



**2010 Southern California Swimming
Grand Prix**
Belmont Plaza Olympic Pool



Presented by Vintage Design, Inc

**USE: OME, Electronic Team Entry or Blue Card
DO NOT REQUEST TELEPHONE VERIFICATION
READ ENTIRE ENTRY FORM**

Dates: Friday-Monday, January 15-18, 2010

Entries Due: Postmarked by January 4, 2010

Hand delivery accepted until 8:00 PM January 7, 2010 to Mrs. Clary ONLY.

Sanction: #10-001

Hosted by: FAST (Fullerton Aquatic Sports Team, Inc)

Warm Up: 7:00 AM (Noon Friday)

Prelim Start: 9:00 AM (5:00 PM Fri)

Finals Start: 5:00 PM (4:00 PM Mon) or no sooner than 2 hours following last heat of preliminary heats each day

Pool: Belmont Plaza Olympic Pool, 4000 Olympic Plaza, foot of Termino Avenue just south of Ocean Blvd at Belmont Shores (Long Beach).

Course: 8 all deep 25 yard racing lanes in 50 meter bulkhead pool; 10 warm up lanes. Colorado Timing/Scoreboard.

Parking: Adjacent lot east of Plaza. **Parking is metered year round 8 am-6 pm; \$1/hour** quarters required. Parking permits for the whole meet, \$27, will be sold at the East (office end) entrance Friday and Saturday. Parking fee is a direct charge by the City of Long Beach Marine Bureau.

Meet Referee: The Meet Referee is in charge of the meet; questions regarding the conduct of the meet should be directed to that person. **Officials:** Certified officials wishing to officiate this meet should contact SCS Officials' Chairman Dick Pierson at rlpierson@gmail.com. **Questions:** SCS Swim Office (800) 824-6206 or (805) 682-0135.

Entry Fees: \$11.00 per individual event plus \$14.00 per swimmer surcharge (\$16.00 for OME credit card entry). 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. (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. **DO NOT RESEND AN ENTRY FILE:** A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

THERE WILL BE NO REFUNDS FOR INDIVIDUAL EVENTS

Relay Entry Fees: \$22.00 per relay team; all relay entry information is on the special relay entry form; coaches must use that form. \$14.00 surcharge for relay only swimmers must be prepaid. Refunds will be made for relays and relay only swimmers who are scratched by the announced relay scratch deadline.

Proof of Time: Swimmers, coaches, and parents are reminded that this is a 'proof of time' meet; all entry times will be run through SWIMS time verification prior to the meet.

USA Swimming On Line Meet Entry (OME) Information

This meet may be entered using the USA Swimming OME system. The on line surcharge per swimmer is \$16. The system allows the OPTION of using a credit card OR sending a check to SCS within 48 hours of entry. Please contact Susan Woessner, 719-866-3589, 719-332-0184, swoessner@usaswimming.org for questions about OME.

Checks payable to: Southern California Swimming (put swimmer's name on check)

Mail To: Stacy Clary
7670 Whitegate Ave
Riverside, CA 92506

ELECTRONIC ENTRY FILE (entry.zip):
clary.home@worldnet.att.net
(you must include signed Word or .pdf file)

Hand Delivery ONLY by 8:00 p.m. Wednesday January 6, 2010

Mailed entries postmarked by a business postage meter must be in the hands of the recipient no later than Friday, January 8th. **NEW entries from the Jan 8-10 "Q" may be made ONLY through the Admin Referee at the meet. Any entry not meeting the applicable deadline will be rejected.**

CONDUCT OF THE LONG BEACH GRAND PRIX OF SWIMMING

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check in with the Clerk of Course for each event; after an event is closed, a swimmer may not check in or scratch. The first two events on each day will close at 8:30 a.m. Heats/Finals: 3 events per day limit applies. *The National Championship finals scratch rule will be used.* In order there will be 'B' consolation, 'A' consolation and Championship Final for all events except 1000 and 1650 freestyle. **A swimmer may compete in a MAXIMUM of SEVEN individual events in the meet.** **BONUS:** A swimmer with one qualifying time may enter one bonus event; a swimmer with two qualifying times may enter two bonus events; a swimmer with three qualifying times may enter one bonus event. Qualified in four or more events must prove **all** events entered. **Label bonus events 'B' and enter best YARD time.** *Bonus swims must meet bonus entry time standards.*

Eligibility: Open to USA Swimming and FINA 2010 registered swimmers. For SCS swimmers registration application must be received by SCS by Monday, January 11, & may be submitted with entry. There are substantial penalties to swimmer & Club (see 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet. Clubs must be 2009 USA Swimming member clubs to compete.

Times: Please submit **short** course times for each event. Long course times will be seeded after short course.

Times must have been achieved ON or AFTER Sept. 1, 2008, and must be verifiable through SWIMS (non-USA Swimming meets are provable only with official results subject to approval by SCS) -- refer to 2009 SCS Swim Guide.

BONUS events: Label 'B' and enter best short course YARD time (seeded after LC times).

DISTANCE EVENTS

The 1000 and 1650 yd freestyles are 'timed finals' with standard seeding procedures;

- **events will be swum fastest to slowest**, alternating women's and men's heats;
- fastest 8 entrants checked in for the women's 1650 will swim after the Event 24 'A' Final; fastest 8 entrants checked in for the men's 1650 will swim after the Event 26 'A' Final on Monday.
- All other heats will be swum in the preliminaries. THREE HEATS each (women and men) of 1650 will be swum as part of prelims; any other heats will swim during the break. **Note: 1650 check-in to be seeded will close at 5:00 pm Sunday** (check-in to swim will close at 10:00 am Monday)

RELAY EVENTS

A Club may enter a maximum of two relays per event; relay entry times must be provable. Relays will swim at conclusion of finals: fastest two heats of women, fastest two heats of men, remaining heats alternating women/men. Postmark relay entry form by January 4, 2010 (hand delivery up to 8:00 p.m. on January 6, 2010 to entry receipt address only.) For relay events only, refunds will be given for events entered and scratched by the announced relay scratch deadline (and for relay-only swimmers who do not participate and are scratched).

SPECIAL RULES FOR PRELIMS, SCORING and AWARDS

FLIGHTS: If time line warrants, Prelims will be swum in 'A' and 'B' flights. 'A' flight will be 6 heats of each event and will compete first. 'B' flight will be remaining heats of each event swum fastest to slowest and will alternate women/men for 500 free and 400 IM. If meet is single Prelim, 500 free and 400 IM will swim fastest to slowest and alternate women/men. **Anticipate a FLIGHTED meet.**

FLIGHT DECISION WILL BE ANNOUNCED MONDAY, JANUARY 11

Scoring will be to sixteen places (20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1), double for relays. **Awards:** Individual 1-3. Team 1-3 women, men and combined. **Questions:** SCS Swim Office (800) 824-6206 or (805) 682-0135

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.

Order of Events and Time Standards

WOMEN	Yds	Mtrs	EVENT	Yds	Mtrs	MEN
FRIDAY, JANUARY 15, 2010						
1	10:33.39	9:30.59	1000 Y FREESTYLE	9:53.99	8:56.29	2
SATURDAY, JANUARY 16, 2010						
3	54.09	1:00.69	100 Y FREESTYLE	49.09	55.19	4
5	2:11.89	2:28.29	200 Y BUTTERFLY	2:01.89	2:18.49	6
7	2:12.99	2:31.19	200 Y BACKSTROKE	2:02.89	2:19.79	8
9	5:08.19	4:37.89	500 Y FREESTYLE	4:48.99	4:20.19	10
11	3:51.99	4:21.99	400 Y FREE RELAY	3:28.80	3:54.40	12
SUNDAY, JANUARY 17, 2010						
13	1:55.79	2:10.09	200 Y FREESTYLE	1:46.29	2:01.49	14
15	2:30.89	2:51.49	200 Y BREASTSTROKE	2:19.39	2:38.49	16
17	25.09	28.49	50 Y FREESTYLE	22.89	25.89	18
19	4:40.79	5:17.99	400 Y IND MEDLEY	4:21.49	4:58.39	20
21	8:14.80	9:14.00	800 Y FREE RELAY	7:34.00	8:35.60	22
MONDAY, JANUARY 18, 2010						
23	59.89	1:07.89	100 Y BUTTERFLY	53.79	1:00.99	24
25	1:01.79	1:10.89	100 Y BACKSTROKE	56.99	1:04.89	26
27	1:10.39	1:19.99	100 Y BREASTSTROKE	1:03.29	1:12.39	28
29	2:11.59	2:30.49	200 Y IND MEDLEY	2:00.59	2:17.19	30
31	4:26.90	5:00.10	400 Y MED RELAY	4:03.90	4:35.90	32
33*	17:43.19	18:05.39	1650 Y FREESTYLE	16:34.99	17:06.79	*34

RELAYS MUST BE PRE-ENTERED USE RELAY ENTRY FORM

*Fastest heat of Event 33 will swim after the Final of Event 24. Fastest heat of Event 34 will swim after the Final of Event 26. Remaining heats swim in prelims and break.

Warm up Procedures: Controlled warm-up 1 1/2 hrs before each session, (as needed) pace 1&8, sprint 2&7

Warm up Pool: Follow warm up procedures until start of meet. Serious warm up and warm down only. Only USA Swimming or FINA members may swim in this pool at any time. No paddles are permitted at any time. Safety violations may jeopardize use of this pool for individuals, teams, or all participants. **No diving.**

ADMISSION PRICES:

**\$7.00 per session Prelims / Finals.
Day pass \$12.00. All Session pass \$30.00. Friday free.**

HOTEL INFORMATION

HILTON LONG BEACH

701 West Ocean Boulevard
Long Beach, CA 90831
562-983-3400 or 1-800-HILTONS
\$79 per night and \$5 Parking
Cut Off Date: Monday, Jan. 4, 2010

COURTYARD BY MARRIOTT

500 East First Street
Long Beach, CA 90802
562-435-8511 or 800-321-2211
\$89 per night and \$10 Parking
Cut Off Date: Friday, Dec. 31, 2009

HOLIDAY INN

1133 Atlantic Avenue
Long Beach, CA 90813
562-590-8858 or 877-865-6578
\$89 per night FREE Parking
Cut Off Date: Friday, Dec. 31, 2009

HAMPTON INN & SUITES

2401 Seal Beach Boulevard
Seal Beach, CA 90740
562-594-3939
\$99 per night FREE Parking
Complimentary Breakfast
Cut Off Date: Monday, January 4, 2010



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Presented by Vintage Design, Inc

January 15-18, 2010 – Long Beach, CA



**American Record \$1,000 Bonus
Men and Women \$2,000 High Point,
\$1,000 2nd, \$750 3rd, \$500 4th, \$250 5th**

Time Standards Women

EVENT	SC Yards	Bonus Yards	LC Meters	Bonus Mtrs.
50 FREE	25.09	25.69	28.49	29.32
100 FREE	54.09	55.29	1:00.69	1:02.97
200 FREE	1:55.79	1:58.29	2:10.09	2:14.83
500 FREE	5:08.19	5:15.99	4:37.89	4:42.02
1000 FREE	10:33.39	10:49.99	9:30.59	9:40.12
1650 FREE	17:43.19	18:06.09	18:05.39	18:27.81
100 BACK	1:01.79	1:03.79	1:10.89	1:12.01
200 BACK	2:12.99	2:16.09	2:31.19	2:33.46
100 BRST	1:10.39	1:13.09	1:19.99	1:23.13
200 BRST	2:30.89	2:37.59	2:51.49	2:58.92
100 FLY	59.89	1:01.99	1:07.89	1:10.21
200 FLY	2:11.99	2:17.59	2:28.29	2:35.52
200 IM	2:11.59	2:15.59	2:30.49	2:34.81
400 IM	4:40.79	4:43.79	5:17.99	5:21.41

Time Standards Men

EVENT	SC Yards	Bonus Yards	LC Meters	Bonus Mtrs.
50 FREE	22.89	23.19	25.89	26.54
100 FREE	49.09	49.69	55.19	56.76
200 FREE	1:46.29	1:49.39	2:01.49	2:04.82
500 FREE	4:48.99	4:55.09	4:20.19	4:23.37
1000 FREE	9:53.99	10:17.99	8:56.29	9:11.56
1650 FREE	16:34.99	17:11.40	17:06.79	17:32.03
100 BACK	56.99	58.39	1:04.89	1:06.01
200 BACK	2:02.89	2:06.79	2:19.79	2:23.14
100 BRST	1:03.29	1:05.69	1:12.39	1:14.92
200 BRST	2:19.39	2:23.09	2:38.49	2:42.83
100 FLY	53.79	56.39	1:00.99	1:03.99
200 FLY	2:01.89	2:04.99	2:18.49	2:21.54
200 IM	2:00.59	2:04.19	2:17.19	2:21.05
400 IM	4:21.49	4:25.89	4:58.39	5:01.54