

METRO COMMITTEE MAX

SHORT COURSE WINTER CHAMPIONSHIP

December 5-6, 2009

Sanctioned by: Southern California Swimming

Sanction Number: # 09- 257

Sponsored by: Barracuda Aquatic Club

Winter Age Group

ENTRIES DUE: (Monday) November 23, 2009

WARM UP TIME: 7:30 AM (Sat/Sun)

MEET START TIME: 9:00 AM (Sat/Sun)

NEW events ONLY will be accepted IF entered with the meet admin BEFORE leaving the meet.

POOL: BELLFLOWER AQUATIC CENTER, THOMPSON PARK, 14001 Bellflower Blvd., Bellflower, CA. From the 105 Fwy exit Bellflower Blvd. Turn South (traveling West bound, turn left). The pool is located in Thompson Park across from St. John Bosco High School.

COURSE: BELLFLOWER AQUATIC CENTER POOL: Competition will be held in the outdoor, 25-YD, 10-lane pool. A Colorado Timing System will be used. The competition course has been certified in accordance with 104.2.2(C).

SPLASH COUNT: SWIMMERS MAY COMPETE IN A MAXIMUM OF FOUR (4) INDIVIDUAL EVENTS PER DAY.

WARM UP RULES: Swimmers warming up or down before, during or after this swim meet must be under the direct supervision of a USA Swimming coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM UP RULES WILL BE POSTED, ANNOUNCED AND ENFORCED.**

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 2009 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 of each session must check in **THIRTY MINUTES** prior to the start of the session. Swimmers must swim in their actual age group as determined by age on the first day of the meet. **8 and under swimmers must choose to swim either "8 & under" or "10 & under" (not any combination).**

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). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

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 only un attach (may not attach or reattach) by notifying the Administrative Referee and paying the fee.

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes who are 2009 or 2010, USA Swimming registered. **NO ON-DECK ENTRIES.** **Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS Office.** Late application will be considered on deck and subject to penalties in SCS Swim Guide, Part One, III, and B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. There are substantial penalties to swimmer & Club (See 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed 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**). All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but it otherwise qualified, he/she may enter at minimum (see 2009 Swim Guide for exceptions).

QUALIFYING TIMES: Swimmers who have achieved an "Dec Invite" or better time for an event, yards or meters, may not enter that event. Relays: A swimmer "Dec Invite" at 200 yards/meters or longer of a stroke but not "Dec Invite" in the 50 or 100 yards/meters of that stroke may swim that stroke in a relay. 13 & up "Dec Invite" swimmers for the 100 yards/meters of a stroke (Butterfly, Backstroke, Breaststroke) may not swim that stroke in a 200 yards/meters medley relay.

SCORING: This is a team scored meet. Three (3) Divisions: Large, Medium, Small (based on # of splashes per team).

Place	1	2	3	4	5	6	7	8		1	2	3	4	5	6	7	8
Blue-Division	27	25	24	23	22	21	20	19									
Red-Division	18	16	15	14	13	12	11	10	RELAY	40	38	37	36	35	34	33	32
White-Division	9	7	6	5	4	3	2	1									

AWARDS: **Blue, Red & White DIVISIONS:** MEDALS - 1st through 3rd RIBBONS - 4th through 8th
RELAYS: MEDALS - 1st through 3rd

Unattached swimmers will not score team points and may not swim on relays. 13 & UP: awarded 13-14, 15 & UP. Trophies will be given to the three (3) highest scoring teams in each division. Placement in one of three divisions will be determined by ranking teams by number of splashes entered in this meet. After the meet is closed, logical break points will be determined and teams will be assigned divisions. This information will be available in Coaches' packets and in the program the first day of the meet.

SPONSOR NOTES: 1) Swimmers in the 500, 1000 YD Freestyle events must provide a lap counter for the swimmer's heat, and at least one (1) timer to time three (3) heats. Lap counters will not be provided. 2) **Timers:** Teams will be assigned lanes for timing, based proportionally upon the number of swimmers participating. Your help and cooperation is appreciated and necessary to keep the meet running smoothly and on time. 3) BARRACUDA AQUATIC CLUB will provide a Full Service Snack Bar throughout the meet featuring hot and cold food for breakfast and lunch. Programs will be available.

ENTRY FEE: \$3.75 for each INDIVIDUAL EVENT must accompany each individual entry card. \$6.00 surcharge per swimmer must be included in check for individual events. \$10.00 per Relay Team is due when entered on deck. Relay only swimmers will be assessed the swimmer surcharge of \$6.50. **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.

ENTRY PROCEDURE: Submit one Southern California Consolidated Entry Card ("White Card") for each swimmer. **NO certified, registered or special delivery mail will be accepted.** Card must be completely filled out including USA Swimming registration number. Entry forms bearing a postmark **LATER THAN 12:00 MIDNIGHT** on November 23 2009, **WILL BE REJECTED.** Entries will be accepted if hand delivered to the address below up to 8:00 PM on Wednesday, November 25th **NOTICE:** Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be rejected).

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. **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.** Please use a business size envelope. **Receipt of entry will not be verified by phone!**

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING Electronic HY-TEK entries are to be sent to ckushipena@hotmail.com

MAIL ENTRIES TO: Carol Pena: 413 E. 212th St. Carson, Ca. 90745

FOR FURTHER MEET INFORMATION CALL: BAC Swim Office: (562) 704-4656 E-mail: Swim4BAC2@aol.com

BARRACUDA AQUATIC CLUB

Entries Due: Monday, November 23, 2009

December 5-6, 2009

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Metro Committee Max Short Course Championship

THIS IS A SINGLE SESSION SWIM MEET!

MAIL EARLY! Swimmers May Enter A Maximum of 4 Events Per Day

Warm-ups begin at 7:30 AM-- Meet Starts at 9:00 AM Both Days

Girls	MAX	Saturday, December 5, 2009	MAX	Boys
1	**	200 Breast	13 & Up	**
3	N/S	100 Free	8 & Under	N/S
5	2:37.01	200 Free	10 & Under	2:36.51
7	2:14.61	200 Free	11-12	2:17.51
9	**	200 Free	13 & Up	**
11	N/S	50 Fly	8 & Under	N/S
13	1:26.41	100 Fly	10 & Under	1:27.51
15	1:12.11	100 Fly	11-12	1:14.31
17	**	100 Fly	13 & Up	**
19	N/S	25 Breast	8 & Under	N/S
21	43.61	50 Breast	10 & Under	44.41
23	38.11	50 Breast	11-12	39.01
25	N/S	50 Back	8 & Under	N/S
27	**	100 Back	13 & Up	**
29	1:12.41	100 Back	11-12	1:13.91
31	1:25.01	100 Back	10 & Under	1:25.51
33	N/S	50 Free	8 & Under	N/S
35	**	400 IM	13 & Up	**
37	1:12.01	100 IM	11-12	1:12.61
39	1:22.31	100 IM	10 & Under	1:22.91
41		100 Free Relay	8 & Under	
43	**	50 Free	13 & Up	**
45	28.71	50 Free	11-12	29.11
47	32.41	50 Free	10 & Under	33.01
49	Coaches	200 Free Relay	13 & Up	Coaches
51	Enter	200 Free Relay	11-12	Enter
53	Relays	200 Free Relay	10 & Under	Relays
55	6:04.91	500 Free	11 - 12	6:13.21
57	**	500 Free	13 & Up	**

Girls	MAX	Sunday, December 6, 2009	MAX	Boys
59	**	200 Fly	13 & Up	**
61	N/S	100 IM	8 & Under	N/S
63	2:57.41	200 IM	10 & Under	2:57.71
65	2:34.01	200 IM	11-12	2:35.51
67	**	200 IM	13 & Up	**
69	N/S	50 Breast	8 & Under	N/S
71	1:33.71	100 Breast	10 & Under	1:37.41
73	1:21.61	100 Breast	11-12	1:24.81
75	**	100 Breast	13 & Up	**
77	N/S	25 Free	8 & Under	N/S
79	1:12.21	100 Free	10 & Under	1:11.91
81	1:01.71	100 Free	11-12	1:02.61
83	**	100 Free	13 & Up	**
85	N/S	25 Fly	8 & Under	N/S
87	37.21	50 Fly	10 & Under	37.21
89	32.11	50 Fly	11-12	32.71
91	N/S	25 Back	8 & Under	N/S
93	**	200 Back	13 & Up	**
95	33.71	50 Back	11-12	34.71
97	39.21	50 Back	10 & Under	39.21
99	Coaches	100 Medley Relay	8 & Under	Coaches
101	Enter	200 Medley Relay	13 & Up	Enter
103	Relays	200 Medley Relay	11-12	Relays
105		200 Medley Relay	10 & Under	
107	**	1000 Free	13 & Up	**

Swimmers in the 500 and 1000 Free must provide their own timers and lap counters.

8 & Under swimmers must choose to swim as "8 & Under" or "10 & Under" not any combination.

**= REFER TO MAX TABLE BELOW

N/S= No time standard applies to this age group

The 1000 Free will be swum fastest to slowest alternating girls then boys.

For Questions Call or E-mail:

Swim Office: 562-704-4656

E-mail: Swim4BAC2@aol.com

MAX TIME STD FOR 13 AND UP EVENTS

Girls	MAX	Saturday, December 5, 2009	MAX	Boys
1	2:46.91	200 Breast	13 & 14	2:40.41
1	2:45.41	200 Breast	15 & UP	2:35.51
9	2:07.41	200 Free	13 & 14	2:03.61
9	2:05.01	200 Free	15 & UP	1:55.01
17	1:07.21	100 Fly	13 & 14	1:04.51
17	1:06.21	100 Fly	15 & UP	59.10
27	1:08.51	100 Back	13 & 14	1:06.61
27	1:07.61	100 Back	15 & UP	1:01.51
35	5:15.71	400 IM	13 & 14	5:04.41
35	5:07.31	400 IM	15 & UP	4:50.51
43	27.51	50 Free	13 & 14	26.11
43	27.01	50 Free	15 & UP	24.31
57	5:42.21	500 Free	13 & 14	5:31.41
57	5:31.81	500 Free	15 & UP	5:15.01

Girls	MAX	Sunday, December 6, 2009	MAX	Boys
59	2:33.21	200 Fly	13 & 14	2:26.81
59	2:30.01	200 Fly	15 & UP	2:15.61
67	2:25.21	200 IM	13 & 14	2:19.71
67	2:22.31	200 IM	15 & UP	2:12.41
75	1:17.41	100 Breast	13 & 14	1:14.21
75	1:16.81	100 Breast	15 & UP	1:11.81
83	59.31	100 Free	13 & 14	56.81
83	58.41	100 Free	15 & UP	52.91
93	2:27.81	200 Back	13 & 14	2:24.61
93	2:27.01	200 Back	15 & UP	2:18.51
107	12:02.61	1000 Free	13 & 14	11:49.41
107	11:44.21	1000 Free	15 & UP	11:16.81