37	33.91	50 Free	10 & Under	34.11	38
39	BRW	25 Free	8 & Under	BRW	40
41		100 Mixed Free Relay	8 & Under		
42		200 Mixed Free Relay	10 & Under		
43		200 Mixed Free Relay	11-12		
44		200 Mixed Free Relay	13-UP		
45	RW	500 Free	see note below	RW	46

Event 45 and 46 will be swum combined 11-12 and 13 & Up.

**Age Groups for awards 8 & Under, 10 & Under, 11-12, 13 & UP: awarded 13-14, 15 & UP**

All age groups above are limited to "R" Max time standards except 8 & Under B,R,W

8 & Under swimmers must choose to swim as 8 & under OR 10 & Under (not any combination).

Swimmers may enter a maximum of a maximum of 5 events on Saturday

Relays will be run, time permitting

Swimmers in the 500 must provide their own timers and lap counters.