

COSTA MESA AQUATICS CLUB "RW" SHORT COURSE SWIM MEET

DATE OF MEET: June 13 & 14, 2015

Sanctioned by: USA Swimming and SCS
Sanction Number: S15-106
Sponsored by: CMAC Aquatics
Orange Committee

ENTRIES RECEIVED BY 5:00 PM: June 3, 2015 (Wednesday)

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter this meet: AAM, BGST, CMAC, EAST, GSC, GWSC, NBS, NOVA, RIPT, SACA, SCAT, SEAL, SOKA, SPLA TD, YOC
The Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the morning session.

- POOL:** COSTA MESA AQUATICS CENTER, Costa Mesa High School, 2650 Fairview Road, Costa Mesa, CA 92650. From 405 FWY, Exit Fairview Blvd. towards the beach. The school is located on the left just past Adams Ave. Enter the first parking lot. From 55 FWY, Exit Fair Dr/Del Mar Ave. turn onto Fair Drive. Go past the OC Fair Grounds and turn right on Fairview Blvd. School is on the right, enter second parking lot.
- COURSE:** COSTA MESA AQUATICS CENTER pool is an outdoor 50 meter pool with up to 10 swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurement at Start and Turn End: 8'..
- 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 an 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 2015 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 must swim in their actual Age Group as determined by their age on **June 13, 2015**.
- SPECIAL NOTICE:** SWIMMERS MAY SWIM A MAXIMUM OF FIVE (5) EVENTS PER DAY. CMAC will limit entries to meet the "4 Hour" rule for each session. Swimmers in the 400 IM and 500 Yard Freestyle are requested to provide timers for three heats. All distance event swimmers are requested to provide their own lap counters. **RELAYS WILL BE SWUM TIME PERMITTING.** Relay swimmers are not permitted to swim a stroke in a relay if they hold a "BLUE" time in any distance of that stroke. 7-8 year old swimmers may enter 5-8 events or 7-10 events but not a combination. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. Team Warm Up time will be split and announced at the meet. NO TEAMS ALLOWED TO SET UP ON DECK.
- RECORDING DEVICES & MEDIA:** The use of audio-visual recording devices, including cell phones, is 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 acknowledgement and consent to this fact.
- 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 competition.
- DECK CHANGING:** Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
- 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.**
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2015 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 **Wednesday, June 3, 2015** 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.
- 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 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 "NT". (see 2015 Swim Guide for exceptions). *11/12 year old swimmers entering the 500 Yard Freestyle **must have qualified to enter with the minimum RED 500 Freestyle time standard (Girls 6:59.50; Boys 7:05.30)**. Nonconforming times may be submitted and will be used for seeding purposes only.
- AWARDS:** "RED" and "WHITE" DIVISION RIBBONS 1st through 8th
RELAYS: RIBBONS 1st through 3rd
Ribbons will be awarded by the following age groups: 5/6, 7/8, 5-10, 11/12, 13/14 and 15 & Up
- ENTRY FEE:** **\$3.00 for each INDIVIDUAL EVENT, plus \$7.00 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 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 3, 2015. 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:	DIVANJ@COX.NET
And MAIL TO:	Judi Divan
(Include Swimmer's name and SCS Number)	33561 Calle Miramar San Juan Capistrano, CA 92675

For further meet Information email Jose De La Jara swim@costamesaaquatics.org 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.

COSTA MESA AQUATICS CLUB SHORT COURSE "RED AND WHITE" AGE GROUP MEET

Date of Meet: June 13 & 14, 2015

Entries Due: June 3, 2015 (WEDNESDAY)

Submit BEST RECORDED TIMES short course or long course.

The following Orange Committee teams may enter this meet: AAM, BGST, CMAC, EAST, GWSC, NBS, NOVA, RIPT, SACA, SCAT, SEAL, SOKA, SPLA, TD, YOC
 YOU MAY SWIM A MAXIMUM OF 5 EVENTS PER DAY.

RELAYS WILL BE SWUM TIME PERMITTING.

CMAC WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

7-8 year old swimmers may swim in 5-8 or 7-10 events but not a combination.

11/12 year old swimmers entering the 500 yard Freestyle must have qualified to enter with the minimum RED 500 Freestyle time standard (Girls 6:59.50; Boys 7:05.30).

Swimmers in the 400 IM and 500 Yard Freestyle are requested to provide timers for three heats.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

Girls		Saturday, June 13, 2015			9:00 am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
1	3:06.51	7-10	200 Yard Individual Medley	3:07.41	2			
3	1:41.21	5-8	100 Yard Individual Medley	1:38.51	4			
5	1:29.31	7-10	100 Yard Butterfly	1:29.41	6			
7	21.31	5-8	25 Yard Butterfly	21.31	8			
9	1:28.61	7-10	100 Yard Backstroke	1:28.71	10			
11	48.11	5-8	50 Yard Backstroke	46.81	12			
13	45.61	7-10	50 Yard Breaststroke	45.61	14			
15	24.01	5-8	25 Yard Breaststroke	23.31	16			
17	33.91	7-10	50 Yard Freestyle	34.11	18			
19	40.51	5-8	50 Yard Freestyle	39.41	20			
21	Coaches	5-8	100 Yard Freestyle Relay	On	22			
23	Enter	7-10	200 Yard Freestyle Relay	Deck	24			

PM session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the first session.

25	2:46.21	11/12	200 Yard Individual Medley	2:46.51	26			
27	2:36.61	13/14	200 Yard Individual Medley	2:29.01	28			
27	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	28			
29	30.71	11/12	50 Yard Freestyle	30.81	30			
31	29.31	13/14	50 Yard Freestyle	27.51	32			
31	29.31	15 & Up	50 Yard Freestyle	26.51	32			
33	1:17.91	11/12	100 Yard Backstroke	1:20.51	34			
35	2:39.61	13/14	200 Yard Backstroke	2:31.01	36			
35	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	36			
37	3:08.81	11/12	200 Yard Breaststroke	3:09.01	38			
39	40.81	11/12	50 Yard Breaststroke	41.01	40			
41	1:23.41	13/14	100 Yard Breaststroke	1:19.11	42			
41	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	42			
43	34.31	11/12	50 Yard Butterfly	34.51	44			
45	2:43.21	11/12	200 Yard Butterfly	2:47.41	46			
47	2:40.51	13/14	200 Yard Butterfly	2:33.31	48			
47	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	48			
49	Coaches	11/12	200 Yard Freestyle Relay	On	50			
51	Enter	13 & Up	200 Yard Freestyle Relay	Deck	52			
53	6:24.61	*11/12	500 Yard Freestyle	6:29.81	54			
53	5:59.61	13/14	500 Yard Freestyle	5:48.61	54			
53	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	54			

Girls		Sunday, June 14, 2015			9:00am		Boys	
No.	Maximum	Age	Event	Maximum	No.			
55	2:42.01	7-10	200 Yard Freestyle	2:41.81	56			
57	46.31	5-8	50 Yard Butterfly	47.01	58			
59	38.31	7-10	50 Yard Butterfly	38.21	60			
61	18.11	5-8	25 Yard Freestyle	17.61	62			
63	1:40.01	7-10	100 Yard Breaststroke	1:40.51	64			
65	52.31	5-8	50 Yard Breaststroke	51.01	66			
67	40.51	7-10	50 Yard Backstroke	40.41	68			
69	22.21	5-8	25 Yard Backstroke	21.61	70			
71	1:26.61	7-10	100 Yard Individual Medley	1:26.91	72			
73	1:28.41	5-8	100 Yard Freestyle	1:25.01	74			
75	1:14.71	7-10	100 Yard Freestyle	1:14.31	76			
77	Coaches	5-8	100 Yard Medley Relay	On	78			
79	Enter	7-10	200 Yard Medley Relay	Deck	80			

PM Session will begin no sooner than 12:00 pm or 60 minutes after the conclusion of the first session.

81	2:24.11	11/12	200 Yard Freestyle	2:24.61	82			
83	2:16.11	13/14	200 Yard Freestyle	2:10.91	84			
83	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	84			
85	1:16.11	11/12	100 Yard Butterfly	1:18.21	86			
87	1:11.01	13/14	100 Yard Butterfly	1:07.71	88			
87	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	88			
89	1:28.91	11/12	100 Yard Breaststroke	1:29.01	90			
91	3:01.71	13/14	200 Yard Breaststroke	2:50.81	92			
91	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	92			
93	36.21	11/12	50 Yard Backstroke	36.61	94			
95	2:46.21	11/12	200 Yard Backstroke	2:51.41	96			
97	1:14.11	13/14	100 Yard Backstroke	1:11.31	98			
97	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	98			
99	1:06.71	11/12	100 Yard Freestyle	1:06.21	100			
101	1:03.41	13/14	100 Yard Freestyle	59.61	102			
101	1:02.81	15 & Up	100 Yard Freestyle	57.41	102			
103	1:17.71	11/12	100 Yard Individual Medley	1:17.71	104			
105	Coach	13 & Up	200 Yard Medley Relay	On	106			
107	Entered	11/12	200 Yard Medley Relay	Deck	108			
109	5:36.61	13/14	400 Yard Individual Medley	5:18.21	110			
109	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	110			