

# **RSJ-Eastern Committee Spring Championship Meet**

## **(December Invite Max)**

Sanctioned by: Southern California Swimming  
Sponsored By: Redlands Swim Team & Eastern Committee  
Date of Meet: February 24-26, 2012  
Warm-up: 3:45 on Friday and 7:00 am on Saturday and Sunday

Sanction No. 12-031  
Received by deadline: 5:00 pm, Wed. February 15, 2012  
Start of Meet: 5:00 pm Fri, 8:30 am Sat & Sun

**POOL:** Redlands High School - 840 E Citrus, Redlands CA. The parking area is accessed most easily from Roosevelt Ave.

**DIRECTIONS: From the East:** Take Interstate 10 to Cypress Street exit. Turn left on Cypress to Roosevelt. Turn right on Roosevelt to the pool. **From the West:** Take Interstate 10 to the University Street exit. Turn right on University Street to Cypress. Turn right on Cypress to Roosevelt. Turn right on Roosevelt to the pool. A large parking lot is available west of the pool complex. **No parking is allowed inside the gated area.**

**COURSE:** Redlands High School has two (2) outdoor, 25 yard pools with six (6) swimming lanes in each. A warm up/down lane will remain open during the meet under coaches supervision. 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. Pool depth: Deep Pool: start end 8.0 ft, turn end 8.68 ft; Shallow Pool: start end 4.11 ft, turn end 4.04 ft.

**WARM-UP Procedures:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 3:45-4:45 pm on Fri. and 7:00 – 8:15 am on Sat. and Sun. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed 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. **All events will be swum fastest to slowest. SWIMMERS MUST CHECK IN with the clerk of course 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 the meet. Swimmers must be at least 5 years old on Feb. 24, 2012 to enter this meet. Timers must be provided by each team. Swimmers competing on Friday are requested to furnish timers for at least three heats. Swimmers competing in the 500, 1000 and 1650 must furnish their own timers for three heats and lap counters. **Swimmer may swim a maximum of 4 events per day.**

**Recording Devices & Media Notice:** The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas, or restrooms. 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 acknowledgment and consent to this fact.

**RACING START CERTIFICATION:** 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.

**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.

**ELIGIBILITY:** Open to Eastern Committee athletes who hold 2012 USA Swimming Registration. Registration application must be received by Monday prior to the first day of the 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. **REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted; please submit a copy of registration with entry.

**SWIM SUITS:** 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 the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

**SCORING:** Blue 30-28-27-26-25-24-23-22 Red 20-17-16-15-14-13-12-11 White 9-7-6-5-4-3-2-1  
Relays 60-56-54-52-50-48-46-44

**AWARDS:** Blue Division: Medals for 1<sup>st</sup> thru 3<sup>rd</sup> place, Ribbons for 4<sup>th</sup> thru 8<sup>th</sup> place  
Red Division: Ribbons for 1<sup>st</sup> thru 8<sup>th</sup> place White Division: Ribbons for 1<sup>st</sup> thru 8<sup>th</sup> place  
Relays: Medals for 1<sup>st</sup> thru 3<sup>rd</sup> place Team Trophies: 1<sup>st</sup> thru 6<sup>th</sup> place

**ENTRY FEES:** \$4.00 for each individual event along with a \$7.00 surcharge per swimmer *must accompany each individual entry card.* NO REFUNDS. Returned checks may incur a service fee. 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 \$8.00 each, payable on entry.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, February 15, 2012. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail.)**

**Make Checks payable to Southern California Swimming MAIL ENTRIES TO:**  
Email for team electronic entries only: [ruszim@hotmail.com](mailto:ruszim@hotmail.com)  
Questions: SCS Office (800) 824-6206

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**RST-Eastern Committee Spring Championship Meet (Dec Invite Max)**  
**February 24-26, 2012**

**Friday**

GIRLS	min/max	age	distance	stroke	min/max	BOYS
1	/2:34.30	11-12	BRW 200 yd	IM	/2:36.30	2
3	/2:59.10	7-10	BRW 200 yd	IM	/3:00.70	4
5	3:01.40/	11-12	BR 200 yd	Backstroke	3:07.30/	6
7*	/20:11.60	13-14	BR 1650 yd	Freestyle	/19:52.30	8*
	/19:37.00/	15-up	BR		/18:56.20	
9	2:56.80/	7-10	BR 500 yd	Freestyle	2:56.50/	10
11	6:59.50/	11-12	BR 1650 yd	Freestyle	7:05.30/	12
13*	/2:46.50	13-14	BRW 200 yd	Breaststroke	/2:41.90	14*
	/2:47.00	15-up	BRW		/2:37.40	
15	/1:21.60	11-12	BRW 100 yd	Breaststroke	/1:25.40	16
17	/1:34.50	7-10	BRW 100 yd	Breaststroke	/1:39.20	18

**Saturday Shallow Pool**

GIRLS	min/max	age	distance	stroke	min/max	BOYS
35	/1:23.10	7-8	BRW 100 yd	IM	/1:24.20	36
37	/1:23.10	7-10	BRW 100 yd	IM	/1:24.20	38
39	/32.90	7-8	BRW 50 yd	Freestyle	/33.60	40
41*	/21.71	7-8	W 25 yd	Freestyle	/21.11	42*
		5-6				
43	/37.80	7-10	BRW 50 yd	Butterfly	/38.00	44
45	/37.80	7-8	BRW 50 yd	Butterfly	/38.00	46
47*	/25.61	7-8	W 25 yd	Butterfly	/25.61	48*
		5-6				
49		7-10	BRW 200 yd	Freestyle Relay		50
51		5-8	BRW 100 yd	Freestyle Relay		52
53	/1:26.00	7-10	BRW 100 yd	Backstroke	/1:27.10	54
55*	/25.61	7-8	W 25 yd	Backstroke	/25.91	56*
		5-6				
57	/32.90	7-10	BRW 50 yd	Freestyle	/33.60	58
59*	/28.81	7-8	W 25 yd	Breaststroke	/28.01	60*
		5-6				

**Sunday Shallow Pool**

GIRLS	min/max	age	distance	stroke	min/max	BOYS
91	/2:39.20	7-10	BRW 200 yd	Freestyle	/2:39.40	92
93	/39.70	7-10	BRW 50 yd	Backstroke	/39.90	94
95	/39.70	7-8	BRW 50 yd	Backstroke	/39.90	96
97	/1:27.60	7-10	BRW 100 yd	Butterfly	/1:29.60	98
99	/44.30	7-8	BRW 50 yd	Breaststroke	/45.30	100
101	/44.30	7-10	BRW 50 yd	Breaststroke	/45.30	102
103	/1:13.30	7-8	BRW 100 yd	Freestyle	/1:13.20	104
105	/1:13.30	7-10	BRW 100 yd	Freestyle	/1:13.20	106
107		5-8	BRW 100 yd	Medley Relay		108
109		7-10	BRW 200 yd	Medley Relay		110

**Saturday Deep Pool--am**

GIRLS	min/max	age	distance	stroke	min/max	BOYS
19	3:01.30/	11-12	BR 400 yd	IM	3:01.70/	20
21	/34.00	11-12	BRW 50 yd	Backstroke	/39.20	22
23	/2:15.20	11-12	BRW 200 yd	Freestyle	/2:18.30	24
25		11-12	BRW 400 yd	Medley Relay		26
27	3:25.90/	11-12	BR 200 yd	Breaststroke	3:26.20/	28
29	/1:12.40	11-12	BRW 100 yd	Butterfly	/1:14.70	30
31		11-12	BRW 200 yd	Freestyle Relay		32
*****BREAK DETERMINED BY MEET REFEREE*****						
33	/6:05.40	11-12	BRW 500 yd	Freestyle	/6:15.20	34

**Saturday Deep Pool--pm**

*****Afternoon session will not start before 1:00 PM*****						
GIRLS	min/max	age	distance	stroke	min/max	BOYS
61	/5:15.00	13-14	BRW 400 yd	IM	/5:06.20	62
63	/5:08.90	15-up	BRW 400 yd	IM	/4:52.00	64
65	/1:17.50	13-14	BRW 100 yd	Breaststroke	/1:14.90	66
67	/1:17.50	15-up	BRW 100 yd	Breaststroke	/1:12.40	68
69	/1:07.60	13-14	BRW 100 yd	Butterfly	/1:04.90	70
71	/1:06.90	15-up	BRW 100 yd	Butterfly	/59.70	72
73		13-14	BRW 200 yd	Freestyle Relay		74
75		15-up	BRW 200 yd	Freestyle Relay		76
*****10 MINUTE BREAK*****						
77	/59.60	13-14	BRW 100 yd	Freestyle	/57.30	78
79	/59.00	15-up	BRW 100 yd	Freestyle	/53.50	80
81	/2:28.00	13-14	BRW 200 yd	Backstroke	/2:26.30	82
83	/2:28.90	15-up	BRW 200 yd	Backstroke	/2:19.90	84
85		13-14	BRW 400 yd	Medley Relay		86
87		15-up	BRW 400 yd	Medley Relay		88
*****10 MINUTE BREAK*****						
89*	/5:43.70	13-14	BRW 500 yd	Freestyle	/5:32.80	90*
	/5:33.50	15-up	BRW		/5:16.50	

**Sunday Deep Pool--am**

GIRLS	min/max	age	distance	stroke	min/max	BOYS
111	/32.30	11-12	BRW 50 yd	Butterfly	/32.90	112
113	/1:12.70	11-12	BRW 100 yd	Backstroke	/1:13.90	114
115	/1:02.10	11-12	BRW 100 yd	Freestyle	/1:03.00	116
117		11-12	BRW 200 yd	Medley Relay		118
*****10 MINUTE BREAK*****						
119	2:58.10/	11-12	BR 200 yd	Butterfly	3:02.60/	120
121	/28.80	11-12	BRW 50 yd	Freestyle	/29.30	122
123	/1:12.20	11-12	BRW 100 yd	IM	/1:13.00	124
125	/38.20	11-12	BRW 50 yd	Breaststroke	/39.20	126
127		11-12	BRW 400 yd	Freestyle Relay		128
*****BREAK DETERMINED BY MEET REFEREE*****						
129*	6:59.50/	11-12	BR 1000 yd	Freestyle	6:15.20/	130*
	/12:06.30	13-14	BRW		/11:53.00	
	/11:47.80	15-up	BRW		/11:20.20	

**Sunday Deep Pool--pm**

*****Afternoon session will not start before 1:00 PM*****						
GIRLS	min/max	age	distance	stroke	min/max	BOYS
131	/2:08.10	13-14	BRW 200 yd	Freestyle	/2:03.90	132
133	/2:06.30	15-up	BRW 200 yd	Freestyle	/1:56.50	134
135	/1:08.60	13-14	BRW 100 yd	Backstroke	/1:06.90	136
137	/1:08.30	15-up	BRW 100 yd	Backstroke	/1:02.40	138
139	/2:34.80	13-14	BRW 200 yd	Butterfly	/2:28.40	140
141	/2:32.00	15-up	BRW 200 yd	Butterfly	/2:17.40	142
143		13-14	BRW 200 yd	Medley Relay		144
145		15-up	BRW 200 yd	Medley Relay		146
*****10 MINUTE BREAK*****						
147	/2:25.60	13-14	BRW 200 yd	IM	/2:20.40	148
149	/2:23.80	15-up	BRW 200 yd	IM	/2:13.50	150
151	/27.70	13-14	BRW 50 yd	Freestyle	/26.30	152
153	/27.30	15-up	BRW 50 yd	Freestyle	/24.60	154
155		13-14	BRW 400 yd	Freestyle Relay		156
157		15-up	BRW 400 yd	Freestyle Relay		158

\*\* Swimmers must have own timers for events 33-34, 89-90, 129-130.

\*\*Swimmers swimming events 1-18 are requested to furnish timers for at least three heats.

\*\*7/8 year old swimmers may enter either 7-8 or 7-10 events, not any combination.

\*\* 5/6 & 7-8 swimmers only, may enter the 5-8 relays.

\*\*Swimmers in events 9 & 10 must enter 200 free times

\*\*11-12 swimmers entering 19 or 20 must enter 200 IM time

\*\*11-12 swimmers entering 11 or 12 must enter 500 free time

\*\*11-12 swimmers with B times or faster in events 129 or 130 may enter 1000 time. 11-12 Swimmers who have not achieved a 1650 B time may enter their 500 free time if it meets or exceeds the R time for the 500 free.

\*\*Events indicated by \* will be swum together and awarded by age groups.

\*\*Relay note: A swimmer may not swim a leg in a relay for which s/he has achieved a Dec Invite time in that stroke and distance.