

Downey Dolphins Swim Team

March Long Course "B,R,W" Meet

DATE OF MEET: March 13-14,2010

Sanctioned by: Southern California Swimming

Meet Warm-up: 7:30 AM (Each Day)

ENTRIES DUE: Monday, March 1,2010

Sanction #: 10-063

Meet Start: 9:00 AM (Each Day)

THE Downey Dolphins Swim Team WILL COMPLY WITH THE 4 HOUR RULE

POOL LOCATION: The Downey Community Aquatics Center is located on the campus of Downey High School at 11040 Brookshire Ave., Downey 90241. Directions: Exit the 605 freeway at Firestone Blvd; go west to Brookshire Ave.; turn right to the pool. There will be ample free parking in the high school lot on the corner of Firestone Blvd. and Brookshire Ave.

COURSE: Outdoor 50 meter by 25-yard pool, with up to 7 long course competition lanes and an area for warm up/down during the meet. Water depth is 13.0 ft. at the start end and 4. ft. at the turn end. The competition course has been certified in accordance with 104.2.2(C).

SPLASH COUNT: SWIMMERS MAY COMPETE IN A MAXIMUM OF FOUR (4) INDIVIDUAL EVENTS PER DAY.

WARM UP RULES: Swimmers warming up or down before, during or after this swim meet must be under the direct supervision of a USA Swimming coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s).

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 age on the first day of the meet.. **8 and under swimmers must choose to swim either "8 & under" or "10 & under" (not any combination).**

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 only unattach (may not attach or reattach) by notifying the Administrative Referee and paying the fee.

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes who are 2010, USA Swimming registered. NO ON-DECK ENTRIES. Registration application 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, 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. There are substantial penalties to swimmer & Club (See 2010 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** long course or short 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. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but it otherwise qualified, he/she may enter at minimum (see 2010 Swim Guide for exceptions).

AWARDS: **Blue:** DIVISION MEDALS - 1st through 3rd **RIBBONS-** 4th through 8th **RELAYS:** RIBBONS 1st 2nd and 3rd place
Red: DIVISION **RIBBONS-** 1st through 8th
White: DIVISION **RIBBONS-** 1st through 8th **13 & UP: EVENTS awarded 13-14, 15 & UP**

In events 1-2 25-28,51,54-55, 78-80 A swimmers must meet the minimum (RED) time standard LC or SC to enter. These events will be awarded Blue and Red division.

SPONSOR NOTES: 1) Swimmers in the 400 MT and 800 MT Freestyle must provide a lap counter for the swimmer's heat, and at least one (1) timer to time three (3) heats. Lap counters will not be provided. 2) Timers: Teams will be assigned lanes for timing, based proportionally upon the number of swimmers participating.

ENTRY FEE: \$2.75 for each INDIVIDUAL EVENT must accompany each individual entry card. \$5.50 surcharge per swimmer must be included in check for individual events. \$5.00 per Relay Team is due when entered on deck. NO REFUNDS, RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. **Entries will be rejected if a check does not accompany the entry card.**

ENTRY PROCEDURE: Submit one Southern California Consolidated Entry Card ("White Card") for each swimmer. **NO certified, registered or special delivery mail will be accepted.** Card must be completely filled out including USA Swimming registration number. Entry forms bearing a postmark LATER THAN 12:00 MIDNIGHT on March 1,2010 WILL BE REJECTED. Entries will be accepted if hand delivered to the address below up to 5:00 PM on Tuesday, March 2, 2010 NOTICE: Entries stamped with post office meter machine will be accepted if it arrives three days after the entries are due. (For example, if entry cards are due on a Monday and the envelope, stamped by a business machine arrives at the destination on Friday, it will be 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.** Please use a business size envelope. **Receipt of entry will not be verified by phone! Or E-Mail**

Electronic HY-TEK entries are to be sent to ocpswim@hotmail.com SCS policy for electronic entry: #1 E-mail entry (entry. zip file) 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 10 PM electronic). #2 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. #3 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. #4 DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

**CHECKS PAYABLE TO: SOUTHERN CALIFORNIA SWIMMING
MAIL ENTRIES and WALK-IN ENTRIES:
Carol Pena: 413 E. 212th St. Carson, Ca. 90745**

**FOR FURTHER INFORMATION CONTACT: Ellen
Whalen (562) 862-1948 or
ellen.whalen@health.usc.edu**

Downey Long Course B, R, W, Meet

MARCH 13 & 14, 2010

Entries Due: **MONDAY March 1, 2010**

Downey will comply with the 4 Hour Rule

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

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Meet Start Time: 9:00 am

Saturday March 13, 2010

Sunday March 14, 2010

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	3:49.30	200 IM	10&Un	3:50.40	2
3		200 IM	11-12		
4		50 Breast	8&U		5
6		50 Breast	10&U		7
8		50 Breast	11-12		
9		50 Fly	8&U		10
11		50 Fly	10&U		12
13		50 Fly	11-12		
14	Deck	200 Free Relay	8&U	Entered	15
16		100 Back	10&U		17
18		100 Back	11-12		
19		100 Free	10&U		20
21		100 Free	11-12		
22	Deck	200 Free Relay	10&Un	Deck	23
24	Entered	200 Free Relay	11-12	Entered	
25	3:22.60	200 Fly	11-12	3:24.20	26
27	3:50.20	200 Breast	11-12	3:50.40	28

Morning Session					
Girls	Min	Event	Age	Min	Boys
51	6:18.80	400 Freestyle	11-12		
52		100 Free	8&Un		53
54	3:19.30	200 Free	10&U	3:19.00	55
56		200 Free	11-12		
57		100 Breast	10&U		58
59		100 Breast	11-12		
60		50 Back	8&U		61
62		50 Back	10&U		63
64		50 Back	11-12		
65		50 Free	8&U		66
67		50 Free	10&U		68
69		50 Free	11-12		
70		100 Fly	10&U		71
72		100 Fly	11-12		
73	Deck	200 Medley Relay	8&U	Deck	74
75	Entered	200 Medley Relay	10&Un	Entered	76
77		200 Medley Relay	11-12		
		400 Freestyle	11-12	6:18.10	78
79	3:26.50	200 Back	11-12	3:29.40	80

Afternoon session will not begin before 11:30 am

Afternoon warmup begins immediately following AM session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 IM	11-12		29
30		200 IM	13-up		31
		50 Fly	11-12		32
33		200 Breast	13-up		34
		50 Breast	11-12		35
36		100 Back	13-up		37
		100 Back	11-12		38
39		100 Free	13-up		40
		100 Free	11-12		41
42		200 Back	13-up		43
	Deck	200 Free Relay	11-12	Deck	44
45	Entered	200 Free Relay	13-14	Entered	46
47		200 Free Relay	15&O		48
49		800 Freestyle	13-up		50

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
81		400 IM	13-up		82
		200 Free	11-12		83
84		200 Free	13-up		85
		100 Breast	11-12		86
87		100 Breast	13-up		88
		50 Back	11-12		89
90		50 Free	13-up		91
		50 Free	11-12		92
93		100 Fly	13-up		94
		100 Fly	11-12		95
96		200 Fly	13-up		97
	Deck	200 Medley Relay	11-12	Deck	98
99	Entered	200 Medley Relay	13-14	Entered	100
101		200 Medley Relay	15&O		102
103		400 Freestyle	13-up		104

In events 1-2 24-27,50,53-54, 77-79 A swimmers must meet the minimum (RED) time standard LC or SC to enter.

8 and under swimmers must choose to swim as 8 & under OR 10 & under, not any combination thereof.

Swimmers in the and 800 (49-50) and 400 (103-104) Freestyle events must provide their own timers and lap counters.
The 800 Freestyle events will swim fastest to slowest alternating girls and boys