

**2009
Southern California Swimming
Winter Age Group
Championships**

December 11-13, 2009

Open to:

Coastal (CANY, SBSC), Metro (CERR, PASA, BSC), Orange (Except NOVA, ORCA, SCAL, SOKA, STOP), and Pacific (Except BRSC, ROSE, TROJ/USC, TSM, ZAP)



**Cerritos Olympic Swim Center
Cerritos, CA**

Hosted by:

**Southern California Swimming
and Santa Barbara Swim Club**

2009 SOUTHERN CALIFORNIA SWIMMING

Winter Age Group Championship

Friday, Saturday, Sunday – December 11-13, 2009

Sponsored By: SCS & Santa Barbara Swim Club

Sanction Number: 09-242

Entries Due: Entries must be postmarked by Monday, November 30, 2009

Eligibility: Open to 2009 or 2010 USA Swimming registered swimmers registered in Coastal (CANY, SBSC), Metro (CERR, PASA, BSC), Orange (except NOVA, ORCA, SCAL, SOKA, STOP) and Pacific (except BRSC, ROSE, TROJ/USC, TSM, ZAP) who have met and can prove the posted "Dec Invite" time standards. SCS unattached swimmers must compete in their assigned Committee 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.

Facility: Cerritos Olympic Swim Center, 13150 E 166th St., Cerritos, CA. Highway 91 between the 605 and 5 freeways. Eastbound: take the Shoemaker off ramp north; right or east on 166th St. Westbound: take the Carmenita off ramp north; left or west on 166th St. Southbound on the 5 freeway, exit on Carmenita, south to 166th and turn right, heading west. Pool is 2 blocks down on left. Indoor, 50m x 25yd pool that is 7-7.5 feet deep. A 10 or 8 lane course will be available; course will be set based on the size of the meet. There will be separate warm-up lanes, electronic timing, 10-lane scoreboard and touch pads used. The competition course has been certified in accordance with 104.2.2(C).

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Swimmers must check-in with the Clerk of Course for each event; after each event is closed, a swimmer may not check-in or scratch. The first four events on each day prelims/finals or timed finals sessions will close one-half hour prior to the start of the meet. Swimmers must compete in their own age group. Age on Dec.11, 2009 determines age for the meet. Combined events will be conducted as heats and finals. Prelim heats will be seeded all ages combined. A single championship final (10 swimmers) will be offered for 13-14 and 15-18 (no 11-12s). Relays for 10 & Un and 11-12 divisions are conducted at the conclusion of the timed final session. Relays for 13-14, 15-18 divisions are conducted at the conclusion of the finals' session.

Swimsuits: 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.

Meet Referee: The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

Meet Start Times: Preliminary sessions for the Combined Prelim events will begin at 8:30 A.M. Finals sessions will begin no sooner than 1 hour after the completion of the final heat of the 12 & under timed finals events each day. 12 & under timed finals will begin 45 minutes after the last preliminary heat of the day (Sun after the 1650).

Warm-up times: Controlled warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:15 a.m. with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warm ups.

Entry Limit: A swimmer may enter all events for which the time standard has been met and can be verified. Limit: a swimmer can swim no more than 6 individual events during the meet, nor more than 3 individual events per day.

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim 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.

Distance Events: The 1000 / 1650 meter freestyle events (all age groups combined) are "timed finals" with standard seeding procedures:

- Events will be swum fastest to slowest alternating girls & boys heats.
- Fastest heat of girl's 1000 and 1650 will be swum following event 2 and 64 on Friday and Sunday, respectively.
- Fastest heat of boy's 1000 and 1650 will be swum following event 4 and 66 on Friday and Sunday, respectively.
- All other heats of 1000 and 1650 will be swum at end of prelims on Friday and Sunday, respectively.

Swimmers in the 1000 and 1650 freestyle must be prepared to supply a timer for three heats. Swimmers are also responsible for providing their own lap counters.

Submitted Times: Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If using a blue card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after Sept. 1, 2008 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to 2009 SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-

time meet. Blue entry cards or team entries must indicate meet and dates for all submitted entry times. **NOTE: All entry times will be verified in advance through the USA SWIMS database.**

Entry Procedure: Team Electronic Entry is highly preferred. Electronic entry 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). Full payment (single team check or certified funds) for a team electronic entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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. For an individual entry, submit a Blue "proof-of-time" Southern California Consolidated Entry Card for each swimmer. Card must be completely filled out including entire USA Swimming registration number. Individual entry charge of **\$4.25 per entered event** plus **\$10.00 surcharge** must accompany each entry card. Returned checks will incur a service fee per SCS policy.

Scoring: Individual scoring: 1-16 (USA Swimming Rules 102.7.3); relay scoring: double individual points. 19&over are not eligible for scoring.

Awards: Distinctive custom medals will be awarded for first through eighth place in all individual events and first through third in all relay events; certificates are available on request for places 9-16. Team awards to the top 6 teams in Men, Women and Combined Team scoring. Swimmers who are 19 years and older are not eligible for awards. Awards for the 10/Under and 11/12 age groups will be given for the Timed Finals events only.

Relays: Relays for 10 & under and 11-12 age groups will be swum at the conclusion of the timed final sessions each day. Relays for 13-14, 15-18 will be swum as timed-final events in the finals' sessions following the individual events. A club may enter one relay in an event without proof of time provided it enters only that one relay. A club entering more than one relay in an event must provide proof of time (meeting Dec Inv time standard) for each relay entered. Coaches must pre-enter relays (\$10.00 per relay) and relay only swimmers (\$10.00 swimmer surcharge).

Finals: A single championship final (10 swimmers) will be offered for 13-14 and 15-18 (no 11-12s). **The national finals' scratch rule will be used.** A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Finals: scratch only (positive check in will not be used). Final "no-show" (original top places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

Snack Bar: A complete snack bar is available including breakfast each day of the meet.

Vendors: Swimwear & equipment vendors will be located conveniently at the site of the meet for all your swimming needs.

Souvenir Apparel Available: Meet T-shirts, sweat shirts, etc. designed specifically for the "Winter Age Group Champs" Meet will be available for purchase at the meet.

Entries must be postmarked by Monday, November 30, 2009

Make checks payable to: Southern California Swimming

Mail entries to: SBSC "Winter Age Group Invite"
c/o Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
divanj@cox.net

Hand delivered to: Same as above

Entries must be hand delivered by 8:00 p.m., Tuesday, December 1, 2009

FOR INFORMATION: Call Southern California Swimming at (805) 682-0135 or Judi Divan 949-496-3914, email: divanj@cox.net

SCS Pacific Coast All Star Team: The combined results from both sites of the Winter Age Group Championships will be used to select the SCS Pacific team competing January 9-10, 2010. Eight girls and eight boys in the 11-12 and 13-14 age groups will be selected for the Pacific Coast meet. ***In order for a swimmer to be considered, parents must complete an SCS All Star Team Application Envelope and include a check made out to SCS for \$15.00, and turn the envelope in at the meet Admin desk, at the meet their swimmer is competing in (Cerritos or Las Vegas), deadline Dec. 13th***

Friday – Dec 11, 2009 - Preliminary Session, Start Time 8:30 AM							
Event No.	GIRLS		EVENT	AGE	BOYS		Event No.
	YARDS	METERS			YARDS	METERS	
1	5.07.30	5.47.50	400 IM	15/UP	4.50.50	5.28.90	2
	5.15.70	5.56.90	400 IM	11-14	5.04.40	5.44.30	
3	2.27.00	2.45.60	200 BACKSTROKE	15/UP	2.18.50	2.36.20	4
	2.27.80	2.46.50	200 BACKSTROKE	11-14	2.24.60	2.43.00	
5	1.16.80	1.27.30	100 BREASTSTROKE	15/UP	1.11.80	1.21.70	6
	1.17.40	1.28.00	100 BREASTSTROKE	13-14	1.14.20	1.24.40	
7	58.40	1.06.50	100 FREESTYLE	15/UP	52.90	1.00.40	8
	59.30	1.07.50	100 FREESTYLE	13-14	56.80	1.04.70	
9	11.44.20	10.28.50	1000 FREESTYLE	15/UP	11.16.80	10.04.10	10
	12.02.60	10.45.00	1000 FREESTYLE	11-14	11.49.40	10.33.20	
11	9.05.60	10.18.80	800 FREE RELAY	15-18	8.26.80	9.27.20	12
	9.04.40	10.16.40	800 FREE RELAY	13-14	8.43.60	9.54.00	
Friday – Dec 11, 2009- Timed Finals Session							
13	6.04.90	5.25.70	500 FREESTYLE	11-12	6.13.20	5.33.10	14
15	1.33.70	1.46.10	100 BREASTSTROKE	10-UN	1.37.40	1.51.90	16
17	1.21.60	1.32.60	100 BREASTSTROKE	11-12	1.24.80	1.36.20	18
19	32.40	36.80	50 FREESTYLE	10-UN	33.00	38.30	20
21	28.70	32.70	50 FREESTYLE	11-12	29.10	33.10	22
23	1.26.40	1.37.30	100 BUTTERFLY	10-UN	1.27.50	1.39.20	24
25	1.12.10	1.21.50	100 BUTTERFLY	11-12	1.14.30	1.23.90	26
27	4.26.80	5.02.40	400 FREE RELAY	11-12	4.24.80	5.00.40	28
Saturday – Dec 12, 2009- Preliminary Session, Start Time 8:30 AM							
29	5.31.80	4.56.20	500 FREESTYLE	15/UP	5.15.00	4.41.20	30
	5.42.20	5.05.50	500 FREESTYLE	13-14	5.31.40	4.55.80	
31	1.07.60	1.16.30	100 BACKSTROKE	15/UP	1.01.50	1.09.50	32
	1.08.50	1.17.30	100 BACKSTROKE	13-14	1.06.60	1.15.20	
33	2.30.00	2.49.30	200 BUTTERFLY	15/UP	2.15.60	2.33.40	34
	2.33.20	2.52.90	200 BUTTERFLY	11-14	2.26.80	2.45.80	
35	2.22.30	2.41.20	200 IM	15/UP	2.12.40	2.30.20	36
	2.25.20	2.44.40	200 IM	13-14	2.19.70	2.38.30	
37	1.58.80	2.15.60	200 FREE RELAY	15-18	1.46.00	2.00.80	38
	1.57.20	2.13.20	200 FREE RELAY	13-14	1.50.00	2.00.80	
39	4.56.30	5.35.10	400 MEDLEY RELAY	15-18	4.29.40	5.05.30	40
	4.53.70	5.31.80	400 MEDLEY RELAY	13-14	4.39.50	5.16.50	
Saturday – Dec 12, 2009 - Timed Finals Session							
41	2.14.60	2.32.70	200 FREESTYLE	11-12	2.17.50	2.35.90	42
43	2.37.00	2.57.50	200 FREESTYLE	10-UN	2.36.50	3.00.00	44
45	33.70	38.10	50 BACKSTROKE	11-12	34.70	39.20	46
47	39.20	44.20	50 BACKSTROKE	10-UN	39.20	44.40	48
49	1.12.00	-----	100 IM	11-12	1.12.60	-----	50
51	1.22.30	-----	100 IM	10-UN	1.22.90	-----	52
53	32.10	36.40	50 BUTTERFLY	11-12	32.70	37.00	54
55	37.20	42.00	50 BUTTERFLY	10-UN	37.20	42.50	56
57	2.22.60	2.40.90	200 MEDLEY RELAY	11-12	2.23.50	2.41.20	58
59	2.15.60	2.33.60	200 FREE RELAY	10-UN	2.16.40	2.32.40	60
62	2.02.80	2.19.60	200 FREE RELAY	11-12	2.03.20	2.17.60	62

Sunday – Dec 13, 2009 - Preliminary Session, Start Time 8:30 AM							
Event No.	GIRLS		EVENT	AGE	BOYS		Event No.
	YARDS	METERS			YARDS	METERS	
63	2.05.00	2.22.00	200 FREESTYLE	15/UP	1.55.00	2.10.90	64
	2.07.40	2.24.70	200 FREESTYLE	13-14	2.03.60	2.20.40	
65	2.45.40	3.07.60	200 BREASTSTROKE	15/UP	2.35.50	2.56.60	66
	2.46.90	3.09.30	200 BREASTSTROKE	11-14	2.40.40	3.02.10	
67	27.00	30.80	50 FREESTYLE	15/UP	24.30	27.80	68
	27.50	31.40	50 FREESTYLE	13-14	26.10	29.80	
69	1.06.20	1.14.90	100 BUTTERFLY	15/UP	59.10	1.07.00	70
	1.07.20	1.16.00	100 BUTTERFLY	13-14	1.04.50	1.13.00	
71	19.31.10	19.54.60	1650 FREESTYLE	15/UP	18.50.50	19.13.20	72
	20.05.50	20.29.70	1650 FREESTYLE	11-14	19.46.30	20.10.10	
73	2.20.60	2.40.00	200 MED RELAY	15-18	2.07.20	2.25.10	74
	2.19.30	2.38.40	200 MED RELAY	13-14	2.12.20	2.30.70	
75	4.15.20	4.49.60	400 FREE RELAY	15-18	3.49.60	4.21.60	76
	4.13.60	4.47.60	400 FREE RELAY	13-14	3.58.40	4.31.60	
Sunday – Dec 13, 2009 - Timed Finals Session							
77	2.34.00	2.54.20	200 IM	11-12	2.35.50	2.55.80	78
79	2.57.40	3.20.20	200 IM	10-UN	2.57.70	3.20.80	80
81	1.12.40	1.21.60	100 BACKSTROKE	11-12	1.13.90	1.23.30	82
83	1.25.00	1.35.60	100 BACKSTROKE	10-UN	1.25.50	1.38.00	84
85	38.10	43.30	50 BREASTSTROKE	11-12	39.00	44.30	86
87	43.60	49.40	50 BREASTSTROKE	10-UN	44.40	51.00	88
89	1.01.70	1.10.10	100 FREESTYLE	11-12	1.02.60	1.11.10	90
91	1.12.20	1.21.80	100 FREESTYLE	10-UN	1.11.90	1.22.90	92
93	5.11.40	5.52.90	400 MEDLEY RELAY	11-12	5.15.70	5.44.90	94
95	2.38.90	2.59.40	200 MED RELAY	10-UN	2.38.90	2.58.90	96

HOST HOTEL FOR WINTER AGE GROUP CHAMPIONSHIPS

Sheraton Cerritos
Town Center
12725 Center Court Drive
Cerritos, CA 90703

Reserve online direct:

<http://www.starwoodmeeting.com/Book/winteragegroupchamps>

Reservations need to be made by November 25, 2009 for block rate of \$89 + tax