

**SWIM TEAM OF PLACENTIA
LINDA KAMPS MEMORIAL
42st ANNUAL OCSC PENTATHLON INVITATIONAL
Official Meet Entry Form**

Held Under Sanction of USA SWIMMING & the Orange County Swim Conference
Sanction No. #10-

All Entrants Must be USA SWIMMING and OCSC Registered

Saturday Morning, July 10, 2010 9 AM Start

Regions 1-3

Warm-up: 7:30 - 8:45 AM

Warm-up Rules: USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this meet must be under the direct supervision of a USA Swimming member coach. There will be NO DIVING into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.**

Entry Fee: \$20.25 per swimmer (includes swimmer surcharge) must accompany entry. (5-6 fee is \$17.25)

Entry Deadline: Entries must be received no later than 5:00 PM, **Wednesday, June 30, 2010.**

Make Check Payable To: Southern California Swimming or SCS.

Mail Entries To: Lynda Julson 25552 Loganberry Lane, El Toro, Ca. 92630

For Additional Information: Lynda Julson, 949 380-7017. Receipt of entries will not be verified by phone or email. Electronic files may be submitted to julsonll@aol.com by the due date. One team check must be submitted with the signed hard copy. TM file will be sent by request.

Registration: Open to 2010 USA SWIMMING & OCSC registered swimmers. No on-deck entries. USA SWIMMING registration applications must be received by the meet Admin., or the SCS Office Monday, prior to the the meet. Registration application may be submitted together with the entry form. There are substantial penalties to swimmer and club (see 2010 Swim Guide, Part I: I, II, III B) if USA SWIMMING registration is completed at the meet. OCSC competitors must be attached to a club.

**DIRECTIONS ON BACK OF ENTRY FORM
SNACK BAR AVAILABLE FOR BREAKFAST AND LUNCH.**

SWIMMER'S LAST NAME	SWIMMER'S FIRST NAME	MIDDLE INITIAL	BIRTH DATE	AGE	SEX
USA/SCS NUMBER	SWIM CLUB OR TEAM NAME		OCSC DIVISION		
EMAIL ADDRESS	()		PHONE NUMBER		
PARENT CONTACT _____					

EVENTS WILL BE SWUM ON A TIME BASIS, WITH EACH SWIMMER IS REQUIRED TO ENTER ALL EVENTS.

5/6's AND 7/8's swim 25 YARDS **EXCEPT** FOR THE IM. NOTE: 5-6 YEAR OLDS do **not** swim the 100 IM.

ENTER BEST TIMES IN THE CHART BELOW IN THE APPROPRIATE AGE GROUP.

EVENTS					EVENTS
5/6	7/8	9/10	11/12	13/14	15-18
25 FREE	100 IM	100 IM	50 FREE	50 FREE	50 FREE
25 BREAST	25 FREE	50 FREE	50 BREAST	50 BREAST	50 BREAST
25 BACK	25 BREAST	50 BREAST	50 BACK	50 BACK	50 BACK
25 FLY	25 BACK	50 BACK	50 FLY	50 FLY	50 FLY
	25 FLY	50 FLY	100 IM	100 IM	100 IM

COMPLETE SNACK BAR AVAILABLE FOR BREAKFAST AND LUNCH.

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 error or omissions on this entry form. (See 2010 SCS SWIM Guide). Swimmers must check in 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 two 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 their age on July 10, 2010. 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.

Awards: Individual: Neck ribbon medals, 1st through 6th place for each age group in each division.

Team Trophies: First place team trophy for each division.

Scoring: Individual: Each swimmer will receive points according to his or her time in each event. The total for all five events will determine overall standing. Penalty points for disqualification and/or missed events will be applied.

Team Scoring: First through tenth places will receive points, each division separately.

Snack Bar: There will be a complete snack bar available.

Pool Facility: VALENCIA HIGH SCHOOL pool is an outdoor 25 Yard pool with eight (8) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurement at Start and Turn End: 6.5' – 13.5'.

Directions to the Pool: From the South Orange County: 5 Frwy North; 55 North; 91 West; Exit Kraemer Bld, turn right; Left on Alta Vista, then left into Kraemer Middle School parking lot.

From Long Beach area: 57 North; Exit Chapman Blvd (in Placentia), turn tight. Left on Angelina. Left into Kraemer Middle School parking lot.

NOTE: PARENTS WILL NOT BE ALLOWED BEHIND THE STARTING BLOCKS.

NO TARPS, TENTS, OR CHAIRS CAN BE SET UP ON THE POOL DECK.

Notice: This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

REMINDERS:

Entry fee per swimmer: \$20.25 (5-6 fee - \$17.25)

Check made payable to: SCS

Entries must be received by June 30, (Wednesday), 2010.

All swimmers must be USA SWIMMING Registered, OCSC Registered and Attached to an OCSC Swim Team.

QUESTIONS, CALL LYNDIA JULSON – 949 380-7017