

CERRITOS B,R,W SHORT COURSE MEET

November 21 & 22, 2009

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING (SCS)
SANCTION NO: 09- 227
SPONSORED BY: CERRITOS AQUATIC CLUB
OPEN TO ALL USA Swimming athletes.

ENTRIES DUE: Saturday, October 31, 2009
WARM-UP BEGINS 7:45 AM BOTH DAYS
Afternoon session will not begin before 12:30 PM
STARTING TIME: 9:00 AM BOTH DAYS

**CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY
MAXIMUM 5 INDIVIDUAL EVENTS PER DAY**

POOL: CERRITOS OLYMPIC SWIM CENTER, 13150 EAST 166th STREET, Cerritos, CA. From the 91 Freeway: Exit at Carmenita and go North to 166th. From the Santa Ana Freeway (5): Exit at Carmenita and go South to 166th. In both cases, go West on 166th a quarter mile to the pool. Parking is at the rear of the building. Additional parking available at Whitney High School Gymnasium, 16800 Shoemaker Ave., ¼ mile west then ¼ mile south of the pool.

COURSE: CERRITOS OLYMPIC SWIM CENTER is an indoor, 25-yard pool with up to ten (10) swimming lanes. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C).

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

RULES: USA Swimming Rules will govern. Current Southern California Swimming (SCS) swim meet procedures will be enforced and take precedence over any errors or omissions on this meet form (see 2009 SCS Swim Guide). Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After the event has been officially closed, swimmers may not check-in or scratch. Swimmers in the first four events of each session **must check-in at least thirty minutes prior to the session starting time.** To enter Open events, a swimmer must be at least 11 years old and must have achieved the 11-12 "Blue" time standard for that event. **A swimmer may swim an event (stroke/distance) once even if offered twice.**

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.

WARM-UP RULES: The warm-up pool will remain open throughout the meet. Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up pool will be removed at the discretion of the Marshal. Warm-up rules will be announced, posted and enforced.

ELIGIBILITY: Open to athletes who hold a current **2009 or 2010** USA Swimming registration card. 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 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

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.

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. **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 2009 Swim Guide for exceptions).

ENTRY FORMS: Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA registration number. **\$2.75** for each individual event PLUS **\$5.00** surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$5.00 fee. **Make checks payable to SOUTHERN CALIFORNIA SWIMMING.** There are 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. **NO ON-DECK ENTRIES.**

AWARDS:

'Blue' DIVISION	MEDALS to places 1st through 3rd. Ribbons to places 4th through 8 th .
'Red & White' DIVISION	Ribbons to places 1st through 8th.
Relays	MEDALS to 1st place. Ribbons to places 2nd and 3rd. Events 18 & 77 and OPEN events <u>will not</u> be awarded.

ENTRY PROCEDURE: Entries received after the meet limit has been reached will be rejected and returned to the sender. Those entry cards bearing a postmark later than 12:00 o'clock midnight on the date the entry card is due will be rejected. **Entries will be accepted if delivered in person to 413 E. 212th Street, Carson Ca 90745 up to 8:00 PM the day following the due date, as long as the meet limit has not been reached.** Entries posted by business meter will be accepted if they arrive within 3 days of the entry deadline, provided the meet has not reached capacity.

Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of your entry.

**Receipt of entries will not be verified by telephone or e-mail
NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.**

Make checks payable to: LAKEWOOD AQUATICS:

th SUBMIT TO COACHES

Electronic HY-TEK entries are to be sent to (ckushipena@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.

FOR FURTHER INFORMATION CALL: Mark Johnson (714) 374-6345 or Carol Peña ckushipena@hotmail.com

Cerritos B,R,W Short Course Swim Meet

November 21 & 22, 2009

Saturday, November 21, 2009

ENTRIES DUE: Saturday, October 31, 2009

Sunday, November 22, 2009

Saturday, Session 1

NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
		B,R	200 Freestyle	11-12	2:37.80	1
2	2:42.00	B	200 Freestyle	9-10	2:41.80	3
4			25 Breaststroke	5-6		5
		B,R,W	100 Breaststroke	11-12		6
7		B,R,W	100 Breaststroke	9-10		8
9		B,R,W	50 Breaststroke	7-8		10
11			50 Freestyle	5-6		12
		B,R,W	50 Freestyle	11-12		13
14		B,R,W	50 Freestyle	9-10		15
16		B,R,W	50 Freestyle	7-8		17
		B	200 Backstroke	11-12	2:51.40	18
19		B,R,W	100 Backstroke	9-10		20
		B,R,W	100 Backstroke	11-12		21
22		B,R,W	50 Backstroke	7-8		23
24			25 Backstroke	5-6		25
		B,R,W	100 IM	11-12		26
27		B,R,W	100 IM	9-10		28
		B,R,W	100 Fly	11-12		29
30	Relays Time Permitting		200 Free Relay	10-UN	Relays Time Permitting	31
			200 Free Relay	11-12	Permitting	32
33	3:08.80		200 Breaststroke	OPEN	3:09.00	34
			1650 Freestyle	OPEN	21:51.50	35

Sunday, Session 3

NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
65	3:06.50	B	200 IM	9-10	3:07.40	66
		B,R	200 IM	11-12	3:01.70	67
68		B,R,W	100 IM	7-8		69
70		B,R,W	50 Breaststroke	9-10		71
		B,R,W	50 Breaststroke	11-12		72
73			25 Fly	5-6		74
75		B,R,W	50 Fly	7-8		76
		B	200 Fly	11-12	2:47.40	77
78		B,R,W	50 Fly	9-10		79
		B,R,W	50 Fly	11-12		80
81			25 Freestyle	5-6		82
83		B,R,W	100 Freestyle	7-8		84
85		B,R,W	100 Freestyle	9-10		86
		B,R,W	100 Freestyle	11-12		87
88		B,R,W	50 Backstroke	9-10		89
		B,R,W	50 Backstroke	11-12		90
91		B,R,W	100 Fly	9-10		92
93	Relays Time Permitting		200 Med Relay	10-UN	Relays Time Permitting	94
			200 Med Relay	11-12	Permitting	95
96	5:48.20		400 IM	OPEN	5:48.90	97
			500 Freestyle	OPEN	6:29.80	98

Afternoon session will not begin before 12:30PM. Afternoon warm-up will begin immediately after AM session. All Relays are deck entered.

MAXIMUM 5 INDIVIDUAL EVENTS PER DAY. CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE - MAIL EARLY

Saturday, Session 2

NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
36	3:01.30	B,R	200 IM	11-12		
37		B,R,W	200 IM	13-14		38
39		B,R,W	200 IM	15-UP		40
41		B,R,W	50 Fly	11-12		
42		B,R,W	100 Fly	13-14		43
44		B,R,W	100 Fly	15-UP		45
46		B,R,W	100 Backstroke	11-12		
47		B,R,W	100 Backstroke	13-14		48
49		B,R,W	100 Backstroke	15-UP		50
51		B,R,W	100 Freestyle	11-12		
52		B,R,W	100 Freestyle	13-14		53
54		B,R,W	100 Freestyle	15-UP		55
56		B,R,W	50 Breaststroke	11-12		
57	2:43.20		200 Fly	OPEN	2:47.40	58
59	Relays Time Permitting		200 Med Relay	11-12	Relays Time Permitting	
60			200 Med Relay	13-14	Time	61
62			200 Med Relay	15-UP	Permitting	63
64	6:24.60		500 Freestyle	OPEN		

Sunday, Session 4

NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
99	2:37.20	B,R	200 Freestyle	11-12		
100		B,R,W	200 Freestyle	13-14		101
102		B,R,W	200 Freestyle	15-UP		103
104		B,R,W	100 IM	11-12		
105		B,R,W	100 Breaststroke	13-14		106
107		B,R,W	100 Breaststroke	11-12		
108		B,R,W	100 Breaststroke	15-UP		109
110		B,R,W	50 Freestyle	11-12		
111		B,R,W	50 Freestyle	13-14		112
113		B,R,W	50 Backstroke	11-12		
114		B,R,W	50 Freestyle	15-UP		115
116		B,R,W	100 Fly	11-12		
117	2:46.20		200 Backstroke	OPEN	2:51.40	118
119	Relays Time Permitting		200 Free Relay	11-12	Relays Time Permitting	
120			200 Free Relay	13-14	Time	121
122			200 Free Relay	15-UP	Permitting	123
124	21:32.10		1650 Freestyle	OPEN		

The 1650 will swim fastest to slowest alternating girls and boys. Swimmers in the 1650 must provide timer for 3 heats and a lap counter.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.

A swimmer may swim an event (stroke/distance) once even if offered twice.