

DOLPHIN AQUATICS MARCH "BLUE" LONG COURSE AGE GROUP SWIM MEET

Sanctioned by: Southern California Swimming
Sanction Number: 12-050
Sponsored by: Dolphin Aquatics
Orange Committee

DATE OF MEET: March 3 & 4, 2012
ENTRIES RECEIVED BY 5:00PM: FEBRUARY 22, 2012 (WEDNESDAY)

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

Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the Morning Session

POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North: Take I-5 or I-405 South, exit Lake Forest Drive. Go left to Serrano, turn Right, Parking and Pool on right hand side.

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with (7) swimming lanes and (1) warm-up Lane. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".

SPECIAL NOTICE: Swimmers may swim a maximum of THREE events per day. **DA will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Out of District swimmers/teams are welcome, however, their entry into the meet will only be allowed once all entered Orange Committee members are accommodated and the "4 hour" rule is met. Swimmers in the 400 Freestyle, 800 Freestyle and 400 IM are asked to provide timers for three heats and your own lap counters. **Please note: Swimmers may enter a stroke and distance only once even if it is offered twice. Only swimmers 11 years and older who meet the 13/14 BLUE time standard may enter OPEN events. 5-8 swimmers may enter 5-8 or 5-10 events, but not a combination. SUBMIT BEST RECORDED SHORT COURSE YARD TIMES. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is 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 member 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 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 in the first FOUR events must check in **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 March 3, 2012. **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.**

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 2012 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. **NO ON-DECK ENTRIES.** Registration application must be received by Monday prior to first day of meet by meet processor, administrative referee or SCS Office. Late application will be considered "on deck" subject to penalties in SCS Swim Guide, Part One, III, B. **REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM.** There are substantial penalties to swimmer and Club (See 2012 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

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 at minimum (see 2012 Swim Guide for exceptions).

AWARDS: INDIVIDUAL EVENTS: RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 5-8, 5-10, 11/12, OPEN events will not be awarded.

ENTRY FEE: **\$3.00 for each INDIVIDUAL EVENT, plus \$5.25 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. (5 PM 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 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, FEBRUARY 22, 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:	JULSONLL@AOL.COM
And MAIL TO:	LYNDA JULSON
(Include Swimmer's name and SCS Number)	25552 Loganberry Lane Lake Forest, CA 92630

For Further Information call: Rod Snyder at 949-366-1630 or email rdsnyder4cox.net Receipt of entry **will not** be verified by phone or email.

FULL SNACK BAR WILL BE AVAILABLE

DOLPHIN AQUATICS MARCH BLUE LONG COURSE AGE GROUP SWIM MEET

Date of Meet: March 3 & 4, 2012

ENTRIES RECEIVED BY 5:00PM: FEBRUARY 22, 2012 (WEDNESDAY)

SUBMIT BEST RECORDED SHORT COURSE YARD TIMES

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Afternoon Session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the Morning Session

YOU MAY SWIM A MAXIMUM OF 3 EVENTS PER DAY

DA WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE

Swimmers may enter a stroke and distance only once even if it is offered twice.

Times submitted must be Best Recorded Times short course or long course. All non conforming times will be seeded last.

5-8 swimmers may enter 5-8 or 5-10 events, but not a combination.

Only swimmers 11 years and older, that meet the 13/14 Blue time standard, may enter OPEN events.

Girls Saturday, March 3, 2012 9:00am Boys

No.	Minimum	Age	Event	Minimum	No
1	2:46.20	11/12	200 Meter Individual Medley	2:46.50	2
3	3:06.50	5-10	200 Meter Individual Medley	3:07.40	4
5	1:06.70	11/12	100 Meter Freestyle	1:06.20	6
7	1:14.70	5-10	100 Meter Freestyle	1:14.30	8
9	1:28.40	5-8	100 Meter Freestyle	1:25.00	10
11	1:28.60	5-10	100 Meter Backstroke	1:28.70	12
13	1:17.90	11/12	100 Meter Backstroke	1:20.50	14
15	45.60	5-10	50 Meter Breaststroke	45.60	16
17	40.80	11/12	50 Meter Breaststroke	41.00	18
19	52.30	5-8	50 Meter Breaststroke	51.00	20
21	30.70	11/12	50 Meter Freestyle	30.80	22
23	40.50	5-10	50 Meter Backstroke	40.40	24
25	48.10	5-8	50 Meter Backstroke	46.80	26
27	1:16.10	11/12	100 Meter Butterfly	1:18.20	28
29	1:29.30	5-10	100 Meter Butterfly	1:29.40	30
31	6:24.60	11/12	400 Meter Freestyle	6:29.80	32

Afternoon session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM Session

33	2:36.60	OPEN	200 Meter Individual Medley	2:29.00	34
35	1:03.40	OPEN	100 Meter Freestyle	59.60	36
37	2:40.50	OPEN	200 Meter Butterfly	2:33.30	38
39	1:23.40	OPEN	100 Meter Breaststroke	1:19.10	40
41	2:39.60	OPEN	200 Meter Backstroke	2:31.00	42
43	29.30	OPEN	50 Meter Freestyle	27.50	44

10 Minute Break at the discretion of the Meet Referee

45	5:59.60	OPEN	400 Meter Freestyle	5:48.60	46
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Girls Sunday, March 4, 2012 9:00am Boys

No.	Minimum	Age	Event	Minimum	No
47	5:48.20	11/12	400 Meter Individual Medley	5:48.90	48
49	2:42.00	5-10	200 Meter Freestyle	2:41.80	50
51	2:24.10	11/12	200 Meter Freestyle	2:24.60	52
53	1:28.40	5-8	100 Meter Freestyle	1:25.00	54
55	36.20	11/12	50 Meter Backstroke	36.60	56
57	38.30	5-10	50 Meter Butterfly	38.20	58
59	46.30	5-8	50 Meter Butterfly	47.00	60
61	34.30	11/12	50 Meter Butterfly	34.50	62
63	33.90	5-10	50 Meter Freestyle	34.10	64
65	40.50	5-8	50 Meter Freestyle	39.40	66
67	1:28.90	11/12	100 Meter Breaststroke	1:29.00	68
69	1:40.00	5-10	100 Meter Breaststroke	1:40.50	70
71	12:58.60	11/12	800 Meter Freestyle	13:09.80	72

Afternoon session will begin no sooner than 12:00pm or 60 minutes after the conclusion of the AM Session

73	2:16.10	OPEN	200 Meter Freestyle	2:10.90	74
75	5:36.60	OPEN	400 Meter Individual Medley	5:18.20	76
77	1:11.00	OPEN	100 Meter Butterfly	1:07.70	78
79	1:14.10	OPEN	100 Meter Backstroke	1:11.30	80
81	3:01.70	OPEN	200 Meter Breaststroke	2:50.80	82

10 Minute Break at the discretion of the Meet Referee

83	12:37.00	OPEN	800 Meter Freestyle	12:23.20	84
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Swimmers in the 400 IM, 400 and 800 Meter Freestyles are asked to provide timers for three heats and the 800 Freestyle must provide lap counters. The 400 IM, 400 and 800 Freestyle will be swum alternating girls and boys.