

FAST "LAST CHANCE" BLUE LONG COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-185
Sponsored by: FAST Swim Team
Orange Committee

DATE OF MEET: July 16, 17 & 18, 2010
ENTRIES RECEIVED BY 5:00 PM: July 7, 2010 (Wednesday)
WARM UP TIME: 3:00 PM Fri, 7:30 AM (Sat/Sun)
MEET START TIME: 4:30 PM Fri, 9:00 AM (Sat/Sun)

*Afternoon Session will begin no earlier than 10:30 am or 45 min. after the conclusion of the morning session

POOL: JANET EVANS SWIM COMPLEX, 801 W. Valencia Ave., Fullerton. From the 91 Freeway take the Euclid Ave. Exit. Go north on Euclid to Valencia and turn right on Valencia. The Swim Complex is located on the left.

COURSE: JANET EVANS SWIM COMPLEX is an outdoor heated 8 lane 50 meter competition course, with 4 separate 25 yard warm-up lanes. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End Lane 1 – 10 = 7'-10", Turn End Lanes 4'.

SPECIAL NOTICE: Swimmers may swim a maximum of FOUR (4) Individual events per day. Entries will be limited to meet the "4 Hour" rule for the 12 & Under sessions. Timers must be provided by each team. 11/12 swimmers may swim the 200 IM once, either as 11/12 or OPEN. 5-8 year old swimmers may swim in 5-8 or 5-10 events but not a combination. The 400 Meter IM, 400, 800 and 1500 Meter Freestyle events will be swum alternating girls and boys. Swimmers in the 400, 800 and 1500 Meter Freestyle and 400 Meter IM must provide timers for three heats and their own lap counters. Relays will be swum time permitting. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

UNACCOMPANIED ATHLETES: 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.

MEDIA: 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.

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 a 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 2010 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 **July 16, 2010**. **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 2010 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. Registration applications 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" subject to penalties in SCS Swim Guide, part One, III, B. In SCS age group meets, swimmers 18 & younger must provide 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**). 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 the minimum (see 2010 Swim Guide for exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.

AWARDS: INDIVIDUAL EVENTS RIBBONS 1st through 8th
RELAYS RIBBONS 1st through 3rd
Ribbons will be awarded to the following age groups: 5/6, 7/8, 9/10, 11/12

ENTRY FEES: **\$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. (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 7, 2010. 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.
PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

MAKE CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING
EMAIL : Clary.home@gmail.com
And MAIL TO: STACY CLARY
(Include Swimmer's name and SCS Number) 7670 WHITEGATE AVE.
RIVERSIDE, CA 92506

For further meet Information call: Bill Jewell 714-773-5788

Receipt of entry *will not* be verified by phone.

THE FAST "LAST CHANCE" LONG COURSE BLUE AGE GROUP SWIM MEET

Date of Meet: JULY 16, 17 & 18, 2010

Entries Due: JULY 7, 2010 (Wednesday)

Girls Friday, July 16, 2010 4:30 pm Boys

No.	Age	Minimum	Event	Minimum	Age	No.
1	11/12	3:07.90	200 Meter Individual Medley	3:08.20	11/12	2
3	OPEN	6:31.20	400 Meter Individual Medley	6:32.30	OPEN	4
5	11/12	5:47.30	400 Meter Freestyle	5:46.60	11/12	6
7	13 & Up	Blue for Age	400 Meter Freestyle	Blue for Age	13 & Up	8

SUBMIT BEST RECORDED LONG COURSE METER TIMES
FAST WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE
Swimmers will be limited to a maximum of 4 events per day
RELAYS WILL BE SWUM TIME PERMITTING.

11/12 swimmers entering the 200's of stroke must have achieved the stated 13/14 time standard.

5-8 year old swimmers may swim in 5-8 or 5-10 events but not a combination.
ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls Saturday, July 17, 2010 9:00 am Boys

No.	Age	Minimum	Event	Minimum	Age	No.
9	5-10	3:02.70	200 Meter Freestyle	3:02.40	5-10	10
11	11/12	2:42.90	200 Meter Freestyle	2:43.60	11/12	12
13	5-8	45.60	50 Meter Freestyle	44.40	5-8	14
15	5-10	1:40.50	100 Meter Butterfly	1:40.70	5-10	16
17	11/12	1:27.30	100 Meter Butterfly	1:28.10	11/12	18
19	5-10	46.40	50 Meter Backstroke	46.30	5-10	20
21	5-8	54.40	50 Meter Backstroke	53.20	5-8	22
23	11/12	41.60	50 Meter Backstroke	42.00	11/12	24
25	5-10	38.40	50 Meter Freestyle	38.10	5-10	26
27	11/12	34.90	50 Meter Freestyle	34.40	11/12	28
29	5-10	51.40	50 Meter Breaststroke	51.40	5-10	30
31	5-8	58.60	50 Meter Breaststroke	57.10	5-8	32
33	11/12	46.00	50 Meter Breaststroke	45.60	11/12	34
35	5-10	By Coach	200 Meter Medley Relay	By Coach	5-10	36
37	11/12	Deck Entered	400 Meter Freestyle Relay	Deck Entered	11/12	38

Girls Sunday, July 18, 2010 9:00 am Boys

No.	Age	Minimum	Event	Minimum	Age	No.
53	5-10	3:30.20	200 Meter Individual Medley	3:31.20	5-10	54
55	11/12	1:40.00	100 Meter Breaststroke	1:40.10	11/12	56
57	5-10	1:52.20	100 Meter Breaststroke	1:52.90	5-10	58
59	11/12	38.40	50 Meter Butterfly	39.20	11/12	60
61	5-10	43.20	50 Meter Butterfly	43.10	5-10	62
63	5-8	52.00	50 Meter Butterfly	52.70	5-8	64
65	11/12	1:29.40	100 Meter Backstroke	1:30.70	11/12	66
67	5-10	1:41.00	100 Meter Backstroke	1:41.30	5-10	68
69	11/12	1:15.60	100 Meter Freestyle	1:15.10	11/12	70
71	5-10	1:24.40	100 Meter Freestyle	1:23.90	5-10	72
73	5-8	1:39.30	100 Meter Freestyle	1:35.50	5-8	74
75	5-10	Deck Entered	200 Meter Freestyle Relay	Deck Entered	5-10	76
77	11/12	By Coach	200 Meter Freestyle Relay	By Coach	11/12	78

Second Session will begin no sooner than 10:30am

39	13 & Up	Blue for Age	200 Meter Freestyle	Blue for Age	13 & Up	40
41	13 & Up	Blue for Age	100 Meter Butterfly	Blue for Age	13 & Up	42
43	13 & Up	Blue for Age	200 Meter Breaststroke	Blue for Age	13 & Up	44
43	11/12	3:24.40	200 Meter Breaststroke	3:15.20	11/12	44
45	13 & Up	Blue for Age	50 Meter Freestyle	Blue for Age	13 & Up	46
47	13 & Up	Blue for Age	200 Meter Backstroke	Blue for Age	13 & Up	48
47	11/12	3:02.80	200 Meter Backstroke	2:53.30	11/12	48
49	13 & Up	Deck Entered	400 Meter Medley Relay	By Coach	13 & Up	50

Second Session will begin no sooner than 10:30am

79	13 & Up	Blue for Age	200 Meter Individual Medley	Blue for Age	13 & Up	80
81	13 & Up	Blue for Age	100 Meter Freestyle	Blue for Age	13 & Up	82
83	13 & Up	Blue for Age	100 Meter Backstroke	Blue for Age	13 & Up	84
85	13 & Up	Blue for Age	200 Meter Butterfly	Blue for Age	13 & Up	86
85	11/12	3:00.90	200 Meter Butterfly	2:53.10	11/12	86
87	13 & Up	Blue for Age	100 Meter Breaststroke	Blue for Age	13 & Up	88
89	13 & Up	Deck Entered	400 Meter Freestyle Relay	By Coach	13 & Up	90

10 Minute Break at the discretion of the referee

			800 Meter Freestyle	11:43.70	OPEN	51
52	OPEN	22:11.60	1500 Meter Freestyle			

10 Minute Break at the discretion of the referee

91	OPEN	11:44.20	800 Meter Freestyle			
			1500 Meter Freestyle	22:10.90	OPEN	92

The 400 Meter IM and the 400, 800 & 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle must provide timers for three heats.

Swimmers in the 800 and 1500 Meter Freestyle must provide their own lap counters