

GOLDEN WEST SWIM CLUB "BLUE" LONG COURSE AGE GROUP SWIM MEET

DATE OF MEET:

May 19, 20 & 21, 2017

Sanctioned by: USA Swimming and SCS
Sanction Number: S17-125
Sponsored by: Golden West Swim Club
Orange Committee

ENTRIES RECEIVED BY 5:00 PM:

May 10, 2017 (Wednesday)

WARM UP TIME:

3:30 PM (Fri), 7:30 AM (Sat/Sun)

MEET START TIME:

4:30 PM (Fri), 9:00 AM (Sat/Sun)

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

POOL: GOLDEN WEST COLLEGE POOL, 15744 GOLDEN WEST AVENUE, HUNTINGTON BEACH, CA. Take 405 freeway north or south to Golden West Avenue. Go south on Golden West past McFadden to Golden West College. Park near the tennis courts for quick access to the pool. Additional parking available on Gothard, 1 block east of Golden West Avenue.

COURSE: GOLDEN WEST COLLEGE POOL is an outdoor 50 meter pool; 25 yard competition area with eight (8) swimming lanes, and a warm-up area. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurement at Start and Turn End: 4' - 9'.

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 a 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 2017 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 who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on May 19, 2017.

SPECIAL NOTICES: Swimmers may swim a maximum of THREE (3) Individual events per day. Entries will be limited to meet the "4 Hour" rule for the 5-12 sessions. Out of District swimmers/teams are welcome, however, their entry into the meet will only be allowed once all entered Orange Committee members are accommodated and the "4 hour" rule is met. 7-8 year old swimmers may swim in 5-8 or 7-10 events but not a combination. 7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle time that meets the stated minimum time standard. Swimmers entering OPEN events must be at least 11 years old and have achieved the stated time standard. The 400 Meter IM, 400, 800 and 1500 Meter Freestyle events will be swum alternating girls and boys. Swimmers in the 400, 800 and 1500 Meter Freestyle and 400 Meter IM are requested to provide timers for three heats and their own lap counters. Each team is asked to provide timers. Relays will be swum time permitting. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** High School swimmers are responsible for ensuring they are unattached at this meet.

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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. **"Tech" Suits are not permitted at this meet.**

DECK CHANGES: Deck Changes are prohibited.

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.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2017 USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. Registration application must be received by WEDNESDAY, May 10, 2017 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. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

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**). Swimmers must have achieved time standards listed for an event. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. After entries close the meet admin will convert non conforming times for seeding purposes only.

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 2017 Swim Guide for exceptions).

AWARDS: INDIVIDUAL EVENTS: RIBBONS: 1st through 8th for the following age groups: 5-8 (5/6, 7/8), 5-10, 11/12. OPEN events will not be awarded.

ENTRY FEE: **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card, \$10.00 per RELAY.** 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, MAY 10, 2017. 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.

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING
EMAIL TO: JULSONLL
And MAIL TO: LYNDY JULSON
(Include Swimmer's name and SCS Number) 25552 Loganberry Lane
Lake Forest, CA 92630

For further meet Information email tracymaurer60@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.

GOLDEN WEST SWIM CLUB LONG COURSE BLUE AGE GROUP SWIM MEET

Date of Meet: MAY 19, 20 & 21, 2017

Entries Due: MAY 10, 2017 (Wednesday)

Girls		Friday, May 19, 2017			5:00 pm		Boys	
No.	Age	Minimum	Event	Minimum	Age	No.		No.
1	11/12	3:07.90	200 Meter Individual Medley	3:08.20	11/12	2		
3	OPEN	6:31.20	400 Meter Individual Medley	6:32.30	OPEN	4		
5	11/12	5:47.30	400 Meter Freestyle	5:46.60	11/12	6		
7	13 & Up	Blue for Age	400 Meter Freestyle	Blue for Age	13 & Up	8		

Girls		Saturday, May 20, 2017			9:00 am		Boys	
No.	Age	Minimum	Event	Minimum	Age	No.		No.
9	7-10	3:02.70	200 Meter Freestyle	3:02.40	7-10	10		
11	11/12	2:42.90	200 Meter Freestyle	2:43.60	11/12	12		
13	5-8	1:39.30	100 Meter Freestyle	1:35.50	5-8	14		
15	7-10	1:40.50	100 Meter Butterfly	1:40.70	7-10	16		
17	11/12	1:27.30	100 Meter Butterfly	1:28.10	11/12	18		
19	7-10	46.40	50 Meter Backstroke	46.30	7-10	20		
21	5-8	54.40	50 Meter Backstroke	53.20	5-8	22		
23	11/12	41.60	50 Meter Backstroke	42.00	11/12	24		
25	7-10	38.40	50 Meter Freestyle	38.10	7-10	26		
27	5-8	45.60	50 Meter Freestyle	44.40	5-8	28		
29	11/12	34.90	50 Meter Freestyle	34.40	11/12	30		
31	7-10	1:52.20	100 Meter Breaststroke	1:52.90	7-10	32		
33	11/12	1:40.00	100 Meter Breaststroke	1:40.10	11/12	34		
35	5-10	By Coach	200 Meter Medley Relay	By Coach	5-10	36		
37	11/12	Deck Entered	200 Meter Medley Relay	Deck Entered	11/12	38		

Second Session will begin no sooner than 10:30am

39	13 & Up	Blue for Age	200 Meter Freestyle	Blue for Age	13 & Up	40		
41	13 & Up	Blue for Age	100 Meter Butterfly	Blue for Age	13 & Up	42		
43	OPEN	3:24.40	200 Meter Breaststroke	3:15.20	OPEN	44		
45	13 & Up	Blue for Age	50 Meter Freestyle	Blue for Age	13 & Up	46		
47	13 & Up	Blue for Age	200 Meter Backstroke	Blue for Age	13 & Up	48		
47	OPEN	3:02.80	200 Meter Backstroke	2:53.30	OPEN	48		
49	13 & Up	Deck Entered	400 Meter Medley Relay	By Coach	13 & Up	50		

10 Minute Break at the discretion of the referee

			800 Meter Freestyle	11:43.70	OPEN	51		
52	OPEN	22:11.60	1500 Meter Freestyle					

SUBMIT BEST RECORDED LONG COURSE METER TIMES
 GWSC WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE
 Swimmers will be limited to a maximum of 3 events per day
 RELAYS WILL BE SWUM TIME PERMITTING.

Swimmers entering Open events must be at least 11 years old and have achieved the stated time standard

7-8 year old swimmers may swim in 5-8 or 7-10 events but not a combination.
 ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls		Sunday, May 21, 2017			9:00 am		Boys	
No.	Age	Minimum	Event	Minimum	Age	No.		No.
53	7-10	3:30.20	200 Meter Individual Medley	3:31.20	7-10	54		
55	11/12	1:15.60	100 Meter Freestyle	1:15.10	11/12	56		
57	7-10	1:24.40	100 Meter Freestyle	1:23.90	7-10	58		
59	11/12	38.40	50 Meter Butterfly	39.20	11/12	60		
61	7-10	43.20	50 Meter Butterfly	43.10	7-10	62		
63	5-8	52.00	50 Meter Butterfly	52.70	5-8	64		
65	11/12	46.00	50 Meter Breaststroke	45.60	11/12	66		
67	7-10	51.40	50 Meter Breaststroke	51.40	7-10	68		
69	5-8	58.60	50 Meter Breaststroke	57.10	5-8	70		
71	7-10	1:41.00	100 Meter Backstroke	1:41.30	7-10	72		
73	11/12	1:29.40	100 Meter Backstroke	1:30.70	11/12	74		
75	7-10	3:02.70	400 Meter Freestyle	3:02.40	7-10	76		
Enter with 200 Meter Freestyle Time								
77	11/12	Deck Entered	200 Meter Freestyle Relay	Deck Entered	11/12	78		
79	5-10	By Coach	200 Meter Freestyle Relay	By Coach	5-10	80		

Second Session will begin no sooner than 10:30am

81	13 & Up	Blue for Age	200 Meter Individual Medley	Blue for Age	13 & Up	82		
83	13 & Up	Blue for Age	100 Meter Freestyle	Blue for Age	13 & Up	84		
85	13 & Up	Blue for Age	100 Meter Backstroke	Blue for Age	13 & Up	86		
87	OPEN	3:00.90	200 Meter Butterfly	2:53.10	OPEN	88		
89	13 & Up	Blue for Age	100 Meter Breaststroke	Blue for Age	13 & Up	90		
91	13 & Up	Deck Entered	400 Meter Freestyle Relay	By Coach	13 & Up	92		

10 Minute Break at the discretion of the referee

93	OPEN	11:44.20	800 Meter Freestyle					
			1500 Meter Freestyle	22:10.90	OPEN	94		

The 400 Meter IM and the 400, 800 & 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle are requested to provide timers for three heats.

Swimmers in the 800 and 1500 Meter Freestyle are requested to provide their own lap counters

7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle Time that meets the minimum time standard.