

Southern California Swimming
2010 President's Weekend Senior Invitational
February 13 to 15
Hosted by Cerritos Aquatic Club and SCS

Sanction #: 10-035

Entries Must be Received by: Wednesday, Feb 3, 2010

Prelims 9:00am (Prelim warm-up 7:30 am)

Finals 4:00pm Sat/Sun/Mon (2:30 warm-up)

Format: Senior Championship competition, prelims, 'C' Final, 'B' Final and 'A' Final.

LOCATION: Cerritos Olympic Swim Center, 13150 E. 166th St., Cerritos, CA. Highway 91 between the 605 and 5 freeways. Eastbound, take the Shoemaker off ramp north. Right or east on 166th St. Westbound, take the Carmenita off-ramp north. Left or west on 166th St. Southbound on the 5 freeway, exit on Carmenita, south to 166th and turn right, heading west. Pool is 2 blocks down on left.

COURSE: Indoor, 50 meter by 25 yard pool, Water depth is 13.2 ft. at the start end and 4.1 ft. at the turn end. A 6 or 7 lane course will be used for prelims and 8 lanes for finals with warm-up periods. Course will be set based on the size of the meet. There will be a separate warm up lane, electronic timing with touchpads, and 8 lane Scoreboard used. Competition course has not been certified in accordance with 104.22.2 (C).

ELIGIBILITY: Open to all SCS and Out-of-District athletes who have a current 2010 USA Swimming registration. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2010 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed "on deck". 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. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

CLUB TRANSFER: Before the meet, a swimmer may change affiliation by submitting a Club transfer form and the appropriate fee (\$10.00) to the SCS Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Long course meters shall be the conforming course. Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARDS "Y". If Standard is achieved in LONG COURSE METERS enter event with LONG COURSE METERS time, indicated on entry by "L". If using a blue card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after September 1, 2008 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers and parents are reminded that this is a proof-of-time meet. **NOTE: All entries will be verified in advance through the USA SWIMS database.**

MEET REFEREE: The Meet Referee will be in charge of the meet. All questions regarding the conduct of the meet should be made directly to that person.

WARM-UP: Serious warm-up and warm-down only. Only USA Swimming members may enter warm-up area. NO DIVING unless from a designated one way sprint lane while under coach supervision.

RULES: 2010 USA Swimming Rules will govern. Current SCS meet procedures for Heats and Finals meets will be enforced (see 2010 swim guide). A, B and C Championship final for all individual events. National Championship Finals scratch procedures will apply. Fastest eight qualifiers who check-in for the 800 and 1500 free will swim in finals. 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).

ENTRY FEE: \$5.75 per individual event must accompany the entry card. \$12.00 surcharge per swimmer must accompany entry.

AWARDS AND SCORING: There will be no awards or team scoring for this event.

ELECTRONIC ENTRY PROCEDURE: E-mail entry (entry.zip file) will be accepted ONLY when received with an attached Word or .pdf file including proof information (no custom times), electronic signature of coach and will be dated as official at that time. (5pm 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 SCS Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. New swimmers or added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

Entries *must be received* by Wednesday, February 3rd, 2009. **NOT POSTMARKED!!**

Late entries will be rejected. Make checks payable to: Southern California Swimming.

Email: dearmas1@gmail.com

Mail to: Alina de Armas

Hand deliver to: Alina de Armas

P.O. Box 63

2724 Loraine

Simi Valley, CA 93062

Simi Valley, CA 93065

NO SIGNATURE REQUIRED MAIL WILL BE ACCEPTED!!

Southern California Swimming
2010 President's Weekend Senior Invitational
February 13 to 15
Hosted by Cerritos Aquatic Club and SCS

Prelim Heats and C, B, A Finals

Long Course

Open to all SCS committees & out of district swimmers

Automatic Timing

Submit long course meter times

Championship Seeding

NATIONAL FINALS SCRATCH PROCEDURES WILL BE USED

Saturday, February 13th			Prelims start at 9:00am	Finals start at 4:00pm		
Women	SCY min	LCM min	EVENT	SCY min	LCM min	Men
1	2:23.42	2:41.99	200 IM	2:16.54	2:34.75	2
* 3	11:33.70	10:19.12	800 Free	11:21.00	10:07.81	4*
5	1:07.87	1:16.53	100 Back	1:06.05	1:14.51	6
7	2:27.07	2:46.04	200 Butterfly	2:20.54	2:38.79	8
9	58.08	1:06.06	100 Free	54.62	1:02.22	10

Sunday, February 14th			Prelims start at 9:00am	Finals start at 4:00pm		
Women	SCY min	LCM min	EVENT	SCY min	LCM min	Men
11	2:04.70	2:21.61	200 Free	2:00.00	2:16.40	12
13	2:26.02	2:44.48	200 Backstroke	2:18.24	2:35.84	14
15	1:04.99	1:13.53	100 Butterfly	1:02.02	1:10.24	16
17	2:46.56	3:08.88	200 Breast	2:36.58	2:57.80	18
19	5:29.47	4:54.05	400 Free	5:19.39	4:45.05	20

Monday, February 15th			Prelims start at 9:00am	Finals start at 4:00pm		
Women	SCY min	LCM min	EVENT	SCY min	LCM min	Men
21	5:08.35	5:48.66	400 IM	4:51.46	5:29.92	22
23	26.78	30.52	50 Free	25.25	28.82	24
25 *	19:17.28	19:40.42	1500 Free			
26	1:16.42	1:26.82	100 Breast	1:12.48	1:22.45	27
			1500 Free	18:58.85	19:21.62	28 *

Warm-up: Serious warm-up and warm-down only. Only USA Swimming members may enter warm-up area. NO DIVING unless from a designated one-way sprint lane while under coach supervision.

NOTES:

* Event numbers 3, 4, 25 and 28 will be swum during the break between prelims and finals, fifteen minutes following the conclusion of the prelim session, alternating women and men. Events will close for seeding at 9:00 am on Saturday and Monday respectively. Top eight women and men in the 800 and top eight women and men in the 1500, by long course seed time, will swim in the finals session, in the event order listed above.

* Finals scheduled to start at 4:00pm

ENTRY DEADLINE: DELIVERED BY WEDNESDAY, FEBRUARY 3rd 2010, 8pm.