

SoCal Aquatics Association SPRING "RW" CHAMPIONSHIP SHORT COURSE MEET

DATE OF MEET:

January 23 & 24, 2016

Sanctioned by: USA Swimming and SCS
Sanction Number: S16-008
Sponsored by: SoCal Aquatics Association
Orange Committee

ENTRIES RECEIVED BY 5:00PM:

January 13, 2016 (WEDNESDAY)

WARM UP TIME:

7:30 AM (Sat/Sun)

MEET START TIME:

8:30 AM (Sat/Sun)

*****LOCATION CHANGE*****

PM Session will begin no sooner than 11:00 AM or 45 minutes after the conclusion of AM Session.

The following teams may enter this meet: AAM, CMAC, COTO, DA, GSC, JCCW, NBS, SCAT, SET, SOCAL, TD

POOL: Foothill High School, Located at 19251 Dodge Avenue, Santa Ana, CA. From the North: Take I-5 Fwy South, exit Newport Blvd. Turn Left under Fwy. Go to Dodge Avenue and turn left. The parking lot is on the right, the pool is at the back of the school. From the South: Take I-5 Fwy North and exit on Redhill Avenue. Turn RIGHT and go to Irvine Blvd, turn LEFT, go to Newport Blvd. turn right, go to Dodge Avenue and turn left. Parking lot is on the RIGHT, please park at the far end of the parking lot near the tennis courts. Pool is at the back of the school.

COURSE: FOOTHILL HIGH SCHOOL pool is an outdoor 25 yard pool with up to TEN (10) swimming lanes and a warm-up area. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Start End = 13', Turn End = 7'.

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 2016 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 must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **January 23, 2016.**

ENTRY RESTRICTIONS: Swimmers may swim a maximum of FOUR events per day. **7-8 swimmers may compete in 5-8 or 7-10 events, but not a combination. Relays will be swum, time permitting. 5-8 swimmers may only swim the 50 yard Freestyle once. 7-10 500 yard Freestyle swimmers enter best 200 yard Freestyle time that meets or exceeds the stated minimum time.** Swimmers must not exceed the RED Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the "RED" Maximum time standard for the stroke they swim in the relay, prior to this meet. *11/12 events will be combined with 13/14 and 15 & Up events. The 400 IM, 500, 1000, 1650 Freestyle events will be swum, alternating girls and boys. Swimmers in the 500, 1000 and 1650 yard Freestyle are asked to provide timers for three heats and their own lap counters. All Teams are asked to provide timers. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet. 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGING: RACINNG START CERTIFICATION: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

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.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2016 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration application must be received by WEDNESDAY, January 13, 2016 by the 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 APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2016 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

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.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

QUALIFYING TIMES: Swimmers must not have exceeded the 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 2016 Swim Guide for exceptions). Swimmers must have achieved the stated minimum time standard to enter that event.

AWARDS: INDIVIDUAL EVENTS: 5-6, 7-8, 7-10, 11/12, 13/14 and 15 & Up: WHITE Division RIBBONS 1st – 8th RED Division – MEDALS 1st – 8th
RELAYS: RIBBONS 1st – 3rd
Team points will be awarded as follows: WHITE: 9,7,6,5,4,3,2,1. RED: 19,17,16,15,14,13,12,11. RELAYS: 38,34,32,30,28,26,24,22.

ENTRY FEE: **\$4.25 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card,** Relays \$10.00. Relays may be pre entered. 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, JANUARY 13, 2016. 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.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	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: Steve Pickell at 714-356-7390 or email [email](mailto:sjpickell@gmail.com) sjpickell@gmail.com Receipt of entry will not be verified by phone or email

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SoCal Aquatics Association SPRING "RW" CHAMPIONSHIP SHORT COURSE MEET

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January 13, 2016 (WEDNESDAY)

LOCATION CHANGE

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

7-8 swimmers may compete in 5-8 or 7-10 events, but not any combination.

You may swim a maximum of 4 events per day.

The following Orange Committee Teams may enter this meet: AAM, CMAC, COTO, DA, SCC, JCCW, NBS, SCAT, SET, SOCAL, TD

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

SATURDAY, JANUARY 23, 2016 - MORNING SESSION - YOUNGERS 8:30 AM

RELAYS WILL BE SWUM, TIME PERMITTING

1	...	3:06.51	7-10	200 Yard Individual Medley	...	3:07.41	2
3	...	1:41.21	5-8	100 Yard Individual Medley	...	1:38.51	4
5	...	33.91	7-10	50 Yard Freestyle	...	34.11	6
7	...	18.11	5-8	25 Yard Freestyle	...	17.61	8
9	...	1:29.31	7-10	100 Yard Butterfly	...	1:29.41	10
11	...	48.11	5-8	50 Yard Backstroke	...	46.81	12
13	...	40.51	7-10	50 Yard Backstroke	...	40.41	14
15	...	40.51	5-8	50 Yard Freestyle	...	39.41	16
17	...	1:40.01	7-10	100 Yard Breaststroke	...	1:40.51	18
19	...	22.21	5-8	25 Yard Backstroke	...	21.61	20
21	Relays may be pre entered or entered on Deck by Coaches Only		7-10	200 Yard Freestyle Relay	Relays may be pre entered or entered on Deck by Coaches Only		22
23			5-8	100 Yard Freestyle Relay			24
25	2:56.80	2:42.01	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:56.50	2:41.81	26

SATURDAY, JANUARY 23, 2016 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:00am or at the discretion of the Meet Referee

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	...	1:06.71	11/12	100 Yard Freestyle	...	1:06.21	32
33	...	1:03.41	13/14	100 Yard Freestyle	...	59.61	34
33	...	1:02.81	15 & Up	100 Yard Freestyle	...	57.41	34
35	...	36.21	11/12	50 Yard Backstroke	...	36.61	36
*137	3:01.40	2:46.21	11/12	200 Yard Backstroke	3:07.30	2:51.41	*138
37	...	2:39.61	13/14	200 Yard Backstroke	...	2:31.01	38
37	...	2:33.81	15 & Up	200 Yard Backstroke	...	2:23.91	38
39	6:59.50	6:24.61	11/12	500 Yard Freestyle	7:05.30	6:29.81	40
41	6:32.30	5:59.61	13/14	500 Yard Freestyle	6:20.30	5:48.61	42
41	6:29.90	5:57.41	15 & Up	500 Yard Freestyle	6:05.30	5:34.81	42
43	...	1:16.11	11/12	100 Yard Butterfly	...	1:18.21	44
45	...	1:11.01	13/14	100 Yard Butterfly	...	1:07.71	46
45	...	1:11.01	15 & Up	100 Yard Butterfly	...	1:05.11	46
*147	3:25.90	3:08.81	11/12	200 Yard Breaststroke	3:26.20	3:09.01	*148
47	...	3:01.71	13/14	200 Yard Breaststroke	...	2:50.81	48
47	...	3:00.81	15 & Up	200 Yard Breaststroke	...	2:43.01	48
49	...	40.81	11/12	50 Yard Breaststroke	...	41.01	50
51	Relays may be pre entered or entered on Deck by Coaches Only		11/12	200 Yard Freestyle Relay	Relays may be pre entered or entered on Deck by Coaches Only		52
53			13 & Up	400 Yard Freestyle Relay			54
55	13:45.80	12:37.01	13/14	1000 Yard Freestyle	13:30.70	12:23.21	56
55	13:24.70	12:17.71	15 & Up	1000 Yard Freestyle	12:53.50	11:48.81	56
55	13:45.80	12:58.61	11/12	1000 Yard Freestyle	13:30.70	13:09.81	56

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ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls **SUNDAY, JANUARY 24, 2016 - MORNING SESSION - YOUNGERS - 8:30 AM** RELAYS WILL BE SWUM, TIME PERMITTING Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
57	...	2:42.01	7-10	200 Yard Freestyle	...	2:41.81	58
59	...	1:28.41	5-8	100 Yard Freestyle	...	1:25.01	60
61	...	1:14.71	7-10	100 Yard Freestyle	...	1:14.31	62
63	...	46.31	5-8	50 Yard Butterfly	...	47.01	64
65	...	38.31	7-10	50 Yard Butterfly	...	38.21	66
67	...	24.01	5-8	25 Yard Breaststroke	...	23.31	68
69	...	45.61	7-10	50 Yard Breaststroke	...	45.61	70
71	...	40.51	5-8	50 Yard Freestyle	...	39.41	72
73	...	1:28.61	7-10	100 Yard Backstroke	...	1:28.71	74
75	...	21.31	5-8	25 Yard Butterfly	...	21.31	76
77	...	1:26.61	7-10	100 Yard Individual Medley	...	1:26.91	78
79	...	52.31	5-8	50 Yard Breaststroke	...	51.01	80
81	Relays may be pre entered or entered on Deck by Coaches Only		7-10	200 Yard Medley Relay	Relays may be pre entered or entered on Deck by Coaches Only		82
83			5-8	100 Yard Medley Relay			84

SUNDAY, JANUARY 24, 2016 - AFTERNOON SESSION - OLDERS - will begin no sooner than 11:00am or at the discretion of the Meet Referee

85	6:07.30	5:48.21	11/12	400 Yard Individual Medley	6:08.00	5:48.91	86
85	6:07.30	5:36.61	13/14	400 Yard Individual Medley	5:47.30	5:18.21	86
85	5:51.50	5:22.01	15 & Up	400 Yard Individual Medley	5:28.80	5:01.21	86
87	...	34.31	11/12	50 Yard Butterfly	...	34.51	88
89	...	1:28.91	11/12	100 Yard Breaststroke	...	1:29.01	90
91	...	1:23.41	13/14	100 Yard Breaststroke	...	1:19.11	92
91	...	1:23.91	15 & Up	100 Yard Breaststroke	...	1:15.81	92
93	...	2:24.11	11/12	200 Yard Freestyle	...	2:24.61	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	...	30.71	11/12	50 Yard Freestyle	...	30.81	98
99	...	29.31	13/14	50 Yard Freestyle	...	27.51	100
99	...	29.31	15 & Up	50 Yard Freestyle	...	26.51	100
*201	2:58.10	2:43.21	11/12	200 Yard Butterfly	3:02.60	2:47.41	*202
101	...	2:40.51	13/14	200 Yard Butterfly	...	2:33.31	102
101	...	2:36.61	15 & Up	200 Yard Butterfly	...	2:21.61	102
103	...	1:17.71	11/12	100 Yard Individual Medley	...	1:17.71	104
105	...	1:14.11	13/14	100 Yard Backstroke	...	1:11.31	106
105	...	1:14.51	15 & Up	100 Yard Backstroke	...	1:08.21	106
107	...	1:17.91	11/12	100 Yard Backstroke	...	1:20.51	108
109	Relays may be pre entered or entered on Deck by Coaches Only		13 & Up	400 Yard Medley Relay	Relays may be pre entered or entered on Deck by Coaches Only		110
111			11/12	200 Yard Medley Relay			112
113	22:57.70	21:02.91	13/14	1650 Yard Freestyle	22:35.80	20:42.81	114
113	22:18.40	20:26.81	15 & Up	1650 Yard Freestyle	21:32.00	19:44.41	114
113	22:57.70	21:32.11	11/12	1650 Yard Freestyle	22:35.80	21:51.51	114

Swimmers in the 1000 and 1650 Freestyle are asked to provide their own counters and timers