

Monterey Park Manta Rays

Metro Committee Blue, Red, White and Red, White Long Course Swim Meet

July 18-19, 2009

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING (SCS)

SANCTION NO: # 09- 167

ENTRIES DUE: Monday July 6, 2009

WARM-UP: AM Sessions 7:30 AM BOTH DAY

STARTING TIME: 9:00 AM BOTH DAYS

Afternoon session will not begin before 11:30 am

Monterey Park Manta Rays WILL LIMIT THE MEET ENTRIES TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY

Total of 4 Individual events per day with maximum 8 events for the meet.

Location: Barnes Park Pool, 450 McPherrin Ave, Monterey Park CA

Directions: 10 Freeway, exit Garfield Blvd. South (towards Monterey Park), turn right on Garvey, and turn left on McPherrin. The pool is located about ½ block south of City Hall and the Fire Department.

Course: Outdoor 50 meter by 25-yard pool with up to 7 long course competition lanes and an area for warm up/down during the meet. The competition course has not been certified in accordance with 104.2.2(C)

Timing Reminders: Teams will be assigned timing lanes proportionate to the number of swimmers entered into the meet. Your help and cooperation is appreciated and necessary to keep the meet running smoothly.

MEET REFEREE: The Meet Referee will be in charge of the meet. Questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current Southern California Swimming (SCS) swim meet procedures will be enforced and take precedence over any errors or omissions on this meet form (see 2009 SCS Swim Guide). Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After the event has been officially closed, swimmers may not check-in or scratch. Swimmers in the first 4 events of each session **must check-in at least thirty minutes prior to the session starting time.** A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event. **8 and under swimmers must choose to swim either "8 & under" or "10 & under" (not any combination).**

Swimsuits worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process [a triangular projection of the scapula]), and shall not extend further down each leg than the top of the kneecap (patella). Swimsuits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post-manufacturing logos and decorations. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.

WARM-UP POLICY: Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up pool will be removed at the discretion of the Marshal. Warm-up rules will be announced and posted.

ELIGIBILITY: Open to Metro Committee athletes who hold a current 2009 USA Swimming registration card. An application for registration must be received by the SCS Swim Office in Santa Barbara, or by the host club prior to the first day of the meet. The application may be submitted with the meet entry. There are substantial penalties to the swimmer and club (see SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet. No on-deck entries permitted.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and the appropriate fee to the SCS Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the best recorded Long Course times from this or the preceding swim season. Do not submit estimated times or workout times. If you do not have a recorded time, enter NT (No Time) on the entry card. "NT" entries are acceptable for "White" division only. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at the minimum time std (see 2009 Swim Guide for exceptions). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in the submitted times can lead to disciplinary action. A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event. **A swimmer may swim an event (stroke/distance) once even if offered twice. Swimmers must have achieved time standards listed for an event**

ENTRY FORMS: Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA SWIMMING registration number. \$2.75 for each individual event PLUS \$5.00 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$5.00 fee. **Make checks payable to "SOUTHERN CALIFORNIA SWIMMING". There are no refunds. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.** Entries will be rejected if a check does not accompany the entry card.

AWARDS: **'Blue' DIVISION** MEDALS to places 1st through 3rd. Ribbons to places 4th through 8th. **'Red' DIVISION** Ribbons to places 1st through 8th. **'White' DIVISION** Ribbons to places 1st through 8th. **Relays** Ribbons to places 1st through 3rd. **OPEN Events** will not be awarded.

ENTRY PROCEDURE: Entries received after the meet limit has been reached will be **rejected** and returned to the sender. **Those entry cards bearing a postmark later than 12:00 o'clock midnight on July 6, 2009 will be rejected.** Entries may be accepted if delivered in person to **413 E. 212th Street, Carson, Ca 90745** up to 8:00 PM, on **July 7, 2009** as long as the meet limit has not been reached. Entries posted by business meter will be accepted if it arrives three days after the deadline, provided the meet has not reached capacity. **NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.**

Make checks payable to: SOUTHERN CALIFORNIA SWIMMING: MAIL entries to: Carol Peña 413 E. 212th Street, Carson, Ca 90745

Electronic HY-TEK entries are to be sent to (ckushipena@hotmail.com)

SCS policy for electronic entry:

#1 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. (5 PM postmark would queue before a 10 PM electronic). #2 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. #3 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. #4 DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

FOR FURTHER INFORMATION E-Mail : Scott Imaizumi (s.imaizumi@gmail.com)

Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of your entry.

Receipt of entries will not be verified by telephone or E-Mail

Monterey Park Manta Rays

B,R,W and R,W Long Course Swim Meet

July 18-19, 2009

Entries Due: MONDAY July 6 , 2009

ENTER LONG COURSE METER TIMES

MPMR will comply with the 4 Hour Rule

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am Meet Start Time: 9:00 am
Saturday June 6, 2009

Morning Session 1					
Girls	Min	Event	Age	Min	Boys
1	3:49.30	200 IM	10&Un	3:50.40	2
3	3:25.00	200 IM	11-12	3:25.30	4
5	B/R/W	50 Fly	8 &Un	B/R/W	6
7	B/R/W	50 Fly	10&Un	B/R/W	8
9	B/R/W	50 Fly	11-12	B/R/W	10
11	B/R/W	50 Breast	8 &Un	B/R/W	12
13	B/R/W	50 Breast	10&Un	B/R/W	14
15	B/R/W	50 Breast	11-12	B/R/W	16
17	1:59.20	100 Free	8 &Un	1:54.60	18
19	3:19.30	200 Free	10&Un	3:19.00	20
21	2:57.70	200 Free	11-12	2:58.40	22
23	1:50.30	100 Back	10&Un	1:50.50	24
25	1:37.60	100 Back	11-12	1:39.00	26
27	Deck	200 Medley Relay	8 &Un	Deck	28
29	Entered	200 Medley Relay	10&Un	Entered	30
31		200 Medley Relay	11-12		32
33	5:47.30	400 Freestyle	Open	5:46.60	34

Afternoon warm-up begins immediately following AM session

Warm Up Time: 7:30 am Meet Start Time: 9:00 am
Sunday June 7, 2009

Morning Session 3					
Girls	Min	Event	Age	Min	Boys
63	1:32.00	100 Free	10&Un	1:31.60	64
65	1:22.40	100 Free	11-12	1:22.00	66
67	1:49.70	100 Fly	10&Un	1:49.80	68
69	1:35.30	100 Fly	11-12	1:36.10	70
71	B/R/W	50 Back	8 &Un	B/R/W	72
73	B/R/W	50 Back	10&Un	B/R/W	74
75	B/R/W	50 Back	11-12	B/R/W	76
77	B/R/W	50 Free	8 &Un	B/R/W	78
79	B/R/W	50 Free	10&Un	B/R/W	80
81	B/R/W	50 Free	11-12	B/R/W	82
83	2:02.40	100 Breast	10&Un	2:03.10	84
85	1:49.10	100 Breast	11-12	1:49.20	86
87		200 Free Relay	8 &Un		88
89	Deck	200 Free Relay	10&Un	Deck	90
91	Entered	200 Free Relay	11-12	Entered	92
93	3:09.20	200 Back	Open	3:11.80	94

Afternoon session will not begin before 11:30 am

Afternoon Session 2					
Girls	Min	Event	Age	Min	Boys
35	3:05.70	200 Fly	Open	3:07.20	36
37	2:48.10	200 Free	13-14	2:42.00	38
39	2:48.70	200 Free	15&O	2:34.70	40
41	3:17.40	200 Fly	13-14	3:08.90	42
43	3:13.00	200 Fly	15&O	2:54.80	44
45	B/R/W	100 Back	13-14	B/R/W	46
47	B/R/W	100 Back	15&O	B/R/W	48
49	3:43.00	200 Breast	13-14	3:33.00	50
51	3:41.90	200 Breast	15&O	3:20.40	52
53	B/R/W	50 Free	13-14	B/R/W	54
55	B/R/W	50 Free	15&O	B/R/W	56
57	Deck	200 Medley Relay	13-14	Deck	58
59	Entered	200 Medley Relay	15&O	Entered	60
61	6:31.20	400 IM	Open	6:32.30	62

Afternoon Session 4					
Girls	Min	Event	Age	Min	Boys
95	3:31.00	200 Breast	Open	3:31.20	96
97	3:13.40	200 IM	13-14	3:04.30	98
99	3:14.90	200 IM	15&O	2:55.70	100
101	B/R/W	100 Fly	13-14	B/R/W	102
103	B/R/W	100 Fly	15&O	B/R/W	104
105	3:19.60	200 Back	13-14	3:09.20	106
107	3:12.70	200 Back	15&O	3:00.70	108
109	B/R/W	100 Breast	13-14	B/R/W	110
111	B/R/W	100 Breast	15&O	B/R/W	112
113	B/R/W	100 Free	13-14	B/R/W	114
115	B/R/W	100 Free	15&O	B/R/W	116
117	Deck	200 Free Relay	13-14	Deck	118
119	Entered	200 Free Relay	15&O	Entered	120
121	11:44.20	800 Freestyle	Open	11:43.70	122

A swimmer may swim an event (stroke/distance) once even if offered twice. Do not enter Open events with NT.

Swimmers in the 1500 Freestyle events must provide their own timers and lap counters

The 800 Freestyle events will swim fastest to slowest alternating girls and boys

8 and under swimmers must choose to swim as 8 & under OR 10 & under (not any combination)

If a swimmer does not have a recorded time but is other wise qualified, he/she may enter the meet at the minimum time std (see 2009 Swim Guide for exceptions).