

# Orange Regional Competitive Aquatics "SUMMER JO MAX" CHAMPIONSHIP SHORT COURSE MEET

Sanctioned by: Southern California Swimming  
Sanction Number: 12-177  
Sponsored by: Orange Regional Competitive Aquatics  
Orange Committee

DATE OF MEET: July 20, 21 & 22, 2012  
**ENTRIES RECEIVED BY 5:00PM: July 11, 2012 (Wednesday)**  
WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)  
MEET START TIME: 6:00 PM (Fri), 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter: AZOT, BREA, CASS, CDM, FAST, GWSC, LBST, OCW, ORCA, PCA, RAYS, SCAC, SCAT, SEAL, SET, SPCL, WASC, YOC  
**\*The second session will begin no sooner than 1:00 pm or 70 minutes after the conclusion of the first session**

- POOLS:** EL MODENA HIGH SCHOOL, 3920 E. Spring St., Orange, CA 92869. Take the 55 Freeway to Chapman Avenue East. East on Chapman Avenue to Prospect, turn Left. Go to Spring Street, turn Right. El Modena High School will be on the Right.
- COURSE:** EL MODENA HIGH SCHOOL POOL is an outdoor 25 yard pool with eight (8) swimming lanes and a warm-up area. This competition course has been certified in accordance with 104.2.2 ( C ). Pool Depth Measurement at Start End: Lanes 1 – 8 = 13', Turn End: Lanes 1 – 6 = 6', Lanes 7 – 8 = 10'.
- WARM UP PROCEDURES:** 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 an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **Teams will be assigned warm up time, which will be announced.**
- 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 2012 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 must check in for the first 4 events **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **July 20, 2012**. **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.**
- RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices including cell phones are not permitted in locker rooms, changing areas or restrooms. 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.
- 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 2012 USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. **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, B. In SCS age group meets, swimmers 18 & younger must prove 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.**
- SPECIAL NOTICE:** **Swimmers may swim a maximum of FOUR events per day. Swimmers in the 400 IM, 500, 1000 and 1650 Freestyle must provide a timer for three heats; freestyle requires own lap counter. 5-8 year old swimmers may compete in 5-8 or 5-10 events, but not a combination. 5-10 500 yard Freestyle swimmers enter best 200 Yard Freestyle time that meets or exceeds the stated minimum time. The 400 IM, 500, 1000 and 1650 Yard Freestyles will be swum alternating girls and boys. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. Relays will be swum, time permitting. All teams are requested to provide timers.**
- 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.
- QUALIFYING TIMES:** Swimmers must not exceed the JO Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the "JO" Maximum time standard for the stroke they swim in the relay, prior to this meet.
- AWARDS:** INDIVIDUAL EVENTS: 5-10, 11/12, 13/14 and 15 & Up: JAG, BLUE and RED Divisions – MEDALS 1<sup>st</sup>–3<sup>rd</sup> RIBBONS 4<sup>th</sup>–8<sup>th</sup> WHITE Divisions– RIBBONS 1–8 5-8: BLUE and RED Division – MEDALS 1<sup>st</sup> – 3<sup>rd</sup> RIBBONS 4<sup>th</sup> – 8<sup>th</sup> WHITE Division – RIBBONS 1<sup>st</sup> – 8<sup>th</sup> RELAYS RIBBONS 1<sup>st</sup> – 3<sup>rd</sup> Team points will be awarded as follows: WHITE: 9,7,6,5,4,3,2,1. RED: 19,17,16,15,14,13,12,11. BLUE: 29,27,26,25,24,23,22,21. JAG: 39,37,36,35,34,33,32,31. RELAYS: 78,74,72,70,68,66,64,62.
- ENTRY FEE:** **\$3.00 for each INDIVIDUAL EVENT, plus \$5.50 SURCHARGE per swimmer must accompany each individual entry card.** E-Mail entry (entry.zipfile) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of a 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 JULY 11, 2012. 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.**

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	splashandgo@charter.net
And MAIL TO:	KAREN THOMAS
(Include Swimmer's name and SCS Number)	750 Stagecoach Road
	Arroyo Grande, CA 93420

For further meet Information email [coachmark@orca-aquatics.com](mailto:coachmark@orca-aquatics.com)

Receipt of entry will not be verified by phone or email.

# ORCA "SUMMER JO MAX" CHAMPIONSHIPS SHORT COURSE MEET

DATE OF MEET: JULY 20, 21 & 22, 2012

ENTRIES DUE: JULY 11, 2012 (Wednesday)

Times submitted must be BEST RECORDED TIMES short course or long course. All non conforming times will be seeded last.

5-8 year old swimmers may compete in 5-8 or 5-10 events, but not any combination.

You may swim a maximum of 4 events per day.

The following Orange Committee teams may attend: AZOT, BREA, CASS, CDM, FAST, GWSC, LBST, OCW, ORCA, PCA, RAYS, SCAC, SCAT, SEAL, SET, SPCL, WASC, WSC, YOC

FRIDAY, JULY 20, 2012 - EVENING SESSION - 6:00 PM							
No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
1	2:56.80	2:34.21	5-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	2:56.50	2:34.41	2
3	22:57.70	20:01.31	13/14	1650 Yard Freestyle	22:35.80	19:42.81	4
3	22:18.40	19:45.41	15 & Up	1650 Yard Freestyle	21:32.00	18:50.81	4
3	23:27.89	...	11/12	1650 Yard Freestyle	23:10.49	...	4
5	6:07.30	5:09.11	13/14	400 Yard Individual Medley	5:47.30	5:00.11	6
5	5:51.50	5:03.51	15 & Up	400 Yard Individual Medley	5:28.80	4:45.71	6
5	6:04.19	...	11/12	400 Yard Individual Medley	5:56.29	...	6

## SATURDAY, JULY 21, 2012 - MORNING SESSION - YOUNGERS 9:00 AM

7	...	1:10.91	5-8	100 Yard Freestyle	...	1:11.11	8
9	...	2:55.61	5-10	200 Yard Individual Medley	...	2:54.51	10
11	...	14.60	5-8	25 Yard Freestyle	...	14.65	12
13	...	43.41	5-10	50 Yard Breaststroke	...	44.61	14
15	...	43.41	5-8	50 Yard Breaststroke	...	44.61	16
17	...	1:10.91	5-10	100 Yard Freestyle	...	1:11.11	18
19	...	18.50	5-8	25 Yard Backstroke	...	17.50	20
21	...	38.91	5-10	50 Yard Backstroke	...	39.21	22
23	...	36.61	5-8	50 Yard Butterfly	...	36.71	24
25	...	1:27.51	5-10	100 Yard Butterfly	...	1:27.31	26
27	Coaches Only		5-10	200 Yard Freestyle Relay	Coaches Only		28
29	Enter Relays on Deck		5-8	100 Yard Freestyle Relay	Enter Relays on Deck		30

## SATURDAY, JULY 21, 2012 - AFTERNOON SESSION - OLDERS - 70 Minutes AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

31	...	2:33.51	11/12	200 Yard Individual Medley	...	2:32.41	32
31	...	2:24.11	13/14	200 Yard Individual Medley	...	2:18.71	32
31	...	2:20.51	15 & Up	200 Yard Individual Medley	...	2:08.51	32
33	...	1:01.91	11/12	100 Yard Freestyle	...	1:02.31	34
35	...	58.81	13/14	100 Yard Freestyle	...	56.01	36
35	...	56.51	15 & Up	100 Yard Freestyle	...	51.71	36
137	3:01.40	...	11/12	200 Yard Backstroke	3:07.30	...	138
37	...	2:28.21	13/14	200 Yard Backstroke	...	2:25.41	38
37	...	2:24.51	15 & Up	200 Yard Backstroke	...	2:16.31	38
39	...	1:11.41	11/12	100 Yard Butterfly	...	1:12.51	40
41	...	1:06.41	13/14	100 Yard Butterfly	...	1:03.21	42
41	...	1:03.61	15 & Up	100 Yard Butterfly	...	57.01	42
43	...	37.51	11/12	50 Yard Breaststroke	...	38.21	44
145	3:25.90	...	11/12	200 Yard Breaststroke	3:26.20	...	146
45	...	2:46.11	13/14	200 Yard Breaststroke	...	2:39.71	46
45	...	2:44.61	15 & Up	200 Yard Breaststroke	...	2:32.71	46
47	...	1:13.71	11/12	100 Yard Backstroke	...	1:14.31	48
49	Coaches Only		13 & Up	400 Yard Freestyle Relay	Coaches Only		50
51	Enter Relays on Deck		11/12	200 Yard Freestyle Relay	Enter Relays on Deck		52
53	6:32.30	5:39.41	13/14	500 Yard Freestyle	6:20.30	5:29.51	54
53	6:29.90	5:29.51	15 & Up	500 Yard Freestyle	6:05.30	5:08.41	54
53	6:59.50	5:58.41	11/12	500 Yard Freestyle	7:05.30	6:04.51	54

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SUNDAY, JULY 22, 2012 - MORNING SESSION - YOUNGERS - 9:00 AM							Boys
No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.
55	...	1:19.21	5-10	100 Yard Individual Medley	...	1:18.81	56
57	...	1:19.21	5-8	100 Yard Individual Medley	...	1:18.81	58
59	...	32.01	5-10	50 Yard Freestyle	...	32.41	60
61	...	32.01	5-8	50 Yard Freestyle	...	32.41	62
63	...	1:34.31	5-10	100 Yard Breaststroke	...	1:37.31	64
65	...	19.80	5-8	25 Yard Breaststroke	...	19.90	66
67	...	1:23.71	5-10	100 Yard Backstroke	...	1:24.31	68
69	...	38.91	5-8	50 Yard Backstroke	...	39.21	70
71	...	36.61	5-10	50 Yard Butterfly	...	36.71	72
73	...	16.30	5-8	25 Yard Butterfly	...	16.50	74
75	...	2:34.21	5-10	200 Yard Freestyle	...	2:34.41	76
77	Coaches Only		5-8	100 Yard Medley Relay	Coaches Only		78
79	Enter Relays on Deck		5-10	200 Yard Medley Relay	Enter Relays on Deck		80

## SUNDAY, JULY 22, 2012 AFTERNOON SESSION - OLDERS - 70 Minutes AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

81	...	2:14.51	11/12	200 Yard Freestyle	...	2:14.61	82
83	...	2:07.31	13/14	200 Yard Freestyle	...	2:01.71	84
83	...	2:02.61	15 & Up	200 Yard Freestyle	...	1:52.91	84
85	...	1:22.01	11/12	100 Yard Breaststroke	...	1:23.11	86
87	...	1:17.51	13/14	100 Yard Breaststroke	...	1:13.61	88
87	...	1:15.11	15 & Up	100 Yard Breaststroke	...	1:09.21	88
89	...	28.31	11/12	50 Yard Freestyle	...	28.31	90
91	...	27.21	13/14	50 Yard Freestyle	...	25.61	92
91	...	26.41	15 & Up	50 Yard Freestyle	...	23.81	92
93	...	31.61	11/12	50 Yard Butterfly	...	31.81	94
195	<b>2:58.10</b>	...	11/12	200 Yard Butterfly	<b>3:02.60</b>	...	196
95	...	2:34.81	13/14	200 Yard Butterfly	...	2:29.01	96
95	...	2:27.31	15 & Up	200 Yard Butterfly	...	2:15.11	96
97	...	34.21	11/12	50 Yard Backstroke	...	34.01	98
99	...	1:09.01	13/14	100 Yard Backstroke	...	1:07.21	100
99	...	1:07.11	15 & Up	100 Yard Backstroke	...	1:01.71	100
101	...	...	11/12	100 Yard Individual Medley	...	...	102
103	Coaches Only		13 & Up	400 Yard Medley Relay	Coaches Only		104
105	Enter Relays on Deck		11/12	200 Yard Medley Relay	Enter Relays on Deck		106
107	<b>13:45.80</b>	11:53.51	13/14	1000 Yard Freestyle	<b>13:30.70</b>	11:36.41	108
107	<b>13:24.70</b>	11:35.41	15 & Up	1000 Yard Freestyle	<b>12:53.30</b>	11:02.71	108
107	<b>13:55.99</b>	...	11/12	1000 Yard Freestyle	<b>13:46.49</b>	...	108

TEAM WARM UP TIME WILL BE ASSIGNED AND ANNOUNCED

The 400 Yard IM, 500, 1000 and 1650 Yard Freestyle will be swum alternating girls and boys.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST