

FAST "LAST CHANCE" BLUE LONG COURSE AGE GROUP MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S17-189
Sponsored by: FAST Swim Team
Orange Committee

DATE OF MEET: July 7, 8 & 9, 2017
ENTRIES RECEIVED BY 5:00 PM: **June 28, 2017 (Wednesday)**
WARM UP TIME: 3:00 PM Fri, 7:30 AM (Sat/Sun)
MEET START TIME: 4:30 PM Fri, 9:00 AM (Sat/Sun)

*Afternoon Session will begin no earlier than 10:30 am or 45 min. after the conclusion of the morning session

- POOL:** JANET EVANS SWIM COMPLEX, 801 W. Valencia Ave., Fullerton. From the 91 Freeway take the Euclid Ave. Exit. Go north on Euclid to Valencia and turn right on Valencia. The Swim Complex is located on the left.
- COURSE:** JANET EVANS SWIM COMPLEX is an outdoor heated 8 lane 50 meter competition course, with 4 separate 25 yard warm-up lanes. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start End Lane 1 – 10 = 7'-10', Turn End Lanes 4'.
- 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 of each session must check in **THIRTY MINUTES** prior to the start of the session. Swimmers entering OPEN events must be 11 or older and have achieved the stated time standard. Swimmers must swim in their actual Age Group as determined by their age on **July 7, 2017**.
- SPECIAL NOTICE:** 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. Each team is asked to provide timers. 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. 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. Relays will be swum time permitting. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.
- RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, are 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 acknowledgment 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 unaccompanied by a USA Swimming 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. 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. NO ON-DECK ENTRIES. Registration applications must be received by Wednesday, June 28, 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 provide 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**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.
- 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 the minimum (see 2017 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:**
- | | |
|-------------------|---|
| INDIVIDUAL EVENTS | RIBBONS 1 st through 8 th |
| RELAYS | RIBBONS 1 st through 3 rd |
- Ribbons will be awarded to the following age groups: 5/6, 7/8, 9/10, 11/12
- ENTRY FEES:** **\$4.00 for each INDIVIDUAL EVENT, plus \$10.00 SURCHARGE per swimmer must accompany each individual entry card. Relays \$10.00.** 0E-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. (5PM postmark would queue before a 10 PM 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, JUNE 28, 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. DO NOT FOLD "White" ENTRY CARD--PLEASE.**

MAKE CHECKS PAYABLE TO:
EMAIL :
And MAIL TO:
(Include Swimmer's name and SCS Number)

SOUTHERN CALIFORNIA SWIMMING
divanj@cox.net
JUDI DIVAN
33561 CALLE MIRAMAR
SAN JUAN CAPISTRANO, CA 92675

For further meet Information call: FAST SWIM OFFICE 714-773-5788

Receipt of entry *will not* be verified by phone.

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.

FAST "LAST CHANCE" LONG COURSE BLUE AGE GROUP SWIM MEET

Date of Meet: **JULY 7, 8 & 9, 2017**

Entries Due: **JUNE 28, 2017 (Wednesday)**

SUBMIT BEST RECORDED LONG COURSE METER TIMES

FAST 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.

11/12 swimmers entering the 200's of stroke must have achieved the stated 13/14 time standard.

Swimmers entering OPEN events must be 11 or older and have met 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 | | | | Friday, July 7, 2017 | | | 4:30 pm | | Boys | |
|-------|---------|---------------------|-----------------------------|----------------------|---------|-----|---------|--|------|--|
| No. | Age | Minimum | Event | Minimum | Age | 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, July 8, 2017 | | | 9:00 am | | Boys | |
|-------|-------|----------------|---------------------------|------------------------|-------|-----|---------|--|------|--|
| No. | Age | Minimum | Event | Minimum | Age | 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 | 45.60 | 50 Meter Freestyle | 44.40 | 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 | 11/12 | 34.90 | 50 Meter Freestyle | 34.40 | 11/12 | 28 | | | | |
| 29 | 7-10 | 51.40 | 50 Meter Breaststroke | 51.40 | 7-10 | 30 | | | | |
| 31 | 5-8 | 58.60 | 50 Meter Breaststroke | 57.10 | 5-8 | 32 | | | | |
| 33 | 11/12 | 46.00 | 50 Meter Breaststroke | 45.60 | 11/12 | 34 | | | | |
| 35 | 5-10 | By Coach | 200 Meter Medley Relay | By Coach | 5-10 | 36 | | | | |
| 37 | 11/12 | Deck Entered | 400 Meter Freestyle 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 | 13 & Up | Blue for Age | 200 Meter Breaststroke | Blue for Age | 13 & Up | 44 |
| 43 | 11/12 | 3:24.40 | 200 Meter Breaststroke | 3:15.20 | 11/12 | 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 | 11/12 | 3:02.80 | 200 Meter Backstroke | 2:53.30 | 11/12 | 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 | | | |

| Girls | | | | Sunday, July 9, 2017 | | | 9:00 am | | Boys | |
|-------------------------------------|-------|----------------|-----------------------------|----------------------|-------|-----|---------|--|------|--|
| No. | Age | Minimum | Event | Minimum | Age | No. | | | | |
| 53 | 7-10 | 3:30.20 | 200 Meter Individual Medley | 3:31.20 | 7-10 | 54 | | | | |
| 55 | 11/12 | 1:40.00 | 100 Meter Breaststroke | 1:40.10 | 11/12 | 56 | | | | |
| 57 | 7-10 | 1:52.20 | 100 Meter Breaststroke | 1:52.90 | 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 | 1:29.40 | 100 Meter Backstroke | 1:30.70 | 11/12 | 66 | | | | |
| 67 | 7-10 | 1:41.00 | 100 Meter Backstroke | 1:41.30 | 7-10 | 68 | | | | |
| 69 | 11/12 | 1:15.60 | 100 Meter Freestyle | 1:15.10 | 11/12 | 70 | | | | |
| 71 | 7-10 | 1:24.40 | 100 Meter Freestyle | 1:23.90 | 7-10 | 72 | | | | |
| 73 | 5-8 | 1:39.30 | 100 Meter Freestyle | 1:35.50 | 5-8 | 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 | 13 & Up | Blue for Age | 200 Meter Butterfly | Blue for Age | 13 & Up | 88 |
| 87 | 11/12 | 3:00.90 | 200 Meter Butterfly | 2:53.10 | 11/12 | |
| 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 | 95 |

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.