

# WESTSIDE AQUATICS "BLUE-RED-WHITE" SHORT COURSE MEET

## NOVEMBER 7-8, 2009

San Fernando Regional Pool  
 Entries due: October 26, 2009  
 Entries will be limited to comply with the 4-hour rule

Warm Up Times: 7:30 a.m. (Saturday/Sunday)  
 Meet Start Time: 9:00 a.m. (Saturday/Sunday)

### PLEASE ENTER BEST RECORDED SHORT COURSE TIME

You may swim a total of 4 individual events per day plus relays

Saturday – Morning Session						Sunday – Morning Session					
Girl	Time	Event	Age	Time	Boy	Girl	Min	Event	Age	Time	Boy
1	B/R/W	200 Freestyle	13-14	B/R/W	2	59	B/R/W	100 Backstroke	13-14	B/R/W	60
3	B/R/W	200 Freestyle	15&UP	B/R/W	4	61	B/R/W	100 Backstroke	15&UP	B/R/W	62
5	B/R/W	25 Freestyle	8&UN	B/R/W	6	63	B/R/W	25 Backstroke	8&UN	B/R/W	64
7	B/R/W	100 Butterfly	13-14	B/R/W	8	65	B for Age	200 Butterfly	13&UP	B for Age	66
9	B/R/W	100 Butterfly	15&UP	B/R/W	10	67	B/R/W	25 Butterfly	8&UN	B/R/W	68
11	B/R/W	50 Free	8&UN	B/R/W	12	69	B for Age	200 Breaststroke	13&UP	B for Age	70
13	B/R/W	100 Breaststroke	13-14	B/R/W	14	71	B/R/W	200 IM	15&UP	B/R/W	72
15	B/R/W	100 Breaststroke	15&UP	B/R/W	16	73	B/R/W	200 IM	13-14	B/R/W	74
17	B/R/W	25 Breaststroke	8&UN	B/R/W	18	75	B/R/W	100 IM	8&UN	B/R/W	76
19	B/R/W	50 Freestyle	13-14	B/R/W	20	77	B/R/W	100 Freestyle	13-14	B/R/W	78
21	B/R/W	50 Freestyle	15&UP	B/R/W	22	79	B/R/W	100 Freestyle	15&UP	B/R/W	80
23	Coach	100 Free Relay	8&UN	Coach	24	81	B for Age	200 Backstroke	13&UP	B for Age	82
25	Entered	200 Free Relay	13-14	Entered	26	83	Coach	100 Med Relay	8&UN	Coach	84
27	Relay	200 Free Relay	15&UP	Relay	28	85	Entered	200 Med Relay	13-14	Entered	86
						87	Relay	200 Med Relay	15&UP	Relay	88
						89	6:24.60	500 Freestyle*	OPEN	6:29.80	90

**Afternoon session will not begin before 12:00 p.m.**  
**Afternoon warm up begins immediately following morning session.**

Saturday – Afternoon Session						Sunday – Afternoon Session					
Girl	Time	Event	Age	Time	Boy	Girl	Time	Event	Age	Time	Boy
29	B/R/W	200 Freestyle	11-12	B/R/W	30	91	5:48.20	400 IM	OPEN	5:48.90	92
31	B/R/W	200 Freestyle	10&UN	B/R/W	32	93	B/R/W	100 Backstroke	11-12	B/R/W	94
33	B/R/W	100 Butterfly	11-12	B/R/W	34	95	B/R/W	100 Backstroke	10&UN	B/R/W	96
35	B/R/W	100 Butterfly	10&UN	B/R/W	36	97	2:58.10	200 Butterfly	11-12	3:02.60	98
37	B/R/W	50 Backstroke	11-12	B/R/W	38	99	B/R/W	50 Freestyle	10&UN	B/R/W	100
39	B/R/W	50 Backstroke	10&UN	B/R/W	40	101	B/R/W	50 Freestyle	11-12	B/R/W	102
41	B/R/W	200 IM	11-12	B/R/W	42	103	B/R/W	100 IM	10&UN	B/R/W	104
43	B/R/W	200 IM	10&UN	B/R/W	44	105	B/R/W	100 IM	11-12	B/R/W	106
45	B/R/W	100 Freestyle	11-12	B/R/W	46	107	B/R/W	100 Breaststroke	10&UN	B/R/W	108
47	B/R/W	100 Freestyle	10&UN	B/R/W	48	109	B/R/W	100 Breaststroke	11-12	B/R/W	110
49	3:25.90	200 Breaststroke	11-12	3:26.20	50	111	B/R/W	50 Butterfly	10&UN	B/R/W	112
51	B/R/W	50 Breaststroke	10&UN	B/R/W	52	113	B/R/W	50 Butterfly	11-12	B/R/W	114
53	B/R/W	50 Breaststroke	11-12	B/R/W	54	115	3:01.40	200 Backstroke	11-12	3:07.30	116
55	Coach	200 Free Relay	10&UN	Coach	56	117	Coach	200 Med Relay	10&UN	Coach	118
57	Entered	200 Free Relay	11-12	Entered	58	119	Entered	200 Med Relay	11-12	Entered	120

- (1) \*Swimmers in the 500 Freestyle events must provide their own timers and lap counters.
- (2) The 500 Freestyle will be swim fastest to slowest, alternating Girls and Boys.
- (3) 8&UN swimmers may swim 8&UN or 10&UN, but not both or any combination thereof.
- (4) Relays are deck entered and time permitting.

All attending clubs will be responsible for timing in their assigned lanes for the entire meet, except 500 Freestyle. Lane assignments are based on number of swimmers entered.

### Event Recap - Saturday

### Event Recap - Sunday

8&UN	10&UN	11-12	13-14	15&UP	8&UN	10&UN	11-12	13-14	13&UP	15&UP	OPEN
25 FR	200 FR	200 FR	200 FR	200 FR	25 BK	100 BK	100 BK	100 BK	200 FL	100 BK	500 FR
50 FR	100 FL	100 FL	100 FL	100 FL	25 FL	50 FR	200 FL	200 IM	200 BR	200 IM	400 IM
25 BR	50 BK	50 BK	100 BR	100 BR	100 IM	100 IM	50 FR	100 FR	200 BK	100 FR	
100 FR Rel	200 IM	200 IM	50 FR	50 FR	100 Med Rel	100 BR	100 IM	200 Med Rel		200 Med Rel	
	100 FR	100 FR	200 FR Rel	200 FR Rel		50 FL	100 BR				
	50 BR	200 BR				200 Med Rel	50 FL				
	200 FR Rel	50 BR					200 BK				
		200 FR Rel					200 Med Rel				

# Westside Aquatics "B-R-W" Short Course Meet

November 7-8, 2009

**Hosted by: Westside Aquatics**

**Sanctioned by: Southern California Swimming**

**Sanction No: 09-237**

**Entries due date: Monday, October 26, 2009**

**Walk In date: Tuesday, October 27, 2009**

**Warm Up Times: 7:30 a.m. (Saturday/ Sunday)**

**Meet Start Time: 9:00 a.m. (Saturday/Sunday)**

**Afternoon Session will not start before 12 noon**

**Entries will be limited to comply with the 4-hour rule regardless of postal date.**

**DIRECTIONS: San Fernando Regional Pool, 208 Park Ave., San Fernando, CA 91340.** From 118 Freeway:, Exit San Fernando Rd, Turn North, Road will split, stay to the right (Truman St), Turn right on Wolfskill St, Just across railroad tracks, turn right on Robert F Kennedy St (formerly 1st St), Turn left on Park Ave. Aquatics Center is on right side. Note: When looking at directions on MapQuest or Google, please know that 1st St has been renamed as Robert F Kennedy St. Please note that there is no parking at the facility and all participants must park on street.

**COURSE:** The meet will be contested using 10 competition lanes with a separate 4 lane warm up pool. This competition course has been certified in accordance with 104.2.2 (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 **2009/2010 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 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 30 minutes prior to the start of the session.

*You may swim four (4) events per day plus relays. Swimmers entering more than 4 events per day only the first four will be entered. NO REFUNDS.* 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 Pacific Committee athletes who are **2009 or 2010 USA Swimming** registered. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide. Part One, III, B. In SCS age group meets, swimmers 18 and 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 the best recorded short or long course times from this or the proceeding swim season. Do not submit estimated or work out times. All non-conforming times will be seeded last. All "NO TIMES" will be entered in "White" division. Swimmers must have achieved time standard listed for an event. Swimmers entering the open events must be at least 11 years of age. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action. If a swimmer does not have a recorded time, but is otherwise qualified, he/she may enter at minimum (see 2009 Swim Guide for exceptions).

**AWARDS:** "Blue" Division – Medals 1st through 3rd, Ribbons 4th through 8th. - "Red" Division – Ribbons 1st through 8th.

"White" Division - Ribbons 1st through 8th -Relays – Ribbons 1<sup>st</sup> through 3<sup>rd</sup>

Open events are not scored or awarded.

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

**ENTRY PROCEDURE:** Individual entry charge of **\$2.75 per entered event** plus **\$5.50 surcharge** must accompany each entry card. Electronic Club entry is encouraged. You may: one Southern California Consolidated Entry Card "White Card" for each swimmer. Card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the hand delivery address (NOT THE SWIM OFFICE).

**Entry cards must be postmarked no later than October 26, 2009. Hand delivered entries will be accepted, at 5405 W. Slauson Avenue Los Angeles, California 90056, until 8:00PM on October 27, 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.**

**ELECTRONIC E-MAIL ENTRY PROCEDURE:** 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).

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 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 ANY ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Electronic entries are to be sent to blwswim@earthlink.net.

**ENTRY FEES:** An entry fee of **\$2.75 for each event PLUS surcharge of \$5.50 per swimmer** must be received with entry card. **\$5.00 per relay team is due when the relay is entered on deck. Per SCS policy there will be a service charge for all returned checks.**

**MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING**

Mail entries to: Bettie Williams

For Information call: Bettie Williams – 310 338-8776 (blwswim@earthlink.net)

P. O. Box 83538  
Los Angeles, CA 90083-0538

Adam Blakis – 310 985-5308

**IF YOU NEED ENTRY CONFIRMATION – PLEASE SEND A SELF ADDRESSED STAMPED REPLY ENVELOPE**

**RECEIPT OF ENTRY WILL NOT BE VERIFIED BY EMAIL OR PHONE.**

San Fernando Pool Water Slides will be open for a \$5.00 daily fee per person