

GOLDEN WEST SWIM CLUB SHORT COURSE "BRW" AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 09-201
Co-Sponsored by: GOLDEN WEST SWIM CLUB and GOLDEN WEST COLLEGE AQUATICS PROGRAM
Orange Committee

DATE OF MEET: December 5 & 6, 2009
ENTRIES DUE: **November 23, 2009 (Monday)**
WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

**This is an Orange Committee "TRI" Meet, the following teams are eligible to enter: BGST, CDM, GWSC, MVN, OCW, PCA, SCAC, SOCAL, WWA, YOC
Afternoon Session will begin no sooner than 12:00 PM or 45 minutes after the conclusion of the AM Session

- POOL:** GOLDEN WEST COLLEGE POOL, 15744 GOLDEN WEST AVENUE, HUNTINGTON BEACH, CA. Take 405 freeway north or south to Golden West Avenue. Go south on Golden West past McFadden to Golden West College. Park near the tennis courts for quick access to the pool. Additional parking available on Gothard, 1 block east of Golden West Avenue.
- COURSE:** GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course has not been certified in accordance with 104.2.2 (C).
- SPECIAL NOTICE:** Swimmers may swim a maximum of FOUR events per day. **GWSC will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Swimmers in the 500 and 1000 Freestyle must provide timers for three heats. You must provide your own lap counters. 11 & Older swimmers who meet the time standard may enter OPEN events. 8 & Under swimmers may enter 8 & Under or 10 & Under events but not any combination. **Relays will be swum, time permitting.**
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or diving before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**
- 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 2009 S Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. **THE FIRST FOUR EVENTS OF EACH SESSION WILL CLOSE 30 MINUTES PRIOR TO THE START OF THAT SESSION.** After an 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 **December 5, 2009**. **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 UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. **A swimmer may not attach at the meet.**
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2009 or 2010 USA Swimming members. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. 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.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). 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.
- QUALIFYING TIMES:** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at "NT" (see 2008Swim Guide for exceptions).
- AWARDS:** INDIVIDUAL EVENTS: "Blue" and "Red" and "White" Division: RIBBONS 1st through 8th
RELAYS: RIBBONS 1st through 3rd
Ribbons will be awarded by the following Age Groups: 5/6, 7/8, 10 & Under, 11/12, 13/14 and 15 & Up
- ENTRY FEE:** **\$2.75 for each INDIVIDUAL EVENT, plus \$5.00 SURCHARGE per swimmer must accompany each individual entry card.** E-mail entry (entry.zipfile) 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. New swimmers accepted by the due date if SPACE IS AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded.
- ENTRIES CLOSE:** Entry forms bearing a postmark LATER THAN 12:00 MIDNIGHT on the due date of entry form WILL BE REJECTED. Space permitting, entries will be accepted if delivered to the address below up to 8:00 PM on Wednesday, November 25, 2009. NOTICE: Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be rejected). **To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.**

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL:	JULSONLL@AOL.COM
And MAIL TO:	Lynda Julson
(Include Swimmer's name and SCS Number)	25552 Loganberry Lane Lake Forest, CA 92630

GOLDEN WEST SWIM CLUB "BRW" SHORT COURSE AGE GROUP MEET

Date of Meet: December 5 & 6, 2009

Entries Due: November 23, 2009 (Monday)

Times submitted must be Best Recorded Times short course or long course. All non conforming times will be seeded last.

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

GWSC WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE FOR EACH SESSION

AFTERNOON SESSION WILL BEGIN NO SOONER THAN 12:00 AM OR 45 MINUTES AFTER THE CONCLUSION OF THE MORNING SESSION

This is an Orange Committee "TRI" meet, the following teams may enter: BGST, CDM, GWSC, MVN, OCW, PCA, SCAC, SCAL, WWA, YOC

Girls			Saturday, December 5, 2009		9:00 am		Boys	
No.	Division	Age	Event	Age	No.			
1	BRW	10 & Under	200 Yard Freestyle	10 & Under	2			
3	BRW	8 & Under	100 Yard Freestyle	8 & Under	4			
5	BRW	10 & Under	50 Yard Backstroke	10 & Under	6			
7	BRW	8 & Under	50 Yard Breaststroke	8 & Under	8			
9	BRW	10 & Under	100 Yard Breaststroke	10 & Under	10			
11	BRW	8 & Under	25 Yard Backstroke	8 & Under	12			
13	BRW	10 & Under	50 Yard Butterfly	10 & Under	14			
15	BRW	8 & Under	25 Yard Butterfly	8 & Under	16			
17	BRW	10 & Under	50 Yard Freestyle	10 & Under	18			
19	BRW	8 & Under	50 Yard Freestyle	8 & Under	20			
21	Coach Entered	10 & Under	200 Yard Freestyle Relay	10 & Under	22			
23	On Deck	8 & Under	100 Yard Freestyle Relay	8 & Under	24			

PM Session will begin no sooner than 12:00pm or 45 min after the conclusion of AM Session

25	BRW	11/12	200 Yard Freestyle	11/12	26			
27	BRW	13 & Up	200 Yard Freestyle	13 & Up	28			
29	BRW	11/12	50 Yard Backstroke	11/12	30			
31	BRW	13 & Up	100 Yard Freestyle	13 & Up	32			
33	BRW	11/12	100 Yard Freestyle	11/12	34			
35	BRW	13 & Up	100 Yard Butterfly	13 & Up	36			
37	BRW	11/12	100 Yard Butterfly	11/12	38			
39	BRW	13 & Up	200 Yard Backstroke	13 & Up	40			
39	BRW	11/12	200 Yard Backstroke	11/12	40			
41	BRW	11/12	100 Yard Breaststroke	11/12	42			
43	BRW	13 & Up	100 Yard Breaststroke	13 & Up	44			
45	BRW	11/12	100 Yard Individual Medley	11/12	46			
47	Coach Entered	13 & Up	400 Yard Freestyle Relay	13 & Up	48			
49	On Deck	11/12	200 Yard Freestyle Relay	11/12	50			
51	OPEN	6:24.60	500 Yard Freestyle	6:29.80	52			

*8 & Under Swimmers may compete in 8 & Under or 10 & Under events but not any combination.

*The 500 and 1000 Freestyle will be seeded fastest to slowest, alternating girls and boys.

Girls			Sunday, December 6, 2009		9:00am		Boys	
No.	Division	Age	Event	Age	No.			
53	ABC	10 & Under	200 Yard Individual Medley	10 & Under	54			
55	ABC	8 & Under	100 Yard Individual Medley	8 & Under	56			
57	ABC	10 & Under	100 Yard Backstroke	10 & Under	58			
59	ABC	8 & Under	50 Yard Backstroke	8 & Under	60			
61	ABC	10 & Under	100 Yard Freestyle	10 & Under	62			
63	ABC	8 & Under	25 Yard Freestyle	8 & Under	64			
65	ABC	10 & Under	100 Yard Butterfly	10 & Under	66			
67	ABC	8 & Under	50 Yard Butterfly	8 & Under	68			
69	ABC	10 & Under	50 Yard Breaststroke	10 & Under	70			
71	ABC	8 & Under	25 Yard Breaststroke	8 & Under	72			
73	Coach Entered	10 & Under	200 Yard Medley Relay	8 & Under	74			
75	On Deck	8 & Under	100 Yard Medley Relay	10 & Under	76			

PM Session will begin no sooner than 12:00 pm or 45 min after the conclusion of AM Session

77	BRW	11/12	200 Yard Individual Medley	11/12	78			
79	BRW	13 & Up	200 Yard Individual Medley	13 & Up	80			
81	BRW	11/12	50 Yard Breaststroke	11/12	82			
83	BRW	13 & Up	100 Yard Backstroke	13 & Up	84			
85	BRW	11/12	100 Yard Backstroke	11/12	86			
87	BRW	13 & Up	200 Yard Breaststroke	13 & Up	88			
87	BRW	11/12	200 Yard Breaststroke	11/12	88			
89	BRW	11/12	50 Yard Butterfly	11/12	90			
91	BRW	13 & Up	200 Yard Butterfly	13 & Up	92			
91	BRW	11/12	200 Yard Butterfly	11/12	92			
93	BRW	13 & Up	50 Yard Freestyle	13 & Up	94			
95	BRW	11/12	50 Yard Freestyle	11/12	96			
97	Coach Entered	13 & Up	400 Yard Medley Relay	13 & Up	98			
99	On Deck	11/12	200 Yard Medley Relay	11/12	100			
101	OPEN	12:58.60	1000 Yard Freestyle	13:09.80	102			

****Relays will be swum, time permitting**

11 & Older Swimmers who meet the time standard may enter OPEN events.

*Swimmers in the 500 and 1000 Yard Freestyle must provide timers for 3 heats and their own lap counters.