

Barracuda Aquatic Club

B, R, W Short Course Meet

December 3 & 4, 2011

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING

MEET HOST: Barracuda Aquatic Club

MAIL EARLY! Limit of 4 events per day.

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

BAC WILL LIMIT ENTRIES TO COMPLY WITH THE 4-HOUR RULE

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

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)

HOST NOTES: 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. BAC will supply a full service snack bar that will be available throughout the competition. Come hungry!

RULES: USA Swimming Rules will govern. Current Southern California Swimming (SCS) swim meet procedures will be enforced and take precedence over any errors or omissions on this meet form (see 2011 SCS Swim Guide). Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After the event has been officially closed, swimmers may not check-in or scratch. Swimmers in the first four events of each session **must check-in at least thirty minutes prior to the session starting time.** Swimmers must be at least 11 years old and meet the minimum time std to enter open events.

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.

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.

WARM-UP RULES: A warm-up lane will remain open throughout the meet. Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up lane will be removed at the discretion of the Marshal. Warm-up rules will be announced, posted and enforced.

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes and WCS athletes training with BSC who hold a current 2011 or 2012 USA Swimming registration card. 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 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 2011 Swim Guide for exceptions).

Entry times will not be changed after the entry deadline.

AWARDS: "Blue" DIVISION: Medals 1st – 3rd Ribbons 4th – 8th. "Red" DIVISION: Ribbons 1st – 8th. "White" DIVISION: Ribbons 1st – 8th. Relays Ribbons 1st-3rd OPEN events will not receive awards. 13& up events will be awarded 13-14 and 15-up

ENTRY PROCEDURE: Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA SWIMMING registration number. \$3.25 for each individual event PLUS \$7.00 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$7.00 fee. Make checks payable to "SOUTHERN CALIFORNIA SWIMMING". There are 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. **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 23, 2011. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). NO ON-DECK ENTRIES**

SCS policy for electronic entry: Electronic entry files are to be sent to ocpswim@hotmail.com

#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.

Make checks payable to: SOUTHERN CALIFORNIA SWIMMING:

MAIL entries to: Carol Peña 413 E 212 th St Carson Ca 90745

Hand deliver entries: 413 E 212 th St Carson Ca 90745

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

Please send a stamped self-addressed postcard or envelope if you want to receive confirmation of your entry.

Receipt of entry will not be verified by phone or email

BARRACUDA AQUATIC CLUB

Metro Committee Blue, Red, White, Short Course Swim Meet

MAIL EARLY!

December 3-4, 2011

Entries Due: Wednesday, November 23, 2011

THE BARRACUDA AQUATIC CLUB WILL COMPLY WITH THE 4 HOUR RULE

THIS IS A SINGLE SESSION SWIM MEET!

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	Saturday, 12/3/2011				Boys
#	Min Time	Event	Age Group	Min Time	#
1		200 Free	13 & Up		2
3	2:56.80	200 Free	5-10	2:56.50	4
5		200 Free	11-12		6
7		100 Fly	13 & Up		8
9		100 Fly	11-12		10
11		100 Fly	5-10		12
13	3:08.80	200 Breast	Open	3:09.00	14
15		50 Breast	11-12		16
17		50 Breast	5-10		18
19		100 Back	13 & Up		20
21		100 Back	11-12		22
23		100 Back	5-10		24
25		100 IM	11-12		26
27		100 IM	5-10		28
29		50 Free	13 & Up		30
31		50 Free	11-12		32
33		50 Free	5-10		34
35	5:48.20	400 IM	Open	5:48.90	36
37	Coaches	200 Free Relay	5-10	Coaches	38
39	Enter	200 Free Relay	11-12	Enter	40
41	Enter	200 Free Relay	13 -14	Enter	42
43	Relays	200 Free Relay	15- up	Relays	44
45	6:24.60	500 Free	Open	6:29.80	46

Girls	Sunday, 12/4/2011				Boys
#	Min Time	Event	Age Group	Min Time	#
47		200 IM	13 & Up		48
49		200 IM	11-12		50
51	3:23.50	200 IM	5-10	3:24.50	52
53		100 Breast	13 & Up		54
55		100 Breast	11-12		56
57		100 Breast	5-10		58
59		100 Free	13 & Up		60
61		100 Free	11-12		62
63		100 Free	5-10		64
65	2:43.20	200 Fly	Open	2:47.40	66
67		50 Fly	11-12		68
69		50 Fly	5-10		70
71		50 Back	11-12		72
73		50 Back	5-10		74
75	2:46.20	200 Back	Open	2:51.40	76
77	Coaches	200 Medley Relay	5-10	Coaches	78
79	Enter	200 Medley Relay	11-12	Enter	80
81	Enter	200 Medley Relay	13 -14	Enter	82
83	Relays	200 Medley Relay	15- up	Relays	84
85	21:32.10	1650 Free	Open	21:51.50	86

The 500 and 1650 will swim fast to slow and alternating girls and boys. Swimmers in the Open 500 and 1650 Freestyle event are requested to provide their own timers and lap counters.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.

Entry times will not be changed after the entry deadline.