

2010 Los Angeles Grand Prix

Trojan Swim Club & Southern California Swimming

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING/USA Swimming
SPONSORED BY: Trojan Swim Club/SCS
DATE OF MEET: July 8-11, 2010
START TIME: THURS: 5 pm; PRELIMS: 9 am; FINALS: 5 pm

SANCTION NO: 10-065
HEATS & FINALS
ENTRIES RECEIVED by: Wed, June 30, 2010

Warm-up: POOL WILL OPEN FOR WARM-UP AT 7:00 AM FRI, SAT & SUN (3 pm Thurs)

POOL: McDonald's Swim Stadium on the USC Campus. Pool is located on NW corner of the campus bounded by Vermont and Jefferson. Entrance to parking structure is on Jefferson.

COURSE: McDonald's Swim Stadium, the 1984 Los Angeles Games pool, is an outdoor, international depth, eight lane, 50 meter course with an adjacent eight lane 25 yard warm-up pool. The competition course has been certified in accordance with 104.2.2(C). Pool depth start end 4 meters; turn end 2 meters.

TICKETS: \$3 Prelims/\$8 Finals/Day Pass \$10 - **There is a parking fee.**

ENTRY INTO THE MEET

ELIGIBILITY & AFFILIATION: Open to athletes who hold a current 2010 USA Swimming or FINA membership. Registration application must be at SCS Office by July 5, 2010. There are substantial penalties for swimmer and club (2010 Swim Guide, Part One, III, B) if USA Swimming registration is completed at meet. Before the first day of the meet, a swimmer may change his/her affiliation by the standard procedure. At the meet, a swimmer may UNATTACH (not attach) by notifying the Admin Ref in writing and paying the appropriate fee.

QUALIFYING TIMES: Electronic team entry (single team payment and all proofs of times required), is encouraged. **SUBMIT LONG COURSE METER TIMES.** If qualifying in yards, submit best yard time. Swimmers with National or Jr National qualifying times in yards may enter at the meter National or Jr standard. Swimmers must have achieved the Short Course or Long Course Time Standard after Sept. 1, 2008. **DO NOT SUBMIT NT (no time), ET (estimated time) or work out time trials.** Swimmers may enter as many events as qualified but may only compete in three (3) individual events per day, including time trials. **Label bonus events "B"**

PROOF OF TIME: This is a PROOF OF TIME MEET; times will be verified through SWIMS prior to the meet. Completed Proof of Time form is required for entry to the meet. See SCS Swim Guide for Proof of Time procedures and penalties. **Special entry procedure:** A swimmer qualified in one or two individual events may enter the event/s and up to three **total** events (except 400/800/1500 and 400 IM); over three must prove **all** events entered. **400 IM & Free and 800/1500 swimmers must meet entry standard** (swimmers qualified only in a 400 may use "make one, swim three"). **Label bonus events "B"**

AWARDS: Individual 1st-3rd, Relay 1st.

ENTRY FEES: \$11.00 per Individual Event must accompany entry card. \$12.00 surcharge (\$14 for OME) per swimmer must accompany entry. **Relays:** \$22.00 per relay team entered must be paid upon deck entry. Team entry, which must include single team payment and all proofs of times, is encouraged. **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.**

MAKE CHECKS PAYABLE TO:
and MAIL ENTRY TO:

SOUTHERN CALIFORNIA SWIMMING

Marilyn Bolton

e-mail: muffyb@aol.com

26492 Aracena

Mission Viejo, CA 92691

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY 5:00 PM, WEDNESDAY, JUNE 30, 2010.

For Information Call Southern California Swimming 805-682-0135

RULES AND PROCEDURES

MEET REFEREE: The Meet Referee will 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 for Heats and Finals Meets will be enforced (See 2010 SCS Swim Guide); The National finals' scratch rule will be used. In order there will be "B" consolation, "A" consolation and Championship Final for all events except 800 and 1500 freestyle, only fastest 8 in finals. **Check in for Prelim Events will close one hour before estimated start time.**

DISTANCE FREESTYLE: Prelims of Women's 800 and Men's 1500 will be Thursday, July 8. Women's 800 final will be Friday; Men's 1500 final will be Saturday. Sunday: W1500 & M800 will be swum fastest to slowest, alternating women's and men's heats. Fastest heat of women's 1500 will be third event of Sunday finals; fastest heat of men's 800 will be sixth event. All other heats will be swum in the preliminaries. **THREE HEATS** each (women and men) will be swum as part of prelims; any other heats will swim during the break. **Note: W1500/M800 check-in to be seeded will close at 5:00 pm Saturday** (check-in to swim will close at 10:00 am Sunday). **RELAY EVENTS:** Relays will be the last event of Finals each day. On Sunday, July 17, teams may elect to swim relays at the end of the preliminary session.

WARM UP: All warm ups must be supervised by a USA Swimming member coach. 7:00-8:15 am: the competition pool will be open for general warm-up with Lanes 1 & 8 reserved for push-pace work - **NO DIVING.** 8:15-8:50 am: Lanes 1 & 8 will be designated for push-pace work: **Lanes 2 & 7 will be sprint lanes, one-way from the blocks under USA Swimming member coach supervision. Practice starts only in the sprint lanes.** No paddles will be allowed in the competition pool. The *diving pool* will be available for warm-up/cool down at all times - No diving at any time.

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.

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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).

DATE OF MEET: July 8-11, 2010

RECEIVED BY Entry Deadline: Wednesday, June 30, 2010

HEATS AND FINALS MEET

CHAMPIONSHIP SEEDING - "B" CONSOL, "A" CONSOL, CHAMPIONSHIP FINAL

OPEN TO: 2010 USA SWIMMING AND 2010 FINA ATHLETE MEMBERS

WOMEN		EVENT		MEN			
YARDS	METERS	THURSDAY, JULY 8, 2010		METERS	YARDS		
1**	10:33.39	9:30.59	800 M Free/1500 M Free Prelim		17:15.09	16:50.19	**2
FRIDAY, JULY 9, 2010							
1**			800 Meter Freestyle FINAL				
3	53.78	1:00.31	100 Meter Freestyle		54.62	48.31	4
5	2:11.95	2:28.26	200 Meter Butterfly		2:18.51	2:01.89	6
7	2:12.99	2:30.09	200 Meter Backstroke		2:18.79	2:02.79	8
9	4:40.97	5:17.48	W 400 IM – M 400 M Free		4:18.17	4:45.28	10
11	DECK ENTRY		400 Meter Freestyle Relay		DECK ENTRY		12
SATURDAY, JULY 10, 2010							
			1500 Meter Freestyle FINAL				**2
13	2:11.55	2:29.49	200 Meter Individual Medley				
			200 Meter Freestyle		1:59.84	1:46.33	14
15	2:30.91	2:51.49	200 Meter Breaststroke		2:36.89	2:18.99	16
17	24.76	28.14	50 Meter Freestyle		25.29	22.09	18
19	5:07.39	4:34.99	W 400 M Free – M 400 IM		4:55.09	4:20.99	20
21	DECK ENTRY		800 Meter Freestyle Relay		DECK ENTRY		22
SUNDAY, JULY 11, 2010							
23	59.77	1:07.16	100 Meter Butterfly		1:00.50	53.54	24
25	17:53.19	18:15.39	*1500 Meter Freestyle				
26	1:01.79	1:09.99	100 Meter Backstroke		1:04.67	56.26	27
			*800 Meter Freestyle		9:01.89	10:10.89	28
29	1:10.89	1:19.99	100 Meter Breaststroke		1:12.49	1:04.09	30
31	1:56.39	2:10.28	200 Freestyle				
			200 Individual Medley		2:18.04	1:59.40	32
33	DECK ENTRY		400 Meter Medley Relay		DECK ENTRY		34

*800/1500 free Sunday heats may be double-ended if necessary to meet Finals' start time.

If there are more than 600 entrants, Fri & Sat Preliminary Session may be divided into 'A' and 'B' sessions with 7 heats (5 of the 400 meter events) in the 'A' session. 'B' session will be swum fastest to slowest.

IF STANDARD IS ACHIEVED IN YARDS, enter yard time(seeded after meter qualifiers)
National Qualifiers may enter at appropriate National meter minimum.

ELECTRONICENTRY WITH SIGNED HARD COPY IS ENCOURAGED
THIS IS A "PROOF OF TIME" MEET - PROOF OF TIME MUST BE SUBMITTED

EVENT LIMIT: THREE INDIVIDUAL EVENTS PER DAY INCLUDING TIME TRIALS

TIME TRIALS: Time trials will be held during the break on July 9-10 and after finals on July 11. Time trials are separately sanctioned. The 800 and 1500 will be offered on Friday only. An athlete may swim an event only once as a time trial. Purchase time trial cards at the Admin table. Sanction #10-066

HOUSING INFORMATION AT USC: Contact Catherine Vogt at vogtc@usc.edu
NATIONAL TEAM SUPPORT FUNDING: Contact Mary Jo Swalley at scsmj@earthlink.net