

FAST Senior Invitational



Sanctioned by USA Swimming (USA-S) and Southern California Swimming (SCS)

SANCTION NO.: 13-054

March 15 - 17, 2013

Timed Finals – Warm-up: 4:00 PM, Start: 5:00 PM

Preliminaries – Warm-up: 6:30 AM, Start 8:30 AM; Finals – Warm-up: 4:00 PM, Start 5:00 PM

POOL INFORMATION

LOCATION AND COURSE: Janet Evans Swim Complex, 801 West Valencia Drive, Fullerton, CA 92832. The Janet Evans Swim Complex is a heated, outdoor 50-meter pool with 8 racing lanes and a separate 25-yard pool that will serve as a warm-up area for this meet. The 50-meter competition course has been certified in accordance with USA-S Rule 104.2.2 (C). Pool Depth Measurements: Lanes 1-6 = 7 feet; Lanes 7 and 8 = 10 feet at start end; and Lanes 1-8 = 4 feet at turn end.

MEET CONDUCT

RULES: USA-S Rules will govern. Current SCS meet procedure for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. In accordance with the 2013 SCS Swim Guide (Part Two, Section II, B), the Timed Finals check-in procedure is required for all events. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, a swimmer may not check-in or scratch. All events will be run fastest to slowest. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee.

RACING START CERTIFICATION: Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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.

MEDIA: The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas, or restrooms. This meet may be covered by the media which may include photographs, videos, webcasts, or other images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits anywhere other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

WARM-UP: USA-S warm-up policies will be enforced by the officials. **There will be no diving into the warm-up or competition pools except into a designated sprint lane or lanes as directed by the Meet Referee.** Any additional warm-up rules will be announced and/or posted. Marshals from FAST will be stationed to oversee all warm-up areas.

ENTRY INFORMATION

EVENT LIMIT: A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer can swim no more than 3 individual events per day. A swimmer who meets the Automatic Time for any individual event is eligible to enter one Bonus event. A swimmer is limited to swimming one Bonus event.

ELIGIBILITY AND AFFILIATION: This meet is open to athletes who hold current USA-S registration cards. **USA-S registration applications must be received by the meet host or SCS office by the meet entry deadline: 5:00 PM on Wednesday, March 6, 2013.** Registration may be submitted together with the athlete entry. There are substantial penalties to a swimmer and his or her club if USA-S registration is completed at the meet. Late applications will be considered "On-Deck" and subject to the relevant SCS penalties (2013 SCS Swim Guide, Part One, III, B).

CHANGE OF AFFILIATION: Before the meet, a swimmer may change his or her affiliation by submitting a Club Transfer Form and the appropriate fee to the SCS office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. **Swimmers may not attach or re-attach at a meet.**

SUBMITTED TIMES: Submit actual times achieved for each event. No workout times will be accepted. **Do not submit NT (No Time) or ET (Estimated Time) entries. All entry times will be verified in the USA-S SWIMS database.** Times not in SWIMS are provable only with official results and are subject to approval by SCS. Discrepancies in submitted times may lead to disciplinary action. If a standard is achieved in Long Course Meters, enter that event with the Long Course Meters time which should be indicated on the entry by "L". If a standard is achieved in Short Course Yards, enter that event with the Short Course Yards time which should be indicated on the entry by "Y". **"L" or "Y" must be indicated on the proof of time sheet.**

ENTRY PROCEDURE

ENTRY FORMAT: Club electronic entry is encouraged. Individual event fee of \$5.75 per event plus \$12.00 surcharge per athlete must accompany each entry in the form of a single check per team. Full payment must be postmarked within 48 hours of an e-mail entry. Full payment must accompany all manual entries. Returned checks will incur a service fee per SCS policy. If submitting a Southern California Consolidated Entry Card for a swimmer, the card must be completely filled out including the entire USA-S registration number. **Checks should be made payable to Southern California Swimming (SCS) and mailed to FAST's Meet Administrator at the address below, not to the SCS or FAST offices.** Teams are advised to enclose a self-addressed and stamped envelope or postcard for return receipt. Please note that no certified, registered, or special delivery mail will be accepted. Receipt of entry will not be confirmed by phone or e-mail.

Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675

ELECTRONIC ENTRY: E-mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of the coach and will be dated at that time (i.e., 5PM postmark would queue before a 10PM electronic). Failure to comply will be referred to the SCS Board of Review. Entry updates (added events) will be processed when received by the FAST Meet Administrator by the entry deadline. Added events for entered swimmers may be submitted by hard copy (including e-mail) ONLY. New swimmers will be accepted on a SPACE AVAILABLE basis. DO NOT RESEND AN ENTRY FILE. A replacement file for any team will NOT be processed. Deletions will NOT be refunded. **Electronic entries should be e-mailed to FAST's Meet Administrator: divanj@cox.net.**

DEADLINE: All entries must be received by FAST's Meet Administrator by 5:00 PM on Wednesday, March 6, 2013.

FAST Senior Invitational



Friday Timed Finals: Warm-up 4:00 PM, Start 5:00 PM
Saturday & Sunday Preliminaries: Warm-up 6:30 AM, Start 8:30 AM
Saturday & Sunday Finals: Warm-up 4:00 PM, Start 5:00 PM
 Finals heats are Bonus, Consolation, and Championship Final

WOMEN

Friday, March 15, 2013

MEN

Event #	Automatic Time		Bonus Time		Event	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
1	11:05.71	9:56.15	11:21.79	10:10.55	800 FREESTYLE					**
**					1500 FREESTYLE	17:35.69	18:06.74	18:01.19	18:32.99	2

WOMEN

Saturday, March 16, 2013

MEN

Event #	Automatic Time		Bonus Time		Event	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
3	1:13.35	1:23.95	1:15.08	1:25.93	100 BREASTSTROKE	1:05.71	1:16.31	1:07.26	1:18.11	4
5	26.92	30.73	27.55	31.46	50 FREESTYLE	23.95	27.63	24.51	23.31	6
7	2:20.55	2:37.19	2:23.86	2:40.90	200 BUTTERFLY	2:07.94	2:25.43	2:10.95	2:28.86	8
9	2:05.82	2:22.99	2:08.78	2:26.36	200 FREESTYLE	1:55.32	2:12.60	1:58.04	2:15.73	10
11	2:21.61	2:42.07	2:24.95	2:45.89	200 INDIVIDUAL MEDLEY					**
**					400 INDIVIDUAL MEDLEY	4:29.41	5:11.43	4:35.91	5:18.95	12
13	1:04.76	1:15.15	1:06.29	1:16.92	100 BACKSTROKE	58.29	1:08.26	59.67	1:09.87	14
15	5:23.95	4:51.86	5:31.77	4:58.91	400 FREESTYLE					**
**					800 FREESTYLE	10:32.38	9:28.21	10:47.65	9:41.93	16

WOMEN

Sunday, March 17, 2013

MEN

Event #	Automatic Time		Bonus Time		Event	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
17	1:04.12	1:12.29	1:05.64	1:13.99	100 BUTTERFLY	57.44	1:05.29	58.80	1:06.83	18
19	2:40.76	3:01.04	2:42.09	3:05.31	200 BREASTSTROKE	2:22.99	2:46.10	2:26.36	2:50.01	20
21	58.40	1:06.35	59.78	1:07.92	100 FREESTYLE	52.36	1:00.62	53.59	1:02.06	22
23	4:52.90	5:31.19	4:59.97	5:39.19	400 INDIVIDUAL MEDLEY					**
**					200 INDIVIDUAL MEDLEY	2:08.89	2:29.77	2:11.93	2:33.30	24
25	2:19.49	2:40.27	2:22.78	2:44.05	200 BACKSTROKE	2:06.88	2:27.86	2:09.87	2:31.35	26
**					400 FREESTYLE	5:02.12	4:35.82	5:11.63	4:42.48	27
28	18:35.21	18:59.53	19:02.14	19:27.05	1500 FREESTYLE					**

All events will be swum fastest to slowest. Preliminaries may be run double-ended and/or by flight depending upon the size of the meet. The 800 Freestyle and 1500 Freestyle will be swum fastest to slowest with alternating heats of Women and Men. The fastest heat will swim with Finals and all remaining heats will be "backed off" to the end of Preliminaries. If necessary, remaining heats will be swum after Finals. Swimmers in the 800 Freestyle and 1500 Freestyle should be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.

HOTEL INFORMATION



Crowne Plaza Fullerton (2.6 miles to pool)
 1500 Raymond Avenue
 Fullerton, CA 92832
 (714) 520-0457

Residence Inn Anaheim Placentia/Fullerton (5.5 miles to pool)
 700 West Kimberly Avenue
 Placentia, CA 92870
 (714) 996-0555

Reference – FAST
 Rate: \$99.00 without Breakfast / \$109.00 with Breakfast

Reference – FAST Southern California Senior Meet
 Rate – \$109.00 / Includes Breakfast and Parking