

## FAC "Honoring Our Heroes" Short Course B/R/W

**Sanctioned by:** Southern California Swimming  
**Sponsored by:** Fontana Aquatics Club & Eastern Committee  
**Date of Meet:** Nov. 13-15, 2009  
**Start of Meet:** 5:00 pm Friday/9:00 am Sat. & Sun.

**Sanction No.:** 09-240  
**Entries Due:** November 4, 2009  
**Hand Delivered:** 6:00 pm, November 5, 2009  
**Warm-up:** Friday 4:00 pm/Sat & Sun 7:30 am

**Pool:** Fontana Park Aquatics Center, 15556 Summit Ave. at the corner of Knox Ave. Fontana 92336. The competition courses have been certified in accordance with 104.2.2(C).

**Directions:** From the 15 fwy, exit Summit Ave and go east. Turn north at Knox then left into the Aquatic Center parking. From the 210 fwy eastbound, turn north onto the 15 fwy and exit Summit as above; from the 210 westbound, exit Citrus and turn right, then left at Summit, right at Knox.

**Course:** Fontana Park Aquatics Center is an outdoor, 25 yard, 14 lane pool. A 25 yard warm-up/down lane will be available during the meet.

**Warm-up Policy:** Warm-up will be under the supervision of USA Swimming coaches and marshals. Warm-up will begin at 4:00 pm of Friday and 7:30 am on Saturday and Sunday. Practice starts will be allowed in Sprint Lanes 2 and 7 (one-way only). Warm-up/cool down lanes will be open during the meet.

**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.

**Rules:** USA Swimming rules will govern. Current SCS meet procedures (see SCS swim guide) will be enforced and take precedence over any errors or omissions on this form. Swimmers must check in with the Clerk of Course at least 30 minutes before each event they wish to swim. After the event has been officially closed, **swimmers may not check-in or scratch**. Swimmers must swim in their actual age group as determined on the first day of the meet. 5-6 year old swimmers must compete in the 5-6 year old age group only. 7-8 swimmers may enter 7-8 or 10 & Under events, but not a combination. Swimmers must be at least 5 years old on November 13, 2009 to enter this meet. **SWIMMERS MAY SWIM A MAXIMUM OF 4 INDIVIDUAL EVENTS PER DAY**. EZ ups may be set up around the pool in the grass area.

**Eligibility:** Open to the following Eastern Committee team athletes who hold 2009 OR 2010 USA Swimming registration: BLSA, DSRT, FAC, FHAQ, EAST MBA, RAA, TCC, TMEC, YST, LLL, MVAQ, CROC, TRID, TVA. Registration application must be received by the meet host or SCS office prior to the first day of the meet. REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. 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. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**Change of Affiliation:** Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and the appropriate fee to the SCS office. At the meet a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**Swim Suits:** 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.

**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.

**Awards:** Blue Division: Medals for 1<sup>st</sup> thru 3<sup>rd</sup> place, Ribbons for 4<sup>th</sup> thru 6<sup>th</sup> place

Red Division: Ribbons for 1<sup>st</sup> thru 6<sup>th</sup> place

White Division: Ribbons for 1<sup>st</sup> thru 6<sup>th</sup> place

Relays: Medals for 1<sup>st</sup> place Ribbons for 2<sup>nd</sup> thru 3<sup>rd</sup> place

**Entries:** Club Electronic entry is encouraged. Individual entry charges of **\$2.75 plus \$5.25 surcharge per swimmer must accompany every entry**. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). 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. 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. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded**. Relays will be deck-entered at \$5.00 each, payable on entry and will be swum time permitting.

**Entries close:** Entries must be postmarked by midnight on the due date (November 4, 2009). Entries will be accepted IF THE MEET IS NOT CLOSED, if hand delivered to the address below by 6:00 pm, November 5, 2009. To avoid concern regarding receipt of entry, enclose a self-addressed, stamped envelope or postcard. **(Receipt of entries will not be verified by phone or e-mail. No certified, registered or special delivery mail will be accepted.)**

**Make checks payable to:** Southern California Swimming  
**Questions:** call (909) 644-7311 or SCS Office (800) 824-6206  
**E-mail address for team electronic entries:**  
[darlys.ankeney@gmail.com](mailto:darlys.ankeney@gmail.com)

**Mail entries to:** Darlys Ankeny  
2918 Laurel Tree Drive  
Ontario, CA 91761

**A complete snack bar will be available both days.**

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November 13-15, 2009

## Friday

GIRLS	min/max	age		distance	stroke	min/max	BOYS
1	2:42.00/	10-un	B	500 yd	Freestyle	2:41.80/	2
3	21:32.10/	11-12	B	1650 yd	Freestyle	21:51.50/	4
5*	22:57.70/	13-14	BR	1650 yd	Freestyle	22:35.80/	6*
5*	22:18.40/	15-up	BR	1650 yd	Freestyle	21:32.00/	6*

*Friday events only hosted at FAC  
Fontana Park Aquatics Center  
15556 Summit Ave at the corner of  
Knox Avenue*

## SATURDAY

GIRLS	min/max	age		distance	stroke	min/max	BOYS
7		11-12	BRW	50 yd	Backstroke		
8	3:18.20/	13-14	BR	200 yd	Breaststroke	3:06.40/	9
10	3:17.30/	15-up	BR	200 yd	Breaststroke	2:57.80/	11
12	3:25.90/	11-12	BR	200 yd	Breaststroke		
13		13-14	BRW	100 yd	Butterfly		14
15		15-up	BRW	100 yd	Butterfly		16
17		11-12	BRW	100 yd	Butterfly		
18		13-14	BRW	200 yd	Freestyle		19
20		11-12	BRW	50 yd	Breaststroke		
21		15-up	BRW	200 yd	Freestyle		22
23		11-12	BRW	200 yd	Freestyle		
24		13-14	BRW	200 yd	Medley Relay		25
26		15-up	BRW	200 yd	Medley Relay		27
28		11-12	BRW	200 yd	Medley Relay		
29	2:54.50/	13-14	BR	200 yd	Backstroke	2:45.10/	30
31	3:01.40/	11-12	BR	200 yd	Backstroke		
32	2:56.70/	15-up	BR	200 yd	Backstroke	2:37.30/	33
34		11-12	BRW	100 yd	IM		
35		13-14	BRW	50 yd	Freestyle		36
37		15-up	BRW	50 yd	Freestyle		38
39		11-12	BRW	50 yd	Freestyle		
*****Break determined by Meet Referee*****							
40	5:48.20/	Open		400 yd	IM	5:48.90/	41
*****30 MINUTE BREAK, NO EARLIER THAN 12:00 START*****							
		11-12	BRW	200 yd	Freestyle		42
43		10-un	BRW	200 yd	Freestyle		44
		11-12	BR	200 yd	Breaststroke	3:26.20/	45
46*	/28.81	7-8	W	25 yd	Breaststroke	/28.01	47*
46*		5-6		25 yd	Breaststroke		47*
		11-12	BRW	100 yd	Butterfly		48
49		10-un	BRW	50 yd	Butterfly		50
51	55.60/	7-8	BR	50 yd	Butterfly	56.40/	52
53*	/25.61	7-8	W	25 yd	Butterfly	/25.61	54*
53*		5-6		25 yd	Butterfly		54*
		11-12	BRW	200 yd	Medley Relay		55
56		10-un	BRW	200 yd	Medley Relay		57
58		8-un	BRW	100 yd	Medley Relay		59
		11-12	BRW	100 yd	IM		60
61		10-un	BRW	100 yd	IM		62
		11-12	BR	200 yd	Backstroke	3:07.30/	63
64		10-un	BRW	100 yd	Breaststroke		65
		11-12	BRW	50 yd	Breaststroke		66
67	48.60/	7-8	BR	50 yd	Freestyle	47.30/	68
69*	/21.71	7-8	W	25 yd	Freestyle	/21.11	70*
69*		5-6		25 yd	Freestyle		70*
		11-12	BRW	50 yd	Backstroke		71
72		10-un	BRW	50 yd	Backstroke		73
74	57.80/	7-8	BR	50 yd	Backstroke	56.30/	75
76*	/26.61	7-8	W	25 yd	Backstroke	/25.91	77*
76*		5-6		25 yd	Backstroke		77*

## SUNDAY

GIRLS	min/max	age		distance	stroke	min/max	BOYS
78	2:58.10/	11-12	BR	200 yd	Butterfly		
79	2:55.10/	13-14	BR	200 yd	Butterfly	2:47.30/	80
81	2:50.90/	15-up	BR	200 yd	Butterfly	2:34.40/	82
83		11-12	BRW	100 yd	Backstroke		
84		13-14	BRW	100 yd	Backstroke		85
86		15-up	BRW	100 yd	Backstroke		87
88		11-12	BRW	50 yd	Butterfly		
89		13-14	BRW	200 yd	Freestyle Relay		90
91		15-up	BRW	200 yd	Freestyle Relay		92
93		11-12	BRW	200 yd	Freestyle Relay		
94		13-14	BRW	200 yd	IM		95
96		15-up	BRW	200 yd	IM		97
98		11-12	BRW	200 yd	IM		
99		13-14	BRW	100 yd	Freestyle		100
101		15-up	BRW	100 yd	Freestyle		102
103		11-12	BRW	100 yd	Freestyle		
104		13-14	BRW	100 yd	Breaststroke		105
106		15-up	BRW	100 yd	Breaststroke		107
108		11-12	BRW	100 yd	Breaststroke		
*****Break determined by Meet Referee*****							
109	6:24.60/	Open		500 yd	Freestyle	6:29.80/	110
*****30 MINUTE BREAK, NO EARLIER THAN 12:00 START*****							
		11-12	BRW	100 yd	Freestyle		111
112		10-un	BRW	100 yd	Freestyle		113
114		7-8	BRW	100 yd	Freestyle		115
		11-12	BR	200 yd	Butterfly	3:02.60/	116
117		10-un	BRW	50 yd	Backstroke		118
119	1:02.80/	7-8	BR	50 yd	Breaststroke	1:01.20/	120
		11-12	BRW	100 yd	Breaststroke		121
122		10-un	BRW	200 yd	Freestyle Relay		123
124		8-un	BRW	100 yd	Freestyle Relay		125
		11-12	BRW	200 yd	Freestyle Relay		126
127		10-un	BRW	200 yd	IM		128
		11-12	BRW	200 yd	IM		129
130		10-un	BRW	50 yd	Freestyle		131
		11-12	BRW	50 yd	Freestyle		132
133		7-8	BRW	100 yd	IM		134
		11-12	BRW	100 yd	Backstroke		135
136		10-un	BRW	100 yd	Backstroke		137
		11-12	BRW	50 yd	Butterfly		138
139		10-un	BRW	100 yd	Butterfly		140

\*\*\*5-6 swimmers must swim in the 5-6 age group

\*\*\*7-8 may swim 10-un or 7-8, not both.

\*\*\*must provide own timers for 400 IM and timers and counters for 500 and 1650 free

\*\*\*Events 5 and 6 will be swum together and awarded separately

\*\*\*Swimmers in events 1 & 2 shall enter 200 yd time. Requires a B time in the 200 to enter