

# SET AQUATICS SPRING RW SHORT COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming  
Sanction Number: 10-067  
Sponsored by: SET Aquatics  
Orange Committee

DATE OF MEET: April 17 & 18, 2010  
**ENTRIES RECEIVED BY 5:00 PM:** **April 7, 2010 (Wednesday)**

WARM UP TIME: 7:30 AM (Sat/Sun)  
MEET START TIME: 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter this meet: AVM, BGST, CDM, FST, LBST, LRL, MVN, NGG, OCW, SCAC, SCAT, SET, SOKA, WASC, YOC

**Afternoon Session will begin no sooner than 1:00pm or 60 minutes after the end of the AM session**

- POOL:** EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North: Take I-5 or I-405 South, exit Lake Forest Drive. Go left to Serrano, turn Right, Parking and Pool on right hand side.
- COURSE:** EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with ten (10) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 ( C ). Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".
- SPECIAL NOTICE:** **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY. SET will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Relays will be swum, time permitting. 8 & Under swimmers may compete in 8 & Under or 10 & Under events but not any combination. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. NO TEAMS ALLOWED TO SET UP ON DECK. 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.**
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down 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 2010 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in **THIRTY MINUTES** prior to the start of their respective session. Swimmers must swim in their actual Age Group as determined by their age on **April 17, 2010**. Relay Swimmers must be Red or White level in any relay stroke they are swimming. Swimmers are not permitted to swim a stroke in a relay if they hold a Blue time in any distance of that stroke. **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 2010 USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. 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.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). All 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 minimum (see 2010 Swim Guide for exceptions).
- AWARDS:** TIME IMPROVEMENT RIBBONS WILL BE AWARDED
- ENTRY FEE:** **\$3.00 for each INDIVIDUAL EVENT, plus \$5.25 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. (5 PM 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.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, APRIL 7, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST 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.  
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

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

For further meet Information call: Ashley Yotter at 949/336-6026 or email Ashley.Yotter@gmail.com Receipt of entry will not be verified by phone or email.

# SET AQUATICS SPRING RW SHORT COURSE AGE GROUP MEET

Date of Meet: April 17 & 18, 2010

**ENTRIES RECEIVED BY 5:00 PM: APRIL 7, 2010 (Wednesday)**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

SET WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

Times submitted must be Best Recorded Times short course or long course.

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

All non conforming times will be seeded last.

RELAYS WILL BE SWUM, TIME PERMITTING

The following Orange Committee Teams may enter this meet: AVM, BGST, CDM, FAST, LBST, LRL, MVN, NGG, OCW, SCAC, SCAT, SET, SOKA, WASC, YOC

Girls Saturday, April 17, 2010 9:00 am Boys

No.	Maximum	Age	Event	Maximum	No.
1	3:06.51	10 & Under	200 Yard Individual Medley	3:07.41	2
3	1:41.21	8 & Under	100 Yard Individual Medley	1:38.51	4
5	1:29.31	10 & Under	100 Yard Butterfly	1:29.41	6
7	21.31	8 & Under	25 Yard Butterfly	21.31	8
9	1:28.61	10 & Under	100 Yard Backstroke	1:28.71	10
11	48.11	8 & Under	50 Yard Backstroke	46.81	12
13	45.61	10 & Under	50 Yard Breaststroke	45.61	14
15	24.01	8 & Under	25 Yard Breaststroke	23.31	16
17	33.91	10 & Under	50 Yard Freestyle	34.11	18
19	40.51	8 & Under	50 Yard Freestyle	39.41	20
21	Deck	10 & Under	200 Yard Freestyle Relay	By	22
23	Entered	8 & Under	100 Yard Freestyle Relay	Coach	24
25	2:42.01	10 & Under	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:41.81	26

Second session will begin no sooner than 1:00pm or 60 minutes after the conclusion of the AM Session

27	2:46.21	11/12	200 Yard Individual Medley	2:46.51	28
29	2:36.61	13/14	200 Yard Individual Medley	2:29.01	30
29	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	30
31	30.71	11/12	50 Yard Freestyle	30.81	32
33	29.31	13/14	50 Yard Freestyle	27.51	34
33	29.31	15 & Up	50 Yard Freestyle	26.51	34
35	36.21	11/12	50 Yard Backstroke	36.61	36
37	2:39.61	13/14	200 Yard Backstroke	2:31.01	38
37	2:46.21	11/12	200 Yard Backstroke	2:51.41	38
37	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	38
39	1:28.91	11/12	100 Yard Breaststroke	1:29.01	40
41	1:23.41	13/14	100 Yard Breaststroke	1:19.11	42
41	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	42
43	34.31	11/12	50 Yard Butterfly	34.51	44
45	2:40.51	13/14	200 Yard Butterfly	2:33.31	46
45	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	46
45	2:43.21	11/12	200 Yard Butterfly	2:47.41	46
47	Coaches	11/12	200 Yard Freestyle Relay	On	48
49	Enter	13 & Up	200 Yard Freestyle Relay	Deck	50
51	6:24.61	11/12	500 Yard Freestyle	6:29.81	52
53	5:59.61	13/14	500 Yard Freestyle	5:48.61	54
53	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	54

Girls Sunday, April 18, 2010 9:00am Boys

No.	Maximum	Age	Event	Maximum	No.
55	2:42.01	10 & Under	200 Yard Freestyle	2:41.81	56
57	1:28.41	8 & Under	100 Yard Freestyle	1:25.01	58
59	1:40.01	10 & Under	100 Yard Breaststroke	1:40.51	60
61	52.31	8 & Under	50 Yard Breaststroke	51.01	62
63	40.51	10 & Under	50 Yard Backstroke	40.41	64
65	22.21	8 & Under	25 Yard Backstroke	21.61	66
67	1:26.61	10 & Under	100 Yard Individual Medley	1:26.91	68
69	46.31	8 & Under	50 Yard Butterfly	47.01	70
71	38.31	10 & Under	50 Yard Butterfly	38.21	72
73	18.11	8 & Under	25 Yard Freestyle	17.61	74
75	1:14.71	10 & Under	100 Yard Freestyle	1:14.31	76
77	Deck	8 & Under	100 Yard Medley Relay	By	78
79	Entered	10 & Under	200 Yard Medley Relay	Coach	80

Second session will begin no sooner than 1:00pm or 60 minutes after the conclusion of the AM Session

81	1:17.71	11/12	100 Yard Individual Medley	1:17.71	82
83	1:03.41	13/14	100 Yard Freestyle	59.61	84
83	1:02.81	15 & Up	100 Yard Freestyle	57.41	84
85	1:06.71	11/12	100 Yard Freestyle	1:06.21	86
87	3:01.71	13/14	200 Yard Breaststroke	2:50.81	88
87	3:08.81	11/12	200 Yard Breaststroke	3:09.01	88
87	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	88
89	40.81	11/12	50 Yard Breaststroke	41.01	90
91	1:14.11	13/14	100 Yard Backstroke	1:11.31	92
91	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	92
93	1:17.91	11/12	100 Yard Backstroke	1:20.51	94
95	2:16.11	13/14	200 Yard Freestyle	2:10.91	96
95	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	96
97	2:24.11	11/12	200 Yard Freestyle	2:24.61	98
99	1:11.01	13/14	100 Yard Butterfly	1:07.71	100
99	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	100
101	1:16.11	11/12	100 Yard Butterfly	1:18.21	102
103	Coaches	13 & Up	200 Yard Medley Relay	On	104
105	Enter	11/12	200 Yard Medley Relay	Deck	106
107	5:36.61	13.14	400 Yard Individual Medley	5:18.21	108
107	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	108

8 & Under swimmers may enter 8 & Under or 10 & Under events but not any combination.

400 IM & 500 Free will swim alternating girls and boys and must provide timers and lap counters.