



Downey Dolphins Swim Team

October Short Course "B, R, W" Meet

DATE OF MEET: October 10-11, 2009

Sanctioned by: Southern California Swimming

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

ENTRIES DUE: Monday, September 28, 2009

Sanction #: 09-215

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. Ample free parking, lots of deck and gr

COURSE: Outdoor 50 meter by 25-yard pool with up to 10 short course competition lanes and an area for warm up/down during the meet. 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 2009 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. Open events may be entered by swimmers 11-yrs and older who have achieved the 11-12 "Blue" time for that event. **8 and under swimmers must choose to swim either "8 & under" or "10 & under" (not any combination).**

Swimsuits: worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process [a triangular projection of the scapula]), and shall not extend above the navel nor further down each leg than the top of the kneecap (patella) for males and shall not extend past the top of the shoulder (the acromial process [a triangular projection of the scapula]), and shall not extend further down each leg than the top of the kneecap (patella) for females. Swimsuits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post-manufacturing logos and decorations. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.

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

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes who are 2009 or 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, and 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.

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).

AWARDS:	Blue: DIVISION MEDALS - 1st through 3 rd	RIBBONS- 4 th through 8 th	RELAYS: RIBBONS 1st 2nd and 3rd.place Events 11, 86 and OPEN will not receive awards.
	Red: DIVISION	RIBBONS- 1 st through 8 th	
	White: DIVISION	RIBBONS- 1 st through 8 th	

SPONSOR NOTES: 1) Swimmers in the 500 YD and 1650 YD 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. \$5.00 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 8:00 PM on September 28, 2009 WILL BE REJECTED.

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 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.

CHECKS PAYABLE TO: Lakewood Aquatics

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

Downey Dolphins Swim Team B,R,W Short Course Swim Meet

Enter Short Course Times

October 10 & 11, 2009

Enter Short Course Times

ENTRIES DUE: Monday, September 28, 2009

Saturday, October 10, 2009

Sunday, October 11, 2009

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

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Meet Start Time: 9:00 am

Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
1	3:06.50		200 IM	10-UN	3:07.40	2
			200 IM	11-12	3:01.70	3
4			100 IM	8-UN		5
6			50 Breaststroke	10-UN		7
			50 Breaststroke	11-12		8
9			25 Fly	8-UN		10
			200 Fly	11-12	2:47.40	11
12			50 Fly	10-UN		13
			50 Fly	11-12		14
15			25 Freestyle	8-UN		16
17			100 Freestyle	10-UN		18
			100 Freestyle	11-12		19
20			50 Backstroke	10-UN		21
			50 Backstroke	11-12		22
23			100 Fly	10-UN		24
25	MIXED		200 Med Relay	8-UN		
26	Relays Time Permitting		200 Med Relay	10-UN	Relays Time Permitting	27
			200 Med Relay	11-12		28
29	5:48.20		400 IM	OPEN	5:48.90	30
			500 Freestyle	OPEN	6:29.80	31

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
			200 Freestyle	11-12	2:37.80	61
62	2:42.00		200 Freestyle	10-UN	2:41.80	63
64			100 Freestyle	8-UN		65
			100 Breaststroke	11-12		66
67			100 Breaststroke	10-UN		68
69			25 Breaststroke	8-UN		70
			50 Freestyle	11-12		71
72			50 Freestyle	10-UN		73
74			50 Freestyle	8-UN		75
76			100 Backstroke	10-UN		77
			100 Backstroke	11-12		78
79			25 Backstroke	8-UN		80
			100 IM	11-12		81
82			100 IM	10-UN		83
			100 Fly	11-12		84
85	MIXED		200 Free Relay	8-UN		
			200 Backstroke	11-12	2:51.40	86
87	Relays Time Permitting		200 Free Relay	10-UN	Relays Time Permitting	88
			200 Free Relay	11-12		89
90	3:08.80		200 Breaststroke	OPEN	3:09.00	91
		OPEN	1650 Free Open	OPEN	21:51.50	92

Afternoon session will not begin before 12:30PM. Afternoon warm-up will begin immediately after AM session. All Relays are deck entered. MAXIMUM 4 INDIVIDUAL EVENTS PER DAY. Downey WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE - MAIL EARLY

Afternoon Session 2						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
32	3:01.30		200 IM	11-12		
33			200 IM	13-14		34
35			200 IM	15-UP		36
37			50 Fly	11-12		
38			100 Fly	13-14		39
40			100 Fly	15-UP		41
42			100 Backstroke	11-12		
43			100 Backstroke	13-14		44
45			100 Backstroke	15-UP		46
47			100 Freestyle	11-12		
48			100 Freestyle	13-14		49
50			100 Freestyle	15-UP		51
52			50 Breaststroke	11-12		
53	2:43.20		200 Fly	OPEN	2:47.40	54
55	Relays Time Permitting		200 Med Relay	11-12	Relays Time Permitting	
56	Time		200 Med Relay	13-14	Time	57
58	Permitting		200 Med Relay	15-UP	Permitting	59
60	6:24.60		500 Freestyle	OPEN		

Afternoon Session 4						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
93	2:37.20		200 Freestyle	11-12		
94			200 Freestyle	13-14		95
96			200 Freestyle	15-UP		97
98			100 IM	11-12		
99			100 Breaststroke	13-14		100
101			100 Breaststroke	11-12		
102			100 Breaststroke	15-UP		103
104			50 Freestyle	11-12		
105			50 Freestyle	13-14		106
107			50 Backstroke	11-12		
108			50 Freestyle	15-UP		109
110			100 Fly	11-12		
111	2:46.20		200 Backstroke	OPEN	2:51.40	112
113	Relays Time Permitting		200 Free Relay	11-12	Relays Time Permitting	
114	Time		200 Free Relay	13-14	Time	115
116	Permitting		200 Free Relay	15-UP	Permitting	117
118	21:32.10	OPEN	1650 Free Open	OPEN		

The 1650 will swim fastest to slowest alternating girls and boys. Swimmers in the 1650 and 500 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. 8 and under swimmers must choose to swim either "8 & under" or "10 & under" (not any combination).