

# Redlands Swim Team JO MAX Championship Meet

## February 19-21, 2010

**Sanctioned By:** Southern California Swimming  
**Sponsored By:** Redlands Swim Team & Eastern Committee  
**Date of Meet:** February 19-21, 2010  
**Start of Meet:** Friday at 5:00, 9:00 am Sat. and Sun.

**Sanction No.** 10-034  
**Entries Due:** February 9, 2010  
**Hand Delivered:** 6 pm, February 11, 2010  
**Warm-up Time:** Friday at 4:00, 7:30 am Sat. and Sun.

**POOL:** Redlands High School 840 E Citrus, Redlands CA. The parking area is accessed most easily from Roosevelt Ave.  
**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:** Warm-up will be under the supervision of USA Swimming coaches and marshals. Warm-up will begin at 7:30 am. Practice starts will be allowed only in designated sprint lanes (one-way only). Sprint Lanes not to begin before 8:25 am. Warm-up and cool down lane will be open during the meet.

**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. Swimmers must check in with the Clerk of Course at least **Forty-five (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 February 19, 2010 to enter this meet. Timers must be provided by each team. **Swimmers on Friday night and in the 1000 must provide their own timers. Swimmers in the 500, 1000, and 1650 must provide their own lap counters. 7-8 swimmers may swim in 7-8 or 10 & under but not any combination. 5-6 swimmers must swim in 5-6 year old events. SWIMMERS MAY SWIM A MAXIMUM OF 4 INDIVIDUAL EVENTS PER DAY**

**ELIGIBILITY:** Open to Eastern Committee athletes who are 2010 USA Swimming members. Registration application must be received by Monday prior to first day of 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 space available; please submit a copy of registration with entry.

**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 Admin Referee in writing and paying the appropriate fee.

**SWIMSUITS:** 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 **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. Swimmers must have achieved time standards listed for an event. Discrepancy 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. Email 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 (5 PM postmark would queue before a 10PM electronic). Full payment (single team check) for an email entry must be postmarked within 48 hours of the email 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 email) 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 may be deck-entered at \$8.00 each payable on entry.

**ENTRIES CLOSE:** Entries must be postmarked by midnight on the due date (February 9, 2010). Entries will be accepted, IF THE MEET IS NOT CLOSED, if hand delivered to the below address by 6:00 pm, Thursday, February 11, 2009. To avoid concern regarding receipt of entry, enclose a self-addressed, stamped 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:**

**Jan Szuszkiewicz**  
**23283 Sonnet Dr.**  
**Moreno Valley, CA 92557**

Email for team electronic entries only: [ruszim@hotmail.com](mailto:ruszim@hotmail.com)  
Questions: SCS Office (800) 824-6206

**SNACK BAR WILL BE AVAILABLE**

## RST-Eastern Committee Short Course JO Max Championship Meet

Friday February 19-21 2010

GIRLS	Max/Min	AGE				STROKE	Max/Min	BOYS
1	/3:01.40	11-12	BR	200	yd	Backstroke	/3:07.30	2
3	/2:56.80	10-un	BR	500	yd	Freestyle	/2:56.50	4
5*	19:11.81/	13-14	BRW	1650	yd	Freestyle	18:42.01/	6*
5*	18:37.91/	15-up	BRW	1650	yd	Freestyle	17:10.41/	6*
7	5:50.91/	11-12	BRW	500	yd	Freestyle	5:53.61/	8

### Saturday Deep Pool

GIRLS	Max/Min	AGE				STROKE	Max/Min	BOYS
9	/2:58.10	11-12	BR	200	yd	Butterfly		
10	4:56.91/	13-14	BRW	400	yd	IM	4:49.01/	11
12	4:49.51/	15-up	BRW	400	yd	IM	4:30.51/	13
14	1:18.51/	11-12	BRW	100	yd	Breaststroke		
15	2:37.21/	13-14	BRW	200	yd	Breaststroke	2:32.71/	16
17	2:36.01/	15-up	BRW	200	yd	Breaststroke	2:24.11/	18
19	31.21/	11-12	BRW	50	yd	Butterfly		
20	1:04.01/	13-14	BRW	100	yd	Butterfly	1:01.21/	21
22	1:01.21/	15-up	BRW	100	yd	Butterfly	55.51/	23
24		11-12	BRW	200	yd	Freestyle Relay	<b>Deck Entered</b>	
25	<b>Deck Entered</b>	13-14	BRW	200	yd	Freestyle Relay		26
27		15-up	BRW	200	yd	Freestyle Relay		28
29	2:11.31/	11-12	BRW	200	yd	Freestyle		
30	2:02.91/	13-14	BRW	200	yd	Freestyle	1:57.81/	31
32	1:59.91/	15-up	BRW	200	yd	Freestyle	1:49.11/	33
34	32.81/	11-12	BRW	50	yd	Backstroke		
35	1:05.11/	13-14	BRW	100	yd	Backstroke	1:02.81/	36
37	1:03.81/	15-up	BRW	100	yd	Backstroke	58.31/	38
39	<b>Deck Entered</b>	11-12	BRW	400	yd	Medley Relay	<b>Deck Entered</b>	
40		13-14	BRW	400	yd	Medley Relay		41
42		15-up	BRW	400	yd	Medley Relay		43
44	1:09.51/	11-12	BRW	100	yd	IM		
*****BREAK DETERMINED BY MEET REFEREE*****								
45*	11:27.91/	13-14	BRW	1000	yd	Freestyle	11:06.61/	46*
45*	11:06.81/	15-up	BRW	1000	yd	Freestyle	10:27.91/	46*

### Sunday Deep Pool

		11-12	BR	200	yd	Breaststroke	/3:26.20	81
83*	5:29.41/	13-14	BRW	500	yd	Freestyle		
83*	5:20.01/	15-up	BRW	500	yd	Freestyle		
		11-12	BRW	100	yd	Backstroke	1:10.71/	85
86	2:20.31/	13-14	BRW	200	yd	Backstroke	2:16.61/	87
88	2:18.01/	15-up	BRW	200	yd	Backstroke	2:07.61/	89
		11-12	BRW	100	yd	Freestyle	1:00.21/	90
91	56.91/	13-14	BRW	100	yd	Freestyle	53.81/	92
93	55.11/	15-up	BRW	100	yd	Freestyle	50.21/	94
	<b>Deck Entered</b>	11-12	BRW	200	yd	Medley Relay	<b>Deck Entered</b>	95
96		13-14	BRW	200	yd	Medley Relay		97
98		15-up	BRW	200	yd	Medley Relay		99
		11-12	BRW	100	yd	Butterfly	1:09.41/	100
101	2:23.01/	13-14	BRW	200	yd	Butterfly	2:18.91/	102
103	2:16.81/	15-up	BRW	200	yd	Butterfly	2:06.01/	104
		11-12	BRW	50	yd	Breaststroke	36.81/	105
106	1:13.21/	13-14	BRW	100	yd	Breaststroke	1:10.31/	107
108	1:12.61/	15-up	BRW	100	yd	Breaststroke	1:04.81/	109
		11-12	BRW	50	yd	Freestyle	27.91/	110
111	26.41/	13-14	BRW	50	yd	Freestyle	25.01/	112
113	25.81/	15-up	BRW	50	yd	Freestyle	23.11/	114
		11-12	BRW	200	yd	IM	2:29.71/	115
116	2:19.11/	13-14	BRW	200	yd	IM	2:14.11/	117
118	2:17.41/	15-up	BRW	200	yd	IM	2:05.61/	119
149		8-un	BRW	100	yd	Freestyle Relay		150
151	<b>Deck Entered</b>	10-un	BRW	200	yd	Freestyle Relay	<b>Deck Entered</b>	152
153		11-12	BRW	400	yd	Freestyle Relay		154
155		13-14	BRW	400	yd	Freestyle Relay		156
157		15-up	BRW	400	yd	Freestyle Relay		158

### Saturday Shallow Pool

GIRLS	Max/Min	AGE				STROKE	Max/Min	BOYS
		11-12	BR	200	yd	Butterfly	/3:02.60	47
48	1:31.11/	10-un	BRW	100	yd	Breaststroke	1:31.31/	49
		11-12	BRW	100	yd	Breaststroke	1:20.01/	50
51*		5-6	W	25	yd	Butterfly		52*
51*	25.61/	7-8	W	25	yd	Butterfly	25.61/	52*
53	35.21/55.60	7-8	BR	50	yd	Butterfly	35.41/56.40	54
55	35.21/	10-un	BRW	50	yd	Butterfly	35.41/	56
		11-12	BRW	50	yd	Butterfly	31.31/	57
58	2:28.71/	10-un	BRW	200	yd	Freestyle	2:29.31/	59
		11-12	BRW	200	yd	Freestyle	2:11.71/	60
61*		5-6	W	25	yd	Backstroke		62*
61*	26.61/	7-8	W	25	yd	Backstroke	25.91/	62*
	<b>Deck Entered</b>	11-12	BRW	200	yd	Freestyle Relay	<b>Deck Entered</b>	63
64	36.91/57.80	7-8	BR	50	yd	Backstroke	37.01/56.30	65
66	36.91/	10-un	BRW	50	yd	Backstroke	37.01/	67
		11-12	BRW	50	yd	Backstroke	32.81/	68
69		8-un	BRW	100	yd	Medley Relay		70
71	<b>Deck Entered</b>	10-un	BRW	200	yd	Medley Relay	<b>Deck Entered</b>	72
		11-12	BRW	400	yd	Medley Relay		73
74	1:19.31/	7-8	BRW	100	yd	IM	1:18.71/	75
76	1:19.31/	10-un	BRW	100	yd	IM	1:18.71/	77
		11-12	BRW	100	yd	IM	1:10.31/	78
*****BREAK DETERMINED BY MEET REFEREE*****								
80	/6:59.50	11-12	BR	1000	yd	Freestyle	/7:05.30	79

### Sunday Shallow Pool

82	/3:25.90	11-12	BR	200	yd	Breaststroke		
		13-14	BRW	500	yd	Freestyle	5:19.71/	84*
		15-up	BRW	500	yd	Freestyle	4:59.41/	84*
120	1:20.21/	10-un	BRW	100	yd	Backstroke	1:20.41/	121
122	1:09.91/	11-12	BRW	100	yd	Backstroke		
123	1:08.61/	7-8	BRW	100	yd	Freestyle	1:08.31/	124
125	1:08.61/	10-un	BRW	100	yd	Freestyle	1:08.31/	126
127	1:00.21/	11-12	BRW	100	yd	Freestyle		
128	1:21.31/	10-un	BRW	100	yd	Butterfly	1:21.51/	129
130	1:08.71/	11-12	BRW	100	yd	Butterfly		
131*		5-6	W	25	yd	Breaststroke		132*
131*	28.81/	7-8	W	25	yd	Breaststroke	28.01/	132*
	<b>Deck Entered</b>	11-12	BRW	200	yd	Medley Relay	<b>Deck Entered</b>	
133		7-8	BR	50	yd	Breaststroke	42.01/1:01.20	135
134	42.01/1:02.80	10-un	BRW	50	yd	Breaststroke	42.01/	137
136	36.31/	11-12	BRW	50	yd	Breaststroke		
138		5-6	W	25	yd	Freestyle		
139*		7-8	W	25	yd	Freestyle	21.11/	140*
139*	21.71/	7-8	W	25	yd	Freestyle	31.01/47.30	142
141	31.31/48.60	10-un	BRW	50	yd	Freestyle	31.01/	144
143	31.31/	10-un	BRW	50	yd	Freestyle		
145	27.91/	11-12	BRW	50	yd	Freestyle		
146	2:49.61/	10-un	BRW	200	yd	IM	2:50.01/	147
148	2:29.01/	11-12	BRW	200	yd	IM		

\*\*Swimmers must hve own lap counters for events 3-8, 45-46, 79-80, 83-84

\*\* Swimmers must have own timers for events 1-8, 45-46, 79-80

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

\*\* 5/6 swimmers must enter their actual age group

\*\*Swimmers in events 3 & 4 must enter 200 free times      \*\*Swimmers in events 79 & 80 must enter 500 free times

\*\*Events 79-80 will be swum fastest to slowest alternating sex beginning with boys.

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

\*\*Boys 13 and up 500's will be swum in the shallow pool.