

RATTLER SWIM CLUB SPRING CLASSIC

Long Course Meet

March 21-22, 2009

WOMEN #	AGE	MIN. TIME STANDARD	EVENT	MIN. TIME STANDARD	AGE	MEN #
SATURDAY, MARCH 21, 8:30AM Warm Up, 10:00AM Start						
1	13/Over	BRW	200 IM	BRW	13/Over	2
3	11/12	BRW	200 IM	BRW	11/12	4
5	10/Under	3:49.30	200 IM	3:50.40	10/Under	6
7	13/Over	BRW	100 FREESTYLE	BRW	13/OVER	8
9	11/12	BRW	100 FREESTYLE	BRW	11/12	10
11	10/Under	BRW	100 FREESTYLE	BRW	10/Under	12
13	13/Over	BRW	200 BUTTERFLY	BRW	13/OVER	14
15	11/12	BRW	50 BUTTERFLY	BRW	11/12	16
17	10/Under	BRW	50 BUTTERFLY	BRW	10/Under	18
19	13/Over	BRW	100 BREASTSTROKE	BRW	13/Over	20
21	11/12	BRW	100 BREASTSTROKE	BRW	11/12	22
23	10/Under	2.02.40	100 BREASTSTROKE	2.03.10	10/Under	24
25	13/Over	BRW	200 BACKSTROKE	BRW	13/OVER	26
27	11/12	BRW	50 BACKSTROKE	BRW	11/12	28
29	10/Under	BRW	50 BACKSTROKE	BRW	10/Under	30
31	13/OVER	Deck Entered	200 FREE RELAY	Deck Entered	13/OVER	32
33	11/12		200 FREE RELAY		11/12	34
35	10/Under		200 FREE RELAY		10/Under	36
Break as determined by referee						
37	OPEN	5:47.30	400 FREESTYLE	05:46.6	OPEN	38
39	OPEN	22:11.60	1500 FREESTYLE	22:10.90	OPEN	40

WOMEN #	AGE	MIN. TIME STANDARD	EVENT	MIN. TIME STANDARD	AGE	MEN #
SUNDAY, MARCH 22, 8:30AM Warm Up, 10:00AM Start						
41	10/Under	3:19.30	200 FREESTYLE	3:19.00	10/Under	42
43	11/12	BRW	200 FREESTYLE	BRW	11/12	44
45	13/Over	BRW	200 FREESTYLE	BRW	13/Over	46
47	10/Under	BRW	100 BACKSTROKE	BRW	10/Under	48
49	11/12	BRW	100 BACKSTROKE	BRW	11/12	50
51	13/Over	BRW	100 BACKSTROKE	BRW	13/Over	52
53	10/Under	BRW	50 BREASTSTROKE	BRW	10/Under	54
55	11/12	BRW	50 BREASTSTROKE	BRW	11/12	56
57	13/Over	BRW	200 BREASTSTROKE	BRW	13/Over	58
59	10/Under	1:49.70	100 BUTTERFLY	1:49.80	10/Under	60
61	11/12	BRW	100 BUTTERFLY	BRW	11/12	62
63	13/Over	BRW	100 BUTTERFLY	BRW	13/Over	64
65	10/Under	BRW	50 FREESTYLE	BRW	10/Under	66
67	11/12	BRW	50 FREESTYLE	BRW	11/12	68
69	13/Over	BRW	50 FREESTYLE	BRW	13/Over	70
71	10/Under	Deck Entered	200 MEDLEY RELAY	Deck Entered	10/Under	72
73	11/12		200 MEDLEY RELAY		11/12	74
75	13/Over		200 MEDLEY RELAY		13/Over	76
Break as determined by referee						
77	10/Under	***3:02.70	400 FREE	***3:02.40	10/Under	78
79	OPEN	6:31.20	400 IM	6:32.30	OPEN	80
81	OPEN	11:44.20	800 FREE	11:43.70	OPEN	82

Maximum 4 Individual Events per day

Swimmers in the 400 Free, 800 Free, 1500 Free & 400 IM must provide their own timers. Swimmers in the 800 & 1500 Free must provide their own counters.
The 400, 800, 1500 Freestyles and 400 IM will be run fastest to slowest, alternating heats of girls and boys.

***** 10 & UNDER 400 FREE -- ENTER 200 FREE LONG COURSE TIME; MUST HAVE ACHIEVED A BLUE TIME STANDARD *****

If the entries received for the single session format are over the four hour rule and significant enough the meet may be split to two sessions per day.
 If the meet is split to two sessions per day, the 10/Under Girls & Boys, and the 11/12 Girls would be in the morning session (starting at 9:00AM)
 the 11/12 Boys and the 13/Over Girls and Boys would be in the afternoon session (starting 45 minutes after conclusion of morning session).

IF SPLIT: Saturday Morning session events: 3,5,6,9,11,12,15, 17,18, 21,23, 24,27,29,30,33,35,36
 Sunday Morning session events: 41,42,43, 47,48,49, 53,54,55,59,60,61,65,66,67,71,72,73,77,78
 Saturday Afternoon session events: 1,2,4,7,8,10,13,14,16,19,20,22, 25,26,28,31,32,34, 37,38,39,40
 Sunday Afternoon session events: 44,45,46, 50,51,52,56,57,58,62,63,64,68,69,70,74,75,76,79,80,81,82

RATTLER SWIM CLUB SPRING CLASSIC

March 21st & 22nd, 2009

Sanctioned by:	Southern California Swimming, USA Swimming
Starting Time:	Sat/Sun: Warm Up 8:30AM, Meet start 10:00AM
Sanction #	09-074
Entry Deadline:	Postmarked by Monday, March 9, 2009; Hand-delivered by Wednesday, March 11, 2009, 8:00pm.
Location:	SAN FERNANDO REGIONAL AQUATICS CENTER: 208 Park Ave, San Fernando, Ca 91340 From the 118 Fwy (between the 5 & the 210), exit on San Fernando Rd., turn north, road will split, stay to the right, turn right on Wolfskill St., just across railroad tracks, turn right on Robert F Kennedy St, left Park Ave, right side. Limited parking in front of the pool. For additional free parking, go two blocks northeast of pool, and also at San Fernando Middle School, one block southeast of pool. Snack bar will be available during meet.
Course:	The SFRAC outdoor pool will have 7 - 50m competition lanes, with one 50m warm up lane open during the meet.
Warm Up Policy	Practice starts or diving from either the starting blocks or the pool edge area not allowed during warm-up except under direct supervision of a 2009 USA Swimming member coach. At the discretion of the Meet Referee lanes 2 & 7 may be designated as sprint lanes (practice starts permitted under coaches supervision with one-way swimming from the blocks) and lanes 1 & 8 may be designated for push-pace work (times to be announced). Marshals will be designated to oversee the warm-up procedure and pool. No horseplay is allowed in the warmup pool. This policy will be strictly enforced.
Check-In:	Swimmers must check-in with the Clerk of Course for each event entered. After an event has been officially closed, swimmers MAY NOT CHECK-IN OR SCRATCH . Swimmers in the first 4 events of each session must check-in at least 20 minutes prior to the start of that session. Swimmers who check-in and fail to swim an event will be scratched from their next individual event.
Rules:	USA Swimming rules will govern. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person
Eligibility:	Open to SCS Coastal committee and out of LSC athletes who are 2009 USA Swimming registered. Registration applications must be received by the meet host or SCS office prior to the first day of the meet. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH THE ENTRY FORM. There are substantial penalties to swimmer and Club (see 2009 SCS Swim Guide, part One, III, B) if USA registration is completed at meet.
Swimwear:	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 further down each leg than the top of the kneecap (patella). 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.
Submitted/ Qualifying Times	Submit your <u>best recorded LONG COURSE times</u> from this or preceding swim season, (not practice or estimated times). NT (no time) will be accepted for W Division ONLY. If a swimmer does not have recorded time but is otherwise qualified, swimmer may enter at minimum (see Swim Guide for exceptions). Please make sure your entry times are correct. We reserve the right to refuse to make adjustments the day of the meet. If a swimmer has achieved a time standard in an event in yards, they should be entered at the minimum time in meters. SWIMMERS LIMITED TO 4 EVENTS/DAY
Entry Procedure:	Use one SCS consolidated white entry card per swimmer to enter this meet. Card must be filled out completely, including entire USA Swimming registration number. Non Southern California athletes are requested to submit a copy of their 2009 USA Swimming card along with entry. Hy-Tek Team entries with one team check are encouraged.
Electronic Entry Policy	E-mail entry (entry.zip file) will be accepted only when received with an attached Word or .pdf file including electronic signature of the coach and will be dated as official at that time; a 5:00pm postmark would queue before a 10:00PM electronic. Full payment (a 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 ONLY (this includes e-mail). 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. SWIMMERS ARE LIMITED TO 4 INDIVIDUAL EVENTS PER DAY
Fee:	\$2.75 per INDIVIDUAL event plus a \$5.50 surcharge PER SWIMMER. A check for total amount (made out to SCS) must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed, stamped envelope to confirm receipt of entry. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE CHARGE.
Awards:	Heat winner awards will be given. Ribbons will be awarded 1-8th place, in each age group, in each division, "B, R, W". 8/Unders swimming 10/Under division will be awarded separately.
Checks:	Please may checks payable to: Southern California Swimming (SCS)
Mail Entries:	Alina de Armas, P.O. Box 63, Simi Valley, Ca 93062-0063, Hand deliver: 2724 Lorraine Pl, Simi Valley, Ca 93065
Information:	Alina de Armas at alinadea@aol.com