

Eastern Committee JO Max Championships

Sanctioned by: Southern California Swimming
Sponsored By: TMEC & Eastern Committee
Date of Meet: August 14-15, 2010
Warm-up: 7:30 am

Sanction No. 10-197
Received by deadline: 5:00 pm, August 4, 2010
Start of Meet: 9:00 am

POOL: Great Oak HS Pool, 32555 Deer Hollow Way, Temecula, CA

DIRECTIONS: I 15 south to Temecula Pkwy. Turn Left and go to Pechanga Pkwy. Turn right to Deer Hollow Way and turn left. School is on the right.

COURSE: Outdoor 25 yard pool with 8 competition lanes and a separate 6 lane, 25 yd. warm-up warm down pool. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7.0', turn end 7.0'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am.

Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN with the clerk of course 45 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS 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 must be at least 5 years old on 8-14-2010 to enter this meet. Timers must be provided by each team. Swimmers competing in the 1000 Freestyle must furnish their own timers for three heats and lap counters in the 500 Freestyle **Swimmers may swim a maximum of 4 events per day.**

ELIGIBILITY: Open to Eastern Committee athletes who hold 2010 USA Swimming Registration. Registration application must be received by Monday prior to the first day of the 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 APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. 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.

UNACCOMPANIED ATHLETE: 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.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** 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.

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 wait 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 the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action.

SCORING: Blue 24-22-21-20-19-18 Red 16-13-12-11-10-9 White 7-5-4-3-2-1
Relays 48-44-42-40-38-36

AWARDS: Blue Division: Medals for 1st thru 3rd place, Ribbons for 4th thru 6th place
Red Division: Ribbons for 1st thru 6th place White Division: Ribbons for 1st thru 6th place
Relays: Medals for 1st thru 3rd place Team Trophies: 1st thru 6th place

ENTRY FEES: \$4.00 for each individual event along with a \$7.00 surcharge per swimmer **must** accompany each individual entry card. NO REFUNDS. Returned checks may incur a service fee. Email 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 (5 PM postmark would queue before a 10PM electronic). Full payment (single team check) for an email entry must be postmarked within 48 hours of the email 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 email) 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 may be deck-entered at \$8.00 each payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, August 4, 2010. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (**Receipt of entries will not be verified by phone or e-mail.**)

Make Checks payable to Southern California Swimming.

MAIL ENTRIES TO:

Jan Szuszkiewicz
23283 Sonnet Dr.
Moreno Valley, CA 92557

Email for team electronic entries only: ruszim@hotmail.com
Questions: SCS Office (800) 824-6206

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.

August 14-15, 2010

Saturday							
GIRLS	Max/Min	AGE			STROKE	Max/Min	BOYS
1	5:37.61/	13-14	BRW	500	yd Freestyle	5:27.81/	2
3	1:33.31/	7-10	BRW	100	yd Breaststroke	1:35.31/	4
5	1:21.11/	11-12	BRW	100	yd Breaststroke	1:22.21/	6
7	2:42.01/	15-up	BRW	200	yd Breaststroke	2:31.11/	8
9	2:43.51/	13-14	BRW	200	yd Breaststroke	2:38.11/	10
11	5:27.81/	15-up	BRW	500	yd Freestyle	5:06.81/	12
13	Deck Entered	11-12	BRW	400	yd Freestyle Relay	Deck Entered	14
15		13-14	BRW	400	yd Freestyle Relay		16
17		15-up	BRW	400	yd Freestyle Relay		18
19		7-10	BRW	50	yd Butterfly		35.81/
21	31.21/	11-12	BRW	50	yd Butterfly	31.41/	22
23	1:05.61/	13-14	BRW	100	yd Butterfly	1:02.51/	24
25	1:02.91/	15-up	BRW	100	yd Butterfly	56.41/	26
27	5:56.61/6:59.50	11-12	BR	500	yd Freestyle	6:02.61/7:05.30	28
29	2:52.91/	7-10	BRW	200	yd IM	2:50.91/	30
31	2:31.81/	11-12	BRW	200	yd IM	2:30.81/	32
33	2:22.71/	13-14	BRW	200	yd IM	2:17.31/	34
35	2:19.11/	15-up	BRW	200	yd IM	2:08.11/	36
37	Deck Entered	11-12	BRW	400	yd Medley Relay	Deck Entered	38
39		13-14	BRW	400	yd Medley Relay		40
41		15-up	BRW	400	yd Medley Relay		42
43	2:31.81/	7-10	BRW	200	yd Freestyle	2:31.31/	44
45	1:01.31/	11-12	BRW	100	yd Freestyle	1:01.71/	46
47	58.21/	13-14	BRW	100	yd Freestyle	55.41/	48
49	55.91/	15-up	BRW	100	yd Freestyle	51.11/	50
51	1:22.81/	7-10	BRW	100	yd Backstroke	1:22.61/	52
53	1:12.91/	11-12	BRW	100	yd Backstroke	1:13.51/	54
55	2:26.71/	13-14	BRW	200	yd Backstroke	2:23.61/	56
57	2:23.01/	15-up	BRW	200	yd Backstroke	2:14.81/	58
59	1:19.31/	7-10	BRW	100	yd IM	1:18.71/	60
61	1:09.51/	11-12	BRW	100	yd IM	1:10.31/	62
*****BREAK DETERMINED BY MEET REFEREE*****							
63*	19:55.31/22:57.70	13-14	BR	1650	yd Freestyle	19:36.81/22:35.80	64*
	19:39.51/22:18.40	15-up	BR	1650	yd Freestyle	18:45.11/21:32.00	

Sunday							
GIRLS	Max/Min	AGE			STROKE	Max/Min	BOYS
65	5:01.81	15-up	BRW	400	yd IM	4:44.21/	66
67*	26.61/	5-6		25	yd Backstroke	25.91/	68*
		7-8	W	25	yd Backstroke		
69	38.41/57.80	7-8	BR	50	yd Backstroke	38.31/56.30	70
71	38.41/	7-10	BRW	50	yd Backstroke	38.31/	72
73	33.81/	11-12	BRW	50	yd Backstroke	34.11/	74
75	1:07.91/	13-14	BRW	100	yd Backstroke	1:06.41/	76
77	1:06.41/	15-up	BRW	100	yd Backstroke	1:01.01/	78
79	1:09.91/	7-8	BRW	100	yd Freestyle	1:09.71	80
81	1:09.91/	7-10	BRW	100	yd Freestyle	1:09.71	82
83	2:13.11/	11-12	BRW	200	yd Freestyle	2:13.11/	84
85	2:05.91/	13-14	BRW	200	yd Freestyle	2:00.41/	86
87	2:01.31/	15-up	BRW	200	yd Freestyle	1:51.81/	88
89	Deck Entered	5-8	BRW	100	yd Medley Relay	Deck Entered	90
91		7-10	BRW	200	yd Medley Relay		92
93		11-12	BRW	200	yd Medley Relay		94
95		13-14	BRW	200	yd Medley Relay		96
97		15-up	BRW	200	yd Medley Relay		98
99*	25.61/	5-6		25	yd Butterfly	25.61/	100*
		7-8	W	25	yd Butterfly		
101	35.91/55.60	7-8	BR	50	yd Butterfly	35.81/56.40	102
103	1:25.31/	7-10	BRW	100	yd Butterfly	1:25.51/	104
105	1:10.71/	11-12	BRW	100	yd Butterfly	1:11.71/	106
107	2:32.41/	13-14	BRW	200	yd Butterfly	2:27.41/	108
109	2:25.01/	15-up	BRW	200	yd Butterfly	2:13.61/	110
111	1:19.31/	7-8	BRW	100	yd IM	1:18.71/	112
113	5:07.51/	13-14	BRW	400	yd IM	4:58.61/	114
115*	21.71/	5-6		25	yd Freestyle	21.11/	116*
		7-8	W	25	yd Freestyle		
117	31.71/48.60	7-8	BR	50	yd Freestyle	31.71/47.30	118
119	31.71/	7-10	BRW	50	yd Freestyle	31.71/	120
121	28.01/	11-12	BRW	50	yd Freestyle	28.01/	122
123	26.81/	13-14	BRW	50	yd Freestyle	25.41/	124
125	26.21/	15-up	BRW	50	yd Freestyle	23.61/	126
127*	28.81/	5-6		25	yd Breaststroke	28.01/	128*
		7-8	W	25	yd Breaststroke		
129	42.71/1:02.80	7-8	BR	50	yd Breaststroke	43.61/1:01.20	130
131	42.71/	7-10	BRW	50	yd Breaststroke	43.61/	132
133	37.11/	11-12	BRW	50	yd Breaststroke	37.81/	134
135	1:16.31/	13-14	BRW	100	yd Breaststroke	1:12.81/	136
137	1:14.31/	15-up	BRW	100	yd Breaststroke	1:08.51/	138
139	Deck Entered	5-8	BRW	100	yd Freestyle Relay	Deck Entered	140
141		7-10	BRW	200	yd Freestyle Relay		142
143		11-12	BRW	200	yd Freestyle Relay		144
145		13-14	BRW	200	yd Freestyle Relay		146
147		15-up	BRW	200	yd Freestyle Relay		148

** Swimmers must have own timers and lap counters for events 63, & 64

***Swimmers must have own lap counters for events 1-2, 11-12, & 27-28.

***7/8 year old swimmers may enter either 7-8 or 7-10 events, not any combination.

***5-8 relay may be comprised of swimmers in the 5-8 or 7-8 age groups

**Events 63-66,67-68,99-100,115-116,127-128 will be swum together and awarded and scored separately

***Swimmers may not swim a leg of a relay for which they have a JO time in that stroke and distance.