

ORANGE REGIONAL COMPETITIVE AQUATICS RED/WHITE SHORT COURSE AGE GROUP MEET

Sanctioned by: Southern California Swimming
Sanction Number: 12-025
Sponsored by: Orange Regional Competitive Aquatics
Orange Committee

DATE OF MEET: March 23, 24, 25, 2012
ENTRIES RECEIVED BY 5:00PM: MARCH 14, 2012 (WEDNESDAY)

WARM UP TIME: 5:00 PM Fri, 7:30 AM (Sat/Sun)
MEET START TIME: 6:00 PM Fri, 9:00 AM (Sat/Sun)

PM Session begins no sooner than 12:00 PM or 35 minutes per warm up session or longer at the discretion of Meet Referee after the end of the AM Session

POOL: EL MODENA HIGH SCHOOL, 3920 E. Spring St., Orange, CA 92869. Take the 55 Freeway to Chapman Avenue East. East on Chapman Avenue to Prospect, turn Left. Go to Spring Street, turn Right. El Modena High School will be on the Right.

COURSE: EL MODENA HIGH SCHOOL POOL is an outdoor 25 yard pool with eight (8) swimming lanes and a warm-up area. This competition course has been certified in accordance with 104.2.2 (C). Pool Depth Measurement at Start End: Lanes 1 – 8 = 13', Turn End: Lanes 1 – 6 = 6', Lanes 7 – 8 = 10'.

SPECIAL NOTICE: SWIMMERS MAY SWIM A MAXIMUM OF THREE (3) EVENTS PER DAY. ORCA will limit entries to meet the "4 Hour" rule for each session. Timers must be provided by each team. Relays will be swum, time permitting. 5-8 swimmers may compete 5-8 or 5-10 events but not a combination. Warm up sessions will be assigned, each team will be notified. The 400 IM and 500 Freestyle will be swum alternating girls and boys. Swimmers in the 200 IM and 500 Freestyle are asked to provide timers and lap counters for the 500 Freestyle. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**

RECORDING DEVICES & MEDIA NOTICE:

The use of audio-visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. 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.

RACING START CERTIFICATION:

Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

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 swim meet must be under the direct supervision of an 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.**

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 errors or omissions on this entry form. (See 2012 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, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in **THIRTY MINUTES** prior to the start of their respective session. Swimmers must swim in their actual Age Group as determined by their age on **March 23, 2012**. Relay Swimmers must be Red or White level in any relay stroke they are swimming. Swimmers are not permitted to swim a stroke in a relay if they hold a Blue time in any distance of that stroke. **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.**

CHANGE OF AFFILIATION:

Before the meet, a swimmer may change 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 at the meet.**

ELIGIBILITY:

OPEN TO ATHLETES WHO ARE 2012 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. NO ON-DECK ENTRIES. 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. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2012 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the 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.

QUALIFYING TIMES:

Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2012 Swim Guide for exceptions).

AWARDS:

Red and White DIVISIONS: RIBBONS 1st through 8th
RELAYS: RIBBONS 1st through 3rd
Ribbons will be awarded to the following age groups: 5-8, 5-10, 11/12
(5-8 swimmers entering 5-10 events will be awarded as such)

ENTRY FEE:

\$3.00 for each INDIVIDUAL EVENT, plus \$5.25 SURCHARGE per swimmer must accompany each individual entry card. E-mail entry (entry.zipfile) 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. (5 PM 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.

ENTRIES CLOSE:

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, MARCH 14, 2012. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	splashandgo@charter.net
And MAIL TO:	KAREN THOMAS
(Include Swimmer's name and SCS Number)	750 Stagecoach Road
	Arroyo Grande, CA 93420

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Times submitted must be Best Recorded Times short course or long course.

All non conforming times will be seeded last.

RELAYS WILL BE SWUM, TIME PERMITTING

ORCA WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

YOU MAY SWIM A MAXIMUM OF 3 EVENTS PER DAY

Girls Friday, March 23, 2012 6:00 PM Boys

No.	Maximum	Age	Event	Maximum	No.
1	3:06.51	5-10	200 Yard Individual Medley	3:07.41	2
3	2:46.21	11/12	200 Yard Individual Medley	2:46.51	4
3	2:36.61	13/14	200 Yard Individual Medley	2:29.01	4
3	2:37.71	15 & Up	200 Yard Individual Medley	2:21.71	4
5	2:42.01	5-10	500 Yard Freestyle	2:41.81	6
7	6:24.61	11/12	500 Yard Freestyle	6:29.81	8
9	5:59.61	13/14	500 Yard Freestyle	5:48.61	10
9	5:57.41	15 & Up	500 Yard Freestyle	5:34.81	10

Girls Saturday, March 24, 2012 9:00 am Boys

No.	Maximum	Age	Event	Maximum	No.
11	1:41.21	5-8	100 Yard Individual Medley	1:38.51	12
13	2:42.01	5-10	200 Yard Freestyle	2:41.81	14
15	48.11	5-8	50 Yard Backstroke	46.81	16
17	1:28.61	5-10	100 Yard Backstroke	1:28.71	18
19	24.01	5-8	25 Yard Breaststroke	23.31	20
21	45.61	5-10	50 Yard Breaststroke	45.61	22
23	40.51	5-8	50 Yard Freestyle	39.41	24
25	33.91	5-10	50 Yard Freestyle	34.11	26
27	21.31	5-8	25 Yard Butterfly	21.31	28
29	1:29.31	5-10	100 Yard Butterfly	1:29.41	30
31	Coaches	5-10	200 Yard Freestyle Relay	On	32
33	Enter	5-8	100 Yard Freestyle Relay	Deck	34

PM session will begin no sooner than 12:00pm or 35 minutes per warm up session at Referee Discretion

35	5:48.21	11/12	400 Yard Individual Medley	5:48.91	36
35	5:36.61	13/14	400 Yard Individual Medley	5:18.21	36
35	5:22.01	15 & Up	400 Yard Individual Medley	5:01.21	36
37	30.71	11/12	50 Yard Freestyle	30.81	38
37	29.31	13/14	50 Yard Freestyle	27.51	38
37	29.31	15 & Up	50 Yard Freestyle	26.51	38
39	36.21	11/12	50 Yard Backstroke	36.61	40
41	2:39.61	13/14	200 Yard Backstroke	2:31.01	42
41	2:46.21	11/12	200 Yard Backstroke	2:51.41	42
41	2:33.81	15 & Up	200 Yard Backstroke	2:23.91	42
43	1:28.91	11/12	100 Yard Breaststroke	1:29.01	44
43	1:23.41	13/14	100 Yard Breaststroke	1:19.11	44
43	1:23.91	15 & Up	100 Yard Breaststroke	1:15.81	44
45	34.31	11/12	50 Yard Butterfly	34.51	46
47	2:40.51	13/14	200 Yard Butterfly	2:33.31	48
47	2:36.61	15 & Up	200 Yard Butterfly	2:21.61	48
47	2:43.21	11/12	200 Yard Butterfly	2:47.41	48
49	Coaches	13/14	200 Yard Freestyle Relay	On	50
49		15 & Up	200 Yard Freestyle Relay		50
49	Enter	11/12	200 Yard Freestyle Relay	Deck	50

Girls Sunday, March 25, 2012 9:00am Boys

No.	Maximum	Age	Event	Maximum	No.
51	1:28.41	5-8	100 Yard Freestyle	1:25.01	52
53	1:14.71	5-10	100 Yard Freestyle	1:14.31	54
55	46.31	5-8	50 Yard Butterfly	47.01	56
57	38.31	5-10	50 Yard Butterfly	38.21	58
59	18.11	5-8	25 Yard Freestyle	17.61	60
61	1:26.61	5-10	100 Yard Individual Medley	1:26.91	62
63	22.21	5-8	25 Yard Backstroke	21.61	64
65	40.51	5-10	50 Yard Backstroke	40.41	66
67	52.31	5-8	50 Yard Breaststroke	51.01	68
69	1:40.01	5-10	100 Yard Breaststroke	1:40.51	70
71	Coaches	5-8	100 Yard Medley Relay	On	72
73	Enter	5-10	200 Yard Medley Relay	Deck	74

PM session will begin no sooner than 12:00pm or 35 minutes per warm up session at Referee Discretion

75	2:24.11	11/12	200 Yard Freestyle	2:24.61	76
75	2:16.11	13/14	200 Yard Freestyle	2:10.91	76
75	2:16.41	15 & Up	200 Yard Freestyle	2:04.81	76
77	1:17.91	11/12	100 Yard Backstroke	1:20.51	78
77	1:14.11	13/14	100 Yard Backstroke	1:11.31	78
77	1:14.51	15 & Up	100 Yard Backstroke	1:08.21	78
79	1:16.11	11/12	100 Yard Butterfly	1:18.21	80
79	1:11.01	13/14	100 Yard Butterfly	1:07.71	80
79	1:11.11	15 & Up	100 Yard Butterfly	1:05.11	80
81	40.81	11/12	50 Yard Breaststroke	41.01	82
83	3:01.71	13/14	200 Yard Breaststroke	2:50.81	84
83	3:08.81	11/12	200 Yard Breaststroke	3:09.01	84
83	3:00.81	15 & Up	200 Yard Breaststroke	2:43.01	84
85	1:06.71	11/12	100 Yard Freestyle	1:06.21	86
85	1:03.41	13/14	100 Yard Freestyle	59.61	86
85	1:02.81	15 & Up	100 Yard Freestyle	57.41	86
87	1:17.71	11/12	100 Yard Individual Medley	1:17.71	88
89	Coaches	13/14	200 Yard Medley Relay	On	90
89		15 & Up	200 Yard Medley Relay		90
89	Enter	11/12	200 Yard Medley Relay	Deck	90

5-8 swimmers may enter 5-8 or 5-10 events but not a combination.

400 Yard IM and the 500 Yard Freestyle will be swum alternating girls and boys.

Swimmers in the 200 IM and 500 Free are asked provide timers

and lap counters for the 500 Free

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST