



YOSEMITE SWIM CLUB
Short Course ABC MEET
Saturday November 7, 2009

- Sanction:** Held under USA Swimming/ Central California Swimming Sanction # S2809AK
Central California Swimming Website is: www.centralcalswim.org
- Facility:** BAKER SWIM COMPLEX at YOSEMITE HIGH SCHOOL. A concession stand will be available.
- Directions:** Highway 99 to Fresno, north on highway 41 to Yosemite, 46 miles to Oakhurst, right on Road 426, left on School Road, right at Yosemite High School Marquee
- Facility:** 9 lane 25 yard pool, with small shallow warm-up area. Large deck area with limited shade.
- Rules:**
- Current USA Swimming and CCS Rules will govern the meet.
 - **All swimsuits, worn during competition, regardless of age or gender must be in compliance with the current USA swimming rule, adopted as of October 1st 2009 and published on both USA Swimming and CCS websites.**
 - **PROPANE HEATERS ARE PROHIBITED.**
 - **Safe “3-point” entries must be used when entering the water for warm-up and warm-down.**
 - Swimmers must compete in their age group. Age on the first day of the meet determines age throughout the competition.
 - Swimmers in the 1000 yard freestyle events must provide a timer, a lap counter and a lap counting device.
 - Relays will be deck entered and seeded with the entry deadline established by the meet referee. Relays will be swum in event number order within the session. “Relay Only” swimmers must enter on-line and pay the entry surcharge by the entry deadline. *All relays must be paid for when submitted on deck.*
 - **Swimmers may compete in up to 4 individual events per day plus relay.**
 - *Swimmers who enter 4 events must indicate one event on their online entries that they wish to scratch should a scratch down be necessary to comply with the four-hour rule on that day. Teams submitting Hy-Tek team entries must send a hard copy with an event circled for each swimmer who is entered in 4 events. If there is not an event circled on the entry form and a scratch-down becomes necessary, the swimmer will be scratched from the last of the 4 events they have entered.*
 - Events may be combined regardless of age or gender at the discretion of the meet referee.
 - The meet will be deck seeded. All events will be seeded according to submitted times. Submitted entry times must be equal to or better than the listed time standards. Verification of entered times should be available upon request from the meet referee.
 - A master check-in system will be used.
 - Swimmers in the first 4 events must be checked in by 9:30 a.m. Check-in for later events must be completed at least 1 hour prior to the estimated start time of the event or by 12:00 noon, whichever is earlier.
- Time:** Warm-ups begin at 8:00 a.m. Meet will begin at 10:00 a.m.
- Eligibility:** All swimmers currently registered with USA Swimming.
- Entries:** All entries must be submitted electronically either through the CCS Online Meet Entry System or using Hy-tek’s Team Manager System. To use the CCS Online Meet Entry System, enter at: <http://www.centralcalswim.org/>. Once on the CCS website, click on the Enter a Meet option on the Swim Meets drop-down menu. Online entry requires payment by credit card using our secure site. There is no additional cost for online meet entries. Online meet entry fees are paid to Central California Swimming. Online entries are available to all swimmers regardless of team and/or LSC affiliation. To submit Hy-tek Team Manager entries, send the entry file and Meet Entry Report as attachments to an email to laut6@sti.net or on disk to the address below. (Instructions on how to create an electronic Meet Entry Report are available on the CCS website under the Hy-Tek Support option on the Coaches’ Corner drop-down menu). Relay-only swimmers must be entered and pay the pool surcharge by the entry deadline. Mail team disk, hardcopy of the entries and check payable to Yosemite Swim Club to:
- Yosemite Swim Club
P.O. Box 363
Oakhurst, CA 93644
- Entry Deadline:** Entries are due by 11:59pm, October 30, 2009. Late entries will be accepted on a per case basis until 11:59 p.m., November 4, 2009 subject to an administrative late fee.
- Entry Fees:** \$2.75 for each individual event. \$6.50 surcharge per swimmer. \$6.50 per relay. \$10.00 per swimmer for late entries.

Warm-ups: All warm-ups must be supervised by a USAS registered coach. If you don't have a USAS registered coach at the meet, report to the deck referee for lane and coach assignment. For the first 45 minutes only general warm-up, NO DIVING. After 45 minutes lanes 2&5 may be opened as sprint lanes, dive start and swim one length only. Lanes 1, 3, 4, 6, 7, 8 remain as general warm-up NO DIVING. Warm-up procedures will be posted on deck and in the program. Safe "3-point" entries must be used when entering the water during warm-ups except when practicing supervised dive starts.

Awards: High point award will be made to the "Top 3 Swimmers" in each age group, boy and girl. Individual event awards will be made for 1st through 8th A/B/C Divisions. Awards for 15 & Up will be made only upon request. Awards for relay events will be mad for 1st through 3rd.

Director: Glen Lauterbach (559) 683-6736

Information: Karen Lauterbach (559) 683-6736

Meet Referee: Marty Clayman (559) 299-6283

Officials: All officials are welcomed! In the absence of a sufficient number of officials to complete a rotation, a 10-minute break will be taken.

Accommodations: Best Western (559)683-2378

RV Parking: RV Parking is available across the bridge in the dirt parking area.

CONCESSIONS: A limited snack bar & hospitality will be available

Single Session Format
November 7, 2009

Girls	Time Standard	Event	Time Standard	Boys
1	NTS	50 and under 200 Medley Relay	NTS	2
3	NTS	6&Under 50 Free	NTS	4
5	NTS	7-8 100 Free	NTS	6
7	NTS	9-10 100 Free	NTS	8
9	NTS	11-12 100 Free	NTS	10
11	NTS	13&Over 100 Free	NTS	12
13	NTS	6&Under 50 Breast	NTS	14
15	NTS	7-8 100 Breast	NTS	16
17	NTS	9-10 100 Breast	NTS	18
19	NTS	11-12 100 Breast	NTS	20
21	NTS	13&Over 200 Breast	NTS	22
23	NTS	6&Under 25 Fly	NTS	24
25	NTS	7-8 50 Fly	NTS	26
27	NTS	9-10 50 Fly	NTS	28
29	NTS	11-12 50 Fly	NTS	30
31	NTS	13&Over100 Fly	NTS	32
33	NTS	6&Under 50 Back	NTS	34
35	NTS	7-8 100 Back	NTS	36
37	NTS	9-10 100 Back	NTS	38
39	NTS	11-12 100 Back	NTS	40
41	NTS	9-10 : 100 I.M.	NTS	42
43	NTS	13&Over 200 Back	NTS	44
45	NTS	9-10 200 I.M.	NTS	46
47	NTS	11-12 200 I.M.	NTS	48
49	NTS	13&Over 400 I.M.	NTS	50
51	NTS	9&Over 200 Free	NTS	52
53	NTS	11&Over 1000 Free	NTS	54