

# Beach Swim Club IMX/Sprint Cup Challenge

November 7 & 8, 2009

Sanctioned by: Southern California Swimming

Sanction No: 09-233

Entries due date: Monday, October 26, 2009

Walk In date: Wednesday, October 28, 2009

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Afternoon Session will not start before 11:00 am or 45 minutes after the end of the morning session whichever is later.

Entries will be limited to comply with the 4-hour rule. Like events will be swum together, but scored separately.

**POOL:** Belmont Plaza Olympic Pool, 4000 E. Olympic Plaza, Long Beach, CA.

**DIRECTIONS: From the North:** 405 Freeway to 710 Freeway to Shoreline Drive to Ocean, East (right) to Belmont Plaza Olympic Pool, OR 605 Freeway to 7<sup>th</sup> Street exit (near 405/605 junction), 7<sup>th</sup> to Ximeno, left on Ximeno to Livingston Dr. right into Termino, left to the pool. All day parking passes for the metered parking lot will be available for \$9.00 (or you may use quarters (\$0.25/15min.).

**COURSE:** Belmont Plaza Olympic Pool is a 25-yard by 50-meter facility. 8 lanes will be used for competition with the bulkhead separating the warm up and warm down area. Competition course has been certified in accordance with 104.22.2 (C).

**MEET REFEREE:** The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

**WARM UP RULES:** Swimmers warming up or down before, during or after the meet must be under the direct supervision of a **2009 or 2010 USA Swimming** member coach. Practice starts, diving from the starting blocks or from the deck will be in designated sprint lanes only and under the direct supervision of a USA Swimming member coach. Sprint lanes are one way only. **WARM UP RULES WILL BE POSTED, ANNOUNCED AND ENFORCED.**

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and will take precedence over any errors/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 a swimmer may not check in or scratch. Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers in the first four (4) events of the session must check in 45 minutes prior to the start of the session. *You may swim five (5) events per day.* 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.

**ELIGIBILITY:** Open to Metro Committee, Zenith Aquatic Program, San Luis Obispo Swim Club and West Coast Aquatics athletes who are **2009 or 2010 USA Swimming** registered. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet. Registration application must be received by Monday prior to first day of meet by 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.

**CHANGE OF AFFILIATIONS:** Before the meet, a swimmer may change his/her 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 or re-attach at a 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.

**AWARDS:** Medals will be given to 1-8 for IMX and Sprint Cup divisions (no individual events awards) for athletes who complete all events in the division. The IMX calculator will be used to calculate points for IMX events; total for all the events determines final placing. A similar calculation will be used for the Sprint Cup.

**SNACK BAR:** A full service snack bar will be located outside pool area.

**ENTRY PROCEDURE:** Submit one Southern California Consolidated Entry Card "White Card" for each swimmer. Card must be completely filled out including USA Swimming registration number. **Entry cards must be postmarked no later than October 26, 2009. Hand delivered entries will be accepted, at 2724 Loraine Pl, Simi Valley, California 93065, until 8:00PM on October 28, 2009 provided meet has not reached capacity.** **Note: Entries posted by Post Office meter machine will be accepted if dated correctly and the meet has not reached capacity, but will not be accepted if received more than two days after deadline per SCS guidelines. NO EXCEPTIONS. Late entries will be rejected.**

**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 (5pm postmark would queue before a 10pm 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. **Hy3 file is available on the SCS website or by contacting Omar de Armas (omar.dearmas@gmail.com).**

**ENTRY FEES:** An entry fee of \$2.75 for each event PLUS surcharge of \$5.00 per swimmer must be received with entry card. Per SCS policy there will be a service charge for all returned checks.

## MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Omar de Armas  
P. O. Box 63  
Simi Valley, Ca 93062

For Information call:

Omar de Armas - 805-522-4134  
omar.dearmas@gmail.com

**IF YOU NEED ENTRY CONFIRMATION – PLEASE SEND A SELF ADDRESSED STAMPED REPLY ENVELOPE  
RECEIPT OF ENTRY WILL NOT BE VERIFIED BY PHONE.  
NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.**

## 2009 Beach Swim Club IMX and Sprint Cup Challenge

CLASSIFICATION			IMX and SPRINT CHALLENGES	
A	8 & under	Sprint	25 each stroke plus 100 IM	5 events
B	9-10	Sprint	50 each stroke plus 100 IM & 100 Free	6 events
C	9-10	IMX	100 each stroke plus 200 IM & 200 Free	5 events
D	11-12	Sprint	50 each stroke plus 200 IM & 200 Free	6 events
E	11-12	IMX	100 each stroke plus 200 IM & 500 Free	5 events
F	13-14	Sprint	100 each stroke plus 200 IM & 50 & 200 Free	7 events
G	13-14	IMX	200 each stroke plus 200 IM, 400 IM & 500 Free	6 events
H	15 & UP	Sprint	100 each stroke plus 200 IM & 50 & 200 Free	7 events
I	15 & UP	IMX	200 each stroke plus 200 IM, 400 IM & 500 free	6 events

For ease of entry, enter all events that have the same classification letter.  
For instance, 9-10 endurance athletes enter all events that are labeled C.  
9-10 sprint challenge athletes enter all events that are labeled B.

SATURDAY MORNING				
Girls	Warm Up Times: 7:30 a.m			Boys
event #	Meet Start Time: 9:00 a.m			event #
1	A	8 & U	100 IM	2
3	C	9-10	200 free	4
5	A	8&U	25 back	6
7	C or E	9-10/11-12*	100 back	8
9	A	8&U	25 breast	10
11	B or D	9-10/11-12*	50 breast	12
13	A	8&U	25 fly	14
15	B or D	9-10/11-12*	50 fly	16
17	A	8&U	25 free	18
19	B or D	9-10/11-12*	50 free	20

SATURDAY AFTERNOON				
Girls	Afternoon session will start 45 minutes after morning session ends, but not before 11 am.			Boys
event #				event #
21	F or H	13&up**	200 free	22
23	F or H	13&up**	100 back	24
25	G or I	13&up**	200 back	26
27	G or I	13&up**	200 breast	28
29	F or H	13&up**	100 fly	30
31	G or I	13&up**	200 FLY	32

SUNDAY MORNING SESSION				
Girls	Warm Up Times: 7:30 a.m			Boys
event #	Meet Start Time: 9:00 a.m			event #
33	B	9-10/11-12*	100 free	34
35	C, D or E	9-10/11-12*	200 IM	36
37	B	9-10/11-12*	100 IM	38
39	C or E	9-10/11-12*	100 fly	40
41	C or E	9-10/11-12*	100 breast	42
43	B or D	9-10/11-12*	50 back	44
45	E	11-12	500 free	46
47	D	11-12	200 free	48

SUNDAY AFTERNOON SESSION				
Girls	Afternoon session will start 45 minutes after morning session ends, but not before 11 am.			Boys
event #				event #
49	F or H	13&up**	100 free	50
51	F, G, H or I	13&up**	200 IM	52
53	G or I	13&up**	400 IM	54
55	F or H	13&up**	50 free	56
57	F or H	13&up**	100 breast	58
59	G or I	13&up**	500 Free	60

\* 9-10/11-12 events will be swum together, but scored separately.

\* 13-14 and 15 & up events will be swum together, but scored separately.

Swimmers in the 500 Freestyle events need to provide their own lap counters.

**Medals** will be given to 1st to 8th place for each division. Individual events will not be awarded. The imx calculator will be used to calculate points for each event. The total for all the events in each division will determine the winners of each division. There is a sprint and an endurance division in each age group except the 8 and unders. The 8 and unders will only compete in the sprint division.