

DOLPHIN AQUATICS RED and WHITE SHORT COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 10-143
Sponsored by: Dolphin Aquatics Association
Orange Committee

DATE OF MEET: May 21, 22 & 23, 2010
ENTRIES RECEIVED BY 5:00 PM: May 12, 2010 (WEDNESDAY)

WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)
MEET START TIME: 6:00 PM (Fri), 8:30 AM (Sat/Sun)

The following teams may enter this meet: AGAPE, AVM, BGST, CDM, COTO, DA, LRL, MVN, NGG, PCA, SCAC, SCAL, SCAT, SET, TD, WASC
Afternoon Session will begin no sooner than 12:00pm or 60 min. after the conclusion of the Morning Session

POOL: SANTA MARGARITA CATHOLIC HIGH SCHOOL, 22062 Antonio Parkway, Rancho Santa Margarita, CA 92688. From the North: Head south on the Santa Ana (I5) freeway exit Oso Parkway, turn Left. Left on Antonio Parkway 5.2 miles. Turn right on Alas De Paz. Turn Right on Plano Trabuco Drive. Pool is located on the right side of the street. From the 241 Toll Road, take exit 18 for Antonio Pkwy. Turn left on Antonio Parkway, right on Alas De Paz, Right on Plano Trabuco Dr. Pool is on the right.

COURSE: SANTA MARGARITA CATHOLIC HIGH SCHOOL is an outdoor 50 meter pool with 10 competition lanes with warm-up space available. This competition course has not been certified in accordance with 104.2.2 (C). Pool Depth Measurements at Start End and Turn End = Lane 1=13' slopes to 8' at Lane 10.

SPECIAL NOTICE: **SWIMMERS MAY SWIM A MAXIMUM OF FOUR (4) EVENTS PER DAY.** DA will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Swimmers must bring their own lap counters. Lap counters will NOT be provided. 500 Yard Freestyle must provide timers for three (3) heats. **25 Yard events are offered both days for the 8 & Under swimmers. However, a swimmer may only swim an offered event once during the course of the meet. 5-8 swimmers may swim in 5-8 or 5-10 events but not a combination.** ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST. The 400 IM and 500 Freestyle will be swim alternating girls and boys. 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 who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual Age Group as determined by their age on **May 21, 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. 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" 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.

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 not exceed the 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. 11/12 Year old swimmers entering the 500 Yard Freestyle **must have qualified to enter with the minimum RED time standard in the 500 Yard Freestyle (Girls 6:59.50; Boys 7:05.30).** (see 2010 Swim Guide for times and exceptions). Nonconforming times may be submitted and will be used for seeding purposes only.

AWARDS: TIME IMPROVEMENT RIBBONS WILL BE AWARDED

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. (5 PM 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, MAY 12, 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.

MAKE CHECKS PAYABLE TO: EMAIL TO: And MAIL TO:	SOUTHERN CALIFORNIA SWIMMING JULSONLL@AOL.COM LYNDA JULSON 25552 LOGANBERRY LANE EL TORO, CA 92630
Please include Swimmer's name and SCS Number	

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 RED and WHITE SHORT COURSE AGE GROUP MEET

Date of Meet: May 21, 22 & 23, 2010

Entries Due: May 12, 2010, (WEDNESDAY)

The following teams may enter this meet: AGAPE, AVM, BGST, CDM, COTO, DA, LRL, MVN, NGG, PCA, SCAC, SCAL, SCAT, SET, TD, WASC

Submit BEST RECORDED TIMES short course or long course. All non conforming times will be seeded last.

You may swim a maximum of 4 events per day.

DA will limit entries to meet the "4 Hour" rule for each session.

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

8 & Under swimmers may enter 8 & Under or 10 & Under events but not a combination.

11/12 year old swimmers entering the 500 Yard Freestyle must have achieved the 11/12 Red time standard. (Girls 6:59.50; Boys 7:05.30)

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls Friday, May 21, 2010 6:00pm Boys

No.	Maximum	Age	Event	Maximum	No
1	2:46.21	11/12	200 Yard Individual Medley	2:46.51	2
3	5:36.61	13/14	400 Yard Individual Medley	5:18.21	4
3	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	4
5	6:24.61	11/12	500 Yard Freestyle	6:29.81	6
7	5:59.61	13/14	500 Yard Freestyle	5:48.61	8
7	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	8

Girls Saturday, May 22, 2010 9:00am Boys

No.	Maximum	Age	Event	Maximum	No
9	1:28.41	5-8	100 Yard Freestyle	1:25.01	10
11	1:14.71	5-10	100 Yard Freestyle	1:14.31	12
13	48.11	5-8	50 Backstroke	46.81	14
15	1:28.61	5-10	100 Yard Backstroke	1:28.71	16
17	22.21	5-8	25 Yard Backstroke	21.61	18
19	52.31	5-8	50 Yard Breaststroke	51.01	20
21	45.61	5-10	50 Yard Breaststroke	45.61	22
23	24.01	5-8	25 Yard Breaststroke	23.31	24
25	38.31	5-10	50 Yard Butterfly	38.21	26
27	21.31	5-8	25 Yard Butterfly	21.31	28
29	3:06.51	5-10	200 Yard Individual Medley	3:07.41	30
31	18.11	5-8	25 Yard Freestyle	17.61	32

PM Session will begin no sooner than 12:00 pm or 60 minutes after the end of the AM Session

33	40.81	11/12	50 Yard Breaststroke	41.01	34
35	3:01.71	13/14	200 Yard Breaststroke	2:50.81	36
35	3:08.81	11/12	200 Yard Breaststroke	3:09.01	36
35	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	36
37	1:16.11	11/12	100 Yard Butterfly	1:18.21	38
39	1:11.01	13/14	100 Yard Butterfly	1:07.71	40
39	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	40
41	1:17.91	11/12	100 Yard Backstroke	1:20.51	42
43	2:39.61	13/14	200 Yard Backstroke	2:31.01	44
43	2:46.21	11/12	200 Yard Backstroke	2:51.41	44
43	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	44
45	1:06.71	11/12	100 Yard Freestyle	1:06.21	46
47	1:03.41	13/14	100 Yard Freestyle	59.61	48
47	1:02.81	15 & Up	100 Yard Freestyle	57.41	48
49	1:17.71	11/12	100 Yard Individual Medley	1:17.71	50
51	2:36.61	13/14	200 Yard Individual Medley	2:29.01	52
51	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	52

5-8 swimmers may enter an event only once, even if it is offered twice.

Girls Sunday, May 23, 2010 9:00am Boys

No.	Maximum	Age	Event	Maximum	No.
53	2:42.01	-15	200 Yard Freestyle	2:41.81	54
55	1:41.21	5-8	100 Yard Individual Medley	1:38.51	56
57	1:26.61	5-10	100 Yard Individual Medley	1:26.91	58
59	18.11	5-8	25 Yard Freestyle	17.61	60
61	40.51	5-10	50 Yard Backstroke	40.41	62
63	22.21	5-8	25 Yard Backstroke	21.61	64
65	1:40.01	5-10	100 Yard Breaststroke	1:40.51	66
67	24.01	5-8	25 Yard Breaststroke	23.31	68
69	40.51	5-8	50 Yard Freestyle	39.41	70
71	33.91	5-10	50 Yard Freestyle	34.11	72
73	46.31	5-8	50 Yard Butterfly	47.01	74
75	1:29.31	5-10	100 Yard Butterfly	1:29.41	76
77	21.31	5-8	25 Yard Butterfly	21.31	78

PM Session will begin no sooner than 12:00 pm or 60 minutes after the end of the AM Session

79	2:24.11	11/12	200 Yard Freestyle	2:24.61	80
81	2:16.10	13/14	200 Yard Freestyle	2:10.91	82
81	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	82
83	36.21	11/12	50 Yard Backstroke	36.61	84
85	1:14.11	13/14	100 Yard Backstroke	1:11.31	86
85	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	86
87	1:28.91	11/12	100 Yard Breaststroke	1:29.01	88
89	1:23.41	13/14	100 Yard Breaststroke	1:19.11	90
89	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	90
91	30.71	11/12	50 Yard Freestyle	30.81	92
93	29.31	13/14	50 Yard Freestyle	27.51	94
93	29.31	15 & Up	50 Yard Freestyle	26.51	94
95	34.31	11/12	50 Yard Butterfly	34.51	96
97	2:40.51	13/14	200 Yard Butterfly	2:33.31	98
97	2:43.21	11/12	200 Yard Butterfly	2:47.41	98
97	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	98

The 400 IM and 500 Freestyle will be swum alternating girls and boys.