

## CONEJO SIMI SWIM CLUB, LONG COURSE MEET, 2010

<b>DATE OF MEET:</b>	Saturday and Sunday, March 27-28, 2010
<b>SANCTIONED BY:</b>	Southern California Swimming, USA Swimming
<b>SANCTION #:</b>	10-061
<b>STARTING TIME:</b>	<b>A.M. Session:</b> 9 a.m. (Check in/Warm-up at 7:30 a.m.) <b>P.M. Session:</b> Will not start prior to 12:00pm. Check-in/warm-up 45 min prior to start.
<b>ENTRY DEADLINE:</b>	ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, MARCH 17, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). Entries will be limited to comply with the four hour rule.
<b>LOCATION:</b>	Rancho Simi Community Pool, 1765 Royal Avenue, Simi Valley, CA. From East, 118 Freeway to Erringer Road, South to Royal Avenue, Right to pool. From West, 101 Freeway to 23 Freeway North, Right on Olsen Road, Right on Royal Avenue to pool.
<b>COURSE:</b>	Long Course – Pool is an outdoor 50m x 25y pool with 8 lanes, 7 lanes will be used for competition. One lane will be used for warm up/warm down. <b>Glass containers are not allowed in pool area! No pets allowed in the pool area!</b> The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 14 feet, at turn end: 3 feet, 6 inches.
<b>WARM-UP:</b>	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2010 USA Swimming coach. Warm up rules will be announced and enforced. No diving into the pool except for the sprint lanes as directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.
<b>CHECK-IN:</b>	Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers <b>MAY NOT CHECK IN OR SCRATCH</b> . Swimmers in the first 4 events each session must check in at least 20 minutes prior to the start of the meet. Swimmers who check in and fail to swim an event will be scratched from their next individual event. Swimmers must swim in their actual age group as determined by age on the first day of the meet.
<b>RULES:</b>	USA Swimming rules will govern. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.
<b>OPEN EVENTS:</b>	Swimmers must be at least 11 years old, and have previously achieved the minimum time standard for the event in a meet.
<b>SWIMWEAR:</b>	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. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.
<b>ELIGIBILITY:</b>	Open athletes who are 2010 USA Swimming registered in the Coastal Section, or outside of the LSC. <b>Registration application must be received by meet processor, administrative referee or SCS office by Monday prior to the first day of the meet.</b> Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B.
<b>CLUB TRANSFER FORM:</b>	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.
<b>SUBMITTED &amp; QUALIFYING TIMES:</b>	Times submitted must be <b>BEST RECORDED TIMES</b> short course or long course from this or preceding swim season (NO WORK OUT TIMES). All noon conforming times will be seeded last. "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. <b>SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PER DAY.</b>
<b>ENTRY PROCEDURE:</b>	Submit one SCS consolidated entry card per swimmer to enter this meet. Cards must be filled out completely, including the entire USA Swimming registration number. You should enclose a self addressed stamped envelope or postcard to confirm receipt of your entry.
<b>ELECTRONIC ENTRY:</b>	E-mail entry (entry zip. file) will be accepted <b>ONLY</b> when received with an attached Word or .pdf file, including electronic signature of coach and it will be dated as official at that time (5pm postmark would queue before a 10pm electronic). Full payment (a single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. <b>Failure to comply will be referred to the SCS Board of Review.</b> Entry updates (added events or updated times) will be processed when received by the processor by the entry deadline. Added event (entered swimmers) may be submitted by hard copy only (this included e-mail) <b>ONLY</b> . New swimmers accepted <b>SPACE AVAILABLE</b> . <b>DO NOT RESEND AN ENTRY FILE:</b> a replacement file for the team will not be processed. Deletions will <b>NOT</b> be refunded
<b>FEE:</b>	<b>3.25</b> per <b>INDIVIDUAL EVENT</b> plus a \$7.00 surcharge <b>PER SWIMMER</b> . A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry. <b>NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.</b>
<b>AWARDS:</b>	Red White & Blue Divisions: Ribbons 1 <sup>st</sup> thru 8 <sup>th</sup> places for swimmers 12 and under. 8 & under and 9-10 will be awarded separately.
<b>CHECKS PAYABLE TO:</b>	<b>SOUTHERN CALIFORNIA SWIMMING</b>
<b>MAIL ENTRIES TO:</b>	CSSC LC MEET c/o Lori Barthmuss, 4283 Via Rio, Newbury Park, CA 91320. Tel 805-217-2192. Email: <a href="mailto:Lbarthmuss@csaswim.com">Lbarthmuss@csaswim.com</a> <b>Receipt of entry will not be verified by phone or email. Recommend Postal Service Proof of Mailing.</b> <b>Do NOT use certified, registered or special delivery mail services.</b>
<b>FOOD:</b>	A snack bar will be available.
<b>LANE ASSIGNMENTS:</b>	Clubs will be assigned lanes for timing.
<b>FOR FURTHER INFORMATION:</b>	<a href="http://www.csaswim.com/">http://www.csaswim.com/</a> or Darrell Drennan, <a href="mailto:ddrennan@csaswim.com">ddrennan@csaswim.com</a>
<b>NOTICE OF MEDIA COVERAGE:</b>	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.

**Conejo Simi Swim Club**  
**March Long Course Meet**  
 March 27-28, 2010

SATURDAY, MARCH 27, 9:00 am, warmup 7:30 am								
GIRLS		STD	STD		STD	STD		BOYS
EVENT #	AGE	METERS	YARDS	EVENT	METERS	YARDS	AGE	EVENT #
1	11-12	BRW	BRW	200 FREESTYLE				
2	10 & UN	3.19.30	2.56.80	200 FREESTYLE	3.19.00	2.56.50	10 & UN	3
4	11-12	BRW	BRW	100 BACKSTROKE				
5	10 & UN	BRW	BRW	100 BACKSTROKE	BRW	BRW	10 & UN	6
7	11-12	BRW	BRW	100 BREASTSTROKE				
8	10 & UN	2.02.40	1.49.10	100 BREASTSTROKE	2.03.10	1.49.70	10 & UN	9
10	11-12	BRW	BRW	50 BUTTERFLY				
11	10 & UN	BRW	BRW	50 BUTTERFLY	BRW	BRW	10 & UN	12
13	11-12	BRW	BRW	50 FREESTYLE				
14	10 & UN	BRW	BRW	50 FREESTYLE	BRW	BRW	10 & UN	15
Break as determined by referee								
16	OPEN	6.31.20	5.48.20	400 IM	6.32.30	5.48.90	OPEN	17

SUNDAY, MARCH 28, 9:00 am, warmup 7:30 am								
GIRLS		STD	STD		STD	STD		BOYS
EVENT #	AGE	METERS	YARDS	EVENT	METERS	YARDS	AGE	EVENT #
43	11-12	BRW	BRW	100 FREESTYLE				
44	10 & UN	BRW	BRW	100 FREESTYLE	BRW	BRW	10 & UN	45
46	11-12	BRW	BRW	200 IM				
47	10 & UN	3.49.30	3.23.50	200 IM	3.50.40	3.24.50	10 & UN	48
49	11-12	BRW	BRW	50 BREASTSTROKE				
50	10 & UN	BRW	BRW	50 BREASTSTROKE	BRW	BRW	10 & UN	51
52	11-12	BRW	BRW	50 BACKSTROKE				
53	10 & UN	BRW	BRW	50 BACKSTROKE	BRW	BRW	10 & UN	54
55	11-12	BRW	BRW	100 BUTTERFLY				
56	10 & UN	1.49.70	1.34.40	100 BUTTERFLY	1.49.80	1.34.80	10 & UN	57
Break as determined by referee								
58	10 & UN	**3.02.70**	**2.42.00**	400 FREESTYLE	**3.02.40**	**2.41.80**	10 & UN	59
60	OPEN	5.47.30	6.24.60	400 FREESTYLE	5.46.60	6.29.80	OPEN	61

SATURDAY, MARCH 27								
No earlier than 12 noon, warm up 45 min before								
GIRLS		STD	STD		STD	STD		BOYS
EVENT #	AGE	METERS	YARDS	EVENT	METERS	YARDS	AGE	EVENT #
19	13-14	BRW	BRW	200 FREESTYLE	BRW	BRW	11-12	18
20	13-14	BRW	BRW	200 FREESTYLE	BRW	BRW	13-14	20
21	15 & OV	BRW	BRW	200 FREESTYLE	BRW	BRW	15 & OV	22
22	11-12	BRW	BRW	100 BACKSTROKE	BRW	BRW	11-12	23
24	13-14	BRW	BRW	100 BACKSTROKE	BRW	BRW	13-14	25
26	15 & OV	BRW	BRW	100 BACKSTROKE	BRW	BRW	15 & OV	27
27	11-12	BRW	BRW	100 BREASTSTROKE	BRW	BRW	11-12	28
29	13-14	BRW	BRW	100 BREASTSTROKE	BRW	BRW	13-14	30
31	15 & OV	BRW	BRW	100 BREASTSTROKE	BRW	BRW	15 & OV	32
33	13-14	3.17.40	2.55.10	200 BUTTERFLY	3.08.90	2.47.30	13-14	34
33	15 & UP	3.13.00	2.50.90	200 BUTTERFLY	2.54.80	2.34.40	15 & UP	34
33	OPEN	3.05.70	2.43.20	200 BUTTERFLY	3.07.20	2.47.40	OPEN	34
34	11-12	BRW	BRW	50 BUTTERFLY	BRW	BRW	11-12	35
36	13-14	BRW	BRW	50 FREESTYLE	BRW	BRW	13-14	37
38	15 & OV	BRW	BRW	50 FREESTYLE	BRW	BRW	15 & OV	39
39	11-12	BRW	BRW	50 FREESTYLE	BRW	BRW	11-12	40
Break as determined by referee								
41	OPEN	11.44.20	12.58.60	800 FREESTYLE	11.43.70	13.09.80	OPEN	42

SUNDAY, MARCH 28								
No earlier than 12 noon, warm up 45 min before								
GIRLS		STD	STD		STD	STD		BOYS
EVENT #	AGE	METERS	YARDS	EVENT	METERS	YARDS	AGE	EVENT #
62	11-12	BRW	BRW	100 FREESTYLE	BRW	BRW	11-12	62
63	13-14	BRW	BRW	100 FREESTYLE	BRW	BRW	13-14	64
65	15 & OV	BRW	BRW	100 FREESTYLE	BRW	BRW	15 & OV	66
66	11-12	BRW	BRW	200 IM	BRW	BRW	11-12	67
68	13-14	BRW	BRW	200 IM	BRW	BRW	13-14	69
70	15 & OV	BRW	BRW	200 IM	BRW	BRW	15 & OV	71
71	11-12	BRW	BRW	50 BREASTSTROKE	BRW	BRW	11-12	72
73	13-14	3.43.00	3.18.20	200 BREASTSTROKE	3.33.00	3.06.40	13-14	74
73	15 & UP	3.41.90	3.17.30	200 BREASTSTROKE	3.20.40	2.57.80	15 & UP	74
73	OPEN	3.31.00	3.08.08	200 BREASTSTROKE	3.31.20	3.09.00	OPEN	74
74	11-12	BRW	BRW	100 BUTTERFLY	BRW	BRW	11-12	75
76	13-14	BRW	BRW	100 BUTTERFLY	BRW	BRW	13-14	77
78	15 & OV	BRW	BRW	100 BUTTERFLY	BRW	BRW	15 & OV	79
79	11-12	BRW	BRW	50 BACKSTROKE	BRW	BRW	11-12	80
81	13-14	3.19.60	2.54.50	200 BACKSTROKE	3.09.20	2.45.10	13-14	82
81	15 & UP	3.12.70	2.56.70	200 BACKSTROKE	3.00.70	2.37.30	15 & UP	82
81	OPEN	3.09.20	2.46.20	200 BACKSTROKE	3.11.80	2.51.40	OPEN	82
Break as determined by referee								
83	OPEN	22.11.60	21.32.10	1500 FREESTYLE	22.10.90	21.51.50	OPEN	84

Swimmers are limited to 4 events per day.

ENTRIES WILL BE LIMITED TO MEET THE PROJECTED 4-HOUR TIME LINE

**\*\*10 & Under 400 Free -- Enter 200 Free Long Course Time; Must Have Achieved A Blue Time Standard\*\***

Swimmers in distance events must provide their own counters.

400 IM, 400, 800 and 1500 Free will be swum fastest to slowest, alternating girls and boys

Swimmers in the 400 IM, 400, 800 & 1500 Free must provide their own timers.