

**Barracuda Aquatic Club Presents
Metro Committee Spring Championship
February 19-20, 2011**

Sanctioned by Southern California Swimming
Entries Due: February 9, 2011
Walk In Entries: Wednesday February 9, 2011

Sanction Number: 11-031
Start Time: 9:00am on Saturday & Sunday
warm up: 7:30am on Saturday & Sunday
Notice: 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.

You may swim a total of 8 individual events, A maximum 4 individual events on Saturday and Sunday — MAIL EARLY

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. Water depth at Start end is 13.0 ft. in lane 1 to 5 ft in lane 10 the turn end is the same depth. A warm-up area is available. The competition course has 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 is in charge of the meet. Any questions regarding the conduct of the meet should be directed 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 form. See SCS Swim Guide. Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has closed a swimmer may not check in or scratch. Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers in the first four events of each session must check in 30 minutes prior to the start of the session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers 5-8 years old may swim 5-8 events or 5-10 events, 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.

UNACCOMPANIED ATHLETE: 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.

Warm Up Policy: Swimmers warming up or down, before, during, or after the meet must be under the direct supervision of a USA Swimming member coach. Practice starts or diving from the starting blocks or from the deck is not permitted during warm up sessions. At the discretion of the Meet Referee lanes may be designated as sprint lanes. Practice starts are permitted in sprint lanes only under the direct supervision of a USA Swimming member coach. Practice starts are one way only, from the blocks. Warm up rules will be announced, posted, and enforced.

Eligibility: Open to ALL METRO COMMITTEE athletes and **WCS athletes training with BSC** who are 2011, 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 2011 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 only unattach (may not attach or reattach) by notifying the Administrative Referee and paying the fee.

Submitted Times: Times submitted must be best-recorded times short course yard or long course meter from this or preceding swim season.

Swimmers in the 5&8 events do not have a maximum time standard. Swimmers may not swim in an event in which they have achieved a Spring JO time standard. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action. **(NO WORK OUT TIMES).** All non-conforming times will be seeded last.

A swimmer that has achieved a Spring JO time standard at 200 yards/meters or longer of a stroke, but has not achieved the standard in the 50 or 100 yard/meter distance of that stroke may swim that stroke in a relay. Spring JO qualified swimmers for the 100-yard/meter distance of a stroke may not swim that stroke in a 200-yard relay.

Awards: MEDALS - 1st through 3rd "Blue" "Red" and "White" Division RIBBONS - 4th through 8th "Blue" "Red" and "White" Division

Relays: MEDALS - 1st through 3rd

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

Trophies: Will be awarded to 1st through 3rd highest scoring teams in each division.

Points: "Blue" Division; 27, 25, 24, 23, 22, 21, 20, 19, "Red" Division; 18, 16, 15, 14, 13, 12, 11, 10, "White" Division; 9, 7, 6, 5, 4, 3, 2, 1

Relays 40, 38, 37, 36, 35, 34, 33, 32.

Combined age group events 35,36,69,70,95,96 will be scored and awarded separately Blue and Red division.

Unattached swimmers and WCS athletes will not score team points and may not swim on relays. AGE GROUPS 5-8, 5-10, 11-12, 13-14, and 15-up: awarded 15-18. 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.

Make checks payable to: Southern California Swimming

Entry Fees: \$4.25 for each individual event plus \$8.00 surcharge per swimmer must accompany the entry form. \$12.00 per relay team will be collected on deck. NO REFUNDS. Returned checks will incur a service charge per SCS policy. Entry times will not be changed after the entry deadline.

Entry Procedure: Submit one Swimming Entry Card (white card) for each swimmer. Cards must be completely filled out including USA Swimming registration number. ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, February 9, 2011. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). **NO ON-DECK ENTRIES**

No certified, registered, or special delivery mail will be accepted. To avoid concern over receipt of entry you may enclose a self-addressed, stamped envelope or postcard. Receipt of entries will not be verified by telephone.

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

Electronic entries are to be sent to (ocpswim@hotmail.com).

MAIL entries to: Carol Peña 413 E. 212th Street, Carson, Ca 90745 **Walk In Entries:** 413 E. 212th Street, Carson, Ca 90745

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

Barracuda Aquatic Club Presents

2011 Metro Committee Spring Championship

February 19-20, 2011

Entry Due Date: February 9, 2011

Walk In Deadline: Wednesday February 9, 2011

You may swim a TOTAL of 8 individual events.

Warm Up

Meet Start Time

You may swim a maximum of 4 individual events Saturday & Sunday

Saturday & Sunday 7:30 am

Saturday & Sunday 9:00 am

Girls			Saturday February 19, 2011			Boys		
Event	Min	Max				Min	Max	Event
1		1:08.71	5- 8	100	Freestyle		1:08.51	2
3		1:08.71	5-10	100	Freestyle		1:08.51	4
5		1:00.31	11-12	100	Freestyle		1:00.11	6
7		56.81	13-14	100	Freestyle		53.81	8
9		54.91	15-up	100	Freestyle		49.91	10
11		NTS	5- 8	25	Backstroke		NTS	12
13		37.01	5-10	50	Backstroke		37.01	14
15		32.81	11-12	50	Backstroke		32.91	16
17		2:20.31	13-14	200	Backstroke		2:16.71	18
19		2:17.61	15-up	200	Backstroke		2:04.71	20
21		NTS	5- 8	25	Butterfly		NTS	22
23		35.31	5-10	50	Butterfly		35.51	24
25		31.21	11-12	50	Butterfly		31.01	26
27		2:22.61	13-14	200	Butterfly		2:17.51	28
29		2:15.81	15-up	200	Butterfly		2:05.01	30
31		NTS	5- 8	100	Freestyle Relay		NTS	32
33		NTS	5-10	200	Freestyle Relay		NTS	34
35	6:59.50	5:51.21	11-12	500	Freestyle	7:05.30	5:53.61	36
	6:32.30	5:29.41	13-14	500	Freestyle	6:20.30	5:19.51	
	6:29.90	5:19.01	15-up	500	Freestyle	6:05.30	4:58.11	
37		1:30.01	5-10	100	Breaststroke		1:31.21	38
39		1:18.51	11-12	100	Breaststroke		1:19.41	40
41		1:13.31	13-14	100	Breaststroke		1:10.31	42
43		1:12.01	15-up	100	Breaststroke		1:04.71	44
45		1:20.21	5-10	100	Backstroke		1:20.21	46
47		1:09.91	11-12	100	Backstroke		1:10.51	48
49		2:49.81	5-10	200	IM		2:49.91	50
51		2:29.11	11-12	200	IM		2:29.21	52
53		2:19.11	13-14	200	IM		2:14.11	54
55		2:16.61	15-up	200	IM		2:04.71	56
57		Coaches	11-12	200	Freestyle Relay		Coaches	58
59		enter	13-14	200	Freestyle Relay		enter	60
61		relays	15-up	200	Freestyle Relay		relays	62

NTS= No time standard applies to this event

5 & 8 swimmers must choose to swim as "5 & 8" or "5 & 10"
not any combination.

Girls			Sunday February 20, 2011			Boys		
Event	Min	Max				Min	Max	Event
63		1:19.41	5- 8	100	IM		1:18.71	64
65		1:19.41	5-10	100	IM		1:18.71	66
67		1:09.71	11-12	100	IM		1:10.01	68
69	6:07.30	4:56.71	13-14	400	IM	5:47.30	4:48.31	70
	5:51.50	4:48.01	15-up	400	IM	5:28.80	4:28.81	
71		31.41	5- 8	50	Freestyle		31.11	72
73		31.41	5-10	50	Freestyle		31.11	74
75		27.91	11-12	50	Freestyle		27.81	76
77		26.31	13-14	50	Freestyle		25.01	78
79		25.41	15-up	50	Freestyle		23.11	80
81		NTS	5- 8	25	Breaststroke		NTS	82
83		42.11	5-10	50	Breaststroke		42.21	84
85		36.41	11-12	50	Breaststroke		36.61	86
87		2:34.81	13-14	200	Breaststroke		2:32.01	88
89		2:34.81	15-up	200	Breaststroke		2:23.31	90
91		NTS	5- 8	100	Medley Relay		NTS	92
93		NTS	5-10	200	Medley Relay		NTS	94
95	22:57.70	19:10.41	13-14	1650	Freestyle	22:35.80	18:39.51	96
	22:18.40	18:37.91	15-up	1650	Freestyle	21:32.00	17:10.41	
97		1:21.31	5-10	100	Butterfly		1:21.41	98
99		1:08.61	11-12	100	Butterfly		1:09.31	100
101		1:04.01	13-14	100	Butterfly		1:00.91	102
103		1:00.91	15-up	100	Butterfly		55.21	104
105		2:29.41	5-10	200	Freestyle		2:29.81	106
107		2:11.41	11-12	200	Freestyle		2:11.51	108
109		2:02.81	13-14	200	Freestyle		1:57.81	110
111		1:59.11	15-up	200	Freestyle		1:48.61	112
113		1:05.11	13-14	100	Backstroke		1:02.71	114
115		1:03.31	15-up	100	Backstroke		56.91	116
117		Coaches	11-12	200	Medley Relay		Coaches	118
119		enter	13-14	200	Medley Relay		enter	120
121		relays	15-up	200	Medley Relay		relays	122

Swimmers in the 500, and 1650 Free must provide their own lap counters.

The 1650 Free will be swum fastest to slowest alternating girls then boys.

Combined age group events will be scored and awarded separately.

Events 35,36,69,70,95,96 will be scored and awarded separately Blue and Red division.