

WESTSIDE AQUATICS "BLUE-RED-WHITE" SHORT COURSE MEET

NOVEMBER 5-6, 2011

Location –Maggie Gilbert Aquatic Center (Palisades Charter High School)

Entries due: October 26, 2011

Entries will be limited to comply with the 4-hour rule

Warm Up Times: 7:30 a.m. (Saturday/Sunday)

Meet Start Time: 9:00 a.m. (Saturday/Sunday)

PLEASE ENTER BEST RECORDED SHORT COURSE TIME

You may swim a total of 4 individual events per day plus relays

Saturday – Morning Session						Sunday – Morning Session					
Girl	Min Time	Event	Age	Min Time	Boy	Girl	Min Time	Event	Age	Min Time	Boy
1	B/R/W	200 Freestyle	13-14	B/R/W	2	59	B/R/W	100 Backstroke	13-14	B/R/W	60
3	B/R/W	200 Freestyle	15&UP	B/R/W	4	61	B/R/W	100 Backstroke	15&UP	B/R/W	62
5	B/R/W	25 Freestyle	5-8	B/R/W	6	63	B/R/W	25 Backstroke	5-8	B/R/W	64
7	B/R/W	100 Butterfly	13-14	B/R/W	8	65	B for Age	200 Butterfly	13&UP	B for Age	66
9	B/R/W	100 Butterfly	15&UP	B/R/W	10	67	B/R/W	25 Butterfly	5-8	B/R/W	68
11	B/R/W	50 Free	5-8	B/R/W	12	69	B for Age	200 Breaststroke	13&UP	B for Age	70
13	B/R/W	100 Breaststroke	13-14	B/R/W	14	71	B/R/W	200 IM	15&UP	B/R/W	72
15	B/R/W	100 Breaststroke	15&UP	B/R/W	16	73	B/R/W	200 IM	13-14	B/R/W	74
17	B/R/W	25 Breaststroke	5-8	B/R/W	18	75	B/R/W	100 IM	5-8	B/R/W	76
19	B/R/W	50 Freestyle	13-14	B/R/W	20	77	B/R/W	100 Freestyle	13-14	B/R/W	78
21	B/R/W	50 Freestyle	15&UP	B/R/W	22	79	B/R/W	100 Freestyle	15&UP	B/R/W	80
						81	B for Age	200 Backstroke	13&UP	B for Age	82
23	Coach	100 Free Relay	5-8	Coach	24	83	Coach	100 Med Relay	5-8	Coach	84
25	Entered	200 Free Relay	13-14	Entered	26	85	Entered	200 Med Relay	13-14	Entered	86
27	Relay	200 Free Relay	15&UP	Relay	28	87	Relay	200 Med Relay	15&UP	Relay	88
						89	21:32.10	16500 Freestyle*	OPEN	21:51.50	90

Afternoon session will not begin before 12:00 p.m.

Afternoon warm up begins immediately following morning session.

Saturday – Afternoon Session						Sunday – Afternoon Session					
Girl	Min Time	Event	Age	Min Time	Boy	Girl	Min Time	Event	Age	Min Time	Boy
29	B/R/W	200 Freestyle	11-12	B/R/W	30	91	5:48.20	400 IM	OPEN	5:48.90	92
31	B/R/W	200 Freestyle	5-10	B/R/W	32	93	B/R/W	100 Backstroke	11-12	B/R/W	94
33	B/R/W	100 Butterfly	11-12	B/R/W	34	95	B/R/W	100 Backstroke	5-10	B/R/W	96
35	B/R/W	100 Butterfly	5-10	B/R/W	36	97	2:58.10	200 Butterfly	11-12	3:02.60	98
37	B/R/W	50 Backstroke	11-12	B/R/W	38	99	B/R/W	50 Freestyle	5-10	B/R/W	100
39	B/R/W	50 Backstroke	5-10	B/R/W	40	101	B/R/W	50 Freestyle	11-12	B/R/W	102
41	B/R/W	200 IM	11-12	B/R/W	42	103	B/R/W	100 IM	5-10	B/R/W	104
43	B/R/W	200 IM	5-10	B/R/W	44	105	B/R/W	100 IM	11-12	B/R/W	106
45	B/R/W	100 Freestyle	11-12	B/R/W	46	107	B/R/W	100 Breaststroke	5-10	B/R/W	108
47	B/R/W	100 Freestyle	5-10	B/R/W	48	109	B/R/W	100 Breaststroke	11-12	B/R/W	110
49	3:25.90	200 Breaststroke	11-12	3:26.20	50	111	B/R/W	50 Butterfly	5-10	B/R/W	112
51	B/R/W	50 Breaststroke	5-10	B/R/W	52	113	B/R/W	50 Butterfly	11-12	B/R/W	114
53	B/R/W	50 Breaststroke	11-12	B/R/W	54	115	3:01.40	200 Backstroke	11-12	3:07.30	116
55	Coach	200 Free Relay	5-10	Coach	56	117	Coach	200 Med Relay	5-10	Coach	118
57	Entered	200 Free Relay	11-12	Entered	58	119	Entered	200 Med Relay	11-12	Entered	120

(1) *Swimmers in the 1650 Freestyle events are requested to provide their own timers and lap counters.

(2) The 1650 Freestyle will be swim fastest to slowest, alternating Girls and Boys.

(3) 5-10 swimmers may swim 5-8 or 5-10, but not both or any combination thereof.

(4) Relays are deck entered and time permitting.

All attending clubs will be responsible for timing in their assigned lanes for the entire meet, except 1650 Freestyle. Lane assignments are based on number of swimmers entered.

Event Recap - Saturday

Event Recap - Sunday

5-8	5-10	11-12	13-14	15&UP		5-8	5-10	11-12	13-14	13&UP	15&UP	OPEN
25 FR	200 FR	200 FR	200 FR	200 FR		25 BK	100 BK	100 BK	100 BK	200 FL	100 BK	1650 FR
50 FR	100 FL	100 FL	100 FL	100 FL		25 FL	50 FR	200 FL	200 IM	200 BR	200 IM	400 IM
25 BR	50 BK	50 BK	100 BR	100 BR		100 IM	100 IM	50 FR	100 FR	200 BK	100 FR	
100 FR Rel	200 IM	200 IM	50 FR	50 FR		100 Med Rel	100 BR	100 IM	200 Med Rel		200 Med Rel	
	100 FR	100 FR	200 FR Rel	200 FR Rel			50 FL	100 BR				
	50 BR	200 BR					200 Med Rel	50 FL				
	200 FR Rel	50 BR						200 BK				
		200 FR Rel						200 Med Rel				

Westside Aquatics "B-R-W" Short Course Meet

November 5-6, 2011

Hosted by: Westside Aquatics

Sanctioned by: Southern California Swimming

Sanction No:11-229

Entries due date: Wednesday, October 26, 2011

Warm Up Times: 7:30 a.m. (Saturday/ Sunday)

Meet Start Time: 9:00 a.m. (Saturday/Sunday)

Afternoon Session will not start before 12 noon

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, October 26, 2011. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED)

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.

DIRECTIONS Maggie Gilbert Aquatic Center (Palisades Charter High School -15777 Bowdoin St -Pacific Palisades, CA 90272-3586). Please use Google Maps, MapQuest or Thomas Guide directions. **COURSE:** The meet will be contested using 10 competition lanes with three lanes for continuous warm-up and warm-down. **This competition course has been certified in accordance with 104.2.2 (C).The start and turn depths are**

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

WARM UP RULES: Swimmers warming up or down before, during or after the meet must be under the direct supervision of a **2011/2012** USA Swimming member coach. Practice starts, diving from the starting blocks or from the deck will be in designated sprint lanes only and under the direct supervision of a USA Swimming member coach. Sprint lanes are one way only. **WARM UP RULES WILL BE POSTED, ANNOUNCED AND ENFORCED.**

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and will take precedence over any errors/omissions on this entry 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 been officially 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 (4) events of the session must check in 30 minutes prior to the start of the session. You may swim four (4) individual events plus relays. **If you enter more than four individual events, the first four will be entered, NO REFUNDS.**

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

SWIMSUITS: Male suits may not extend above the navel or below the knee and female suits 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.

ELIGIBILITY: Open to Pacific Committee athletes who are **2011 or 2012** USA Swimming registered. 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, B. In SCS age group meets, swimmers 18 and younger must prove birth dates prior to competition.

CHANGE OF AFFILIATIONS: Before the meet, a swimmer may change his/her 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 or re-attach at a meet.

SUBMITTED TIMES: Times submitted must be the best recorded short or long course times from this or the preceding swim season. Do not submit estimated or work out times. All non-conforming times will be seeded last. All "NO TIMES" will be entered in "White" division. Swimmers must have achieved time standard listed for an event. Swimmers entering the open events must be at least 11 years of age and have achieved the min time stated on entry form. Coaches and swimmers should be prepared to verify all submitted times.

AWARDS: "Blue" Division – Medals 1st through 3rd, Ribbons 4th through 8th. - "Red" Division – Ribbons 1st through 8th.

"White" Division - Ribbons 1st through 8th -Relays – Ribbons 1st through 3rd

Open events are not scored or awarded.

SNACK BAR: A full service snack bar will be located outside pool area.

ENTRY PROCEDURE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JUNE 1, 2011. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**

ENTRIES: ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of 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 (5PM 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 email entry. **Failure to comply will be referred to the SCS 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. Electronic entries are to be sent to – blwswim@earthlink.net. **Entry on an SCS consolidated entry card will be accepted. Card must be completely filled out completely including USA Swimming registration number.**

ENTRY FEES: An entry fee of \$3.25 for each event PLUS surcharge of \$7.50 per swimmer must be received with entry card. \$7.00 per relay team is due when the relay is entered on deck. Per SCS policy there will be a service charge for all returned checks.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Bettie Williams

P. O. Box 83538

Los Angeles, CA 90083-0538

For Information call: Bettie Williams – 310 338-8776 (blwswim@earthlink.net)

Adam Blakis – 310 985-5308 (adamblakis@gmail.com)

IF YOU NEED ENTRY CONFIRMATION – PLEASE SEND A SELF ADDRESSED STAMPED REPLY ENVELOPE

**RECEIPT OF ENTRY WILL NOT BE VERIFIED BY EMAIL OR PHONE
NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.**