

**SENIOR DEVELOPMENT SHORT COURSE MEET**  
**Hosted by Conejo Simi Aquatics & Southern California Swimming**

<b>DATE OF MEET:</b>	October 24-25, 2009
<b>SANCTIONED BY:</b>	Southern California Swimming, USA Swimming
<b>STARTING TIME:</b>	9:00AM, Check-in/Warm-up at 7:30AM
<b>SANCTION #:</b>	<b>09-207</b>
<b>ENTRY DEADLINE:</b>	Postmarked by Tuesday, October 13, 2009 or hand delivered by Wednesday, October 14, 2009 5:00pm to Beverly Pierson (see address at bottom).
<b>LOCATION:</b>	Rancho Simi Community Pool, 1765 Royal Avenue, Simi Valley, CA. From East, 118 Freeway to Erringer Road, South to Royal Avenue, Right to pool. From West, 101 Freeway to 23 Freeway North, Right on Olsen Road, Right on Royal Avenue to pool.
<b>COURSE:</b>	Short Course--Pool is an outdoor 50m x 25y pool with 8 competition swimming lanes and 7 warm-up lanes. <b>Glass containers are not allowed in pool area!</b> The competition course has been certified in accordance with 104.2.2(C).
<b>WARM-UP:</b>	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2009 or 2010 USA Swimming coach. Warm up rules will be announced and enforced. No diving into the pool except for the sprint lanes as directed by the Meet Referee. Marshals will be designated to oversee the warm-up procedure and pool.
<b>CHECK-IN:</b>	Swimmers must check-in with the Clerk of Course for each they wish to swim. After an event has been officially closed, swimmers <u>MAY NOT CHECK IN OR SCRATCH</u> . Swimmers in the first 4 events each session must check-in at least 20 minutes prior to the start of the meet. Swimmers who check-in and fail to swim an event will be scratched from their next individual event.
<b>RULES:</b>	USA Swimming rules will govern. Current SCS meet procedures will be used and take precedence over any errors or omissions in this form. The Meet Referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.
<b>ELIGIBILITY:</b>	Open to athletes who are <b>2009 or 2010</b> USA Swimming registered in Southern California Swimming. Registration application must be received by <b>Monday prior to first day of meet</b> 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.
<b>CHANGE OF AFFILIATION:</b>	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer form and appropriate fee to the SCS Office. At the meet, a swimmer may only unattach (not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.
<b>SUBMITTED &amp; QUALIFYING TIMES</b>	Submit <b>ACTUAL</b> times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". 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. <b>NOTE: All entry times will be verified in advance through the USA SWIMS database.</b>
<b>SWIMWEAR:</b>	Swimsuits must conform to the USA Swimming policy in effect on the date of the meet. USA Swimming MAY adopt the 2010 FINA policy effective at a date earlier than January 1, 2010.
<b>DISTANCE EVENTS:</b>	The 1000 and 1650 will be swum fastest to slowest, alternating heats of women and men. 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.
<b>RELAYS:</b>	Relays will be deck-entered by coaches, and will be swum at the discretion of the meet referee based on the meet timeline. No relay-only swimmers are allowed. Relay fee is \$10/relay.
<b>ENTRY LIMIT:</b>	A swimmer may enter all events for which the time standard has been met and can be verified. A swimmer who meets the automatic time standard for any event is eligible to enter one bonus event. A swimmer is limited to <u>swimming</u> ONE bonus event. A swimmer can swim no more than 5 individual events per day.
<b>ENTRY PROCEDURE:</b>	Individual entry charge of <b>\$3.25 per entered event</b> plus <b>\$10.00 surcharge</b> must accompany each entry card. Electronic Club entry is encouraged. You may: 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. A check for the total amount must accompany each entry to the address below (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry. <b>NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.</b>
<b>ELECTRONIC ENTRY:</b>	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 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 hardcopy (this includes e-mail) ONLY. New swimmers accepted <b>SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE:</b> A replacement file for the team will NOT be processed. Deletions will NOT be refunded.
<b>CHECKS PAYABLE TO:</b>	SOUTHERN CALIFORNIA SWIMMING
<b>MAIL ENTRIES TO:</b>	CSA Sr Dev Meet c/o Lori Barthmuss, 4283 Via Rio, Newbury Park, CA 91320, hand deliver same.
<b>FOR FURTHER INFORMATION :</b>	<b>Entry questions:</b> Lori Barthmuss, 805-217-2192. E-mail: <a href="mailto:dlmhbart@aol.com">dlmhbart@aol.com</a> . <b>Receipt of entry will not be verified by phone or email. Recommend Postal Service Proof of Mailing.</b> <b>Do NOT use certified, registered or special delivery mail services.</b>

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**WOMEN**

**MEN**

**Saturday, October 24**

Event #	Automatic Time		Bonus Time		Stroke/Distance	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
<b>1</b>	2.04.69	2.21.69	2.07.59	2.25.09	<b>200 FREESTYLE</b>	1.54.29	2.11.39	1.56.99	2.14.49	<b>2</b>
<b>3</b>	4.50.09	5.27.99	4.57.19	5.35.99	<b>400 INDIV. MEDLEY</b>	4.26.79	5.08.49	4.33.39	5.15.99	<b>4</b>
<b>5</b>	2.19.29	2.35.79	2.22.59	2.39.49	<b>200 BUTTERFLY</b>	2.06.79	2.24.09	2.09.79	2.27.49	<b>6</b>
<b>7</b>	26.69	30.49	27.29	31.19	<b>50 FREESTYLE</b>	23.79	27.39	24.29	28.09	<b>8</b>
<b>9</b>	2.18.19	2.38.79	2.21.49	2.42.59	<b>200 BACKSTROKE</b>	2.05.69	2.26.49	2.08.69	2.29.99	<b>10</b>
<b>11</b>	1.12.69	2.23.19	1.14.39	2.25.19	<b>100 BREASTSTROKE</b>	1.05.09	1.15.59	1.06.69	1.17.39	<b>12</b>
<b>13</b>					<b>400 MEDLEY RELAY</b>					<b>14</b>
<b>15</b>	10.59.29	9.50.39	11.15.39	10.04.79	<b>1000 FREESTYLE</b>	10.26.29	9.22.79	10.41.59	9.36.49	<b>16</b>

**Sunday, October 25**

Event #	Automatic Time		Bonus Time		Stroke/Distance	Automatic Time		Bonus Time		Event #
	Yards	Meters	Yards	Meters		Yards	Meters	Yards	Meters	
<b>17</b>	2.20.29	2.40.59	2.23.69	2.44.39	<b>200 INDIV. MEDLEY</b>	2.07.69	2.28.39	2.10.79	2.31.89	<b>18</b>
<b>19</b>	57.89	1.05.79	59.29	1.07.29	<b>100 FREESTYLE</b>	51.89	1.00.09	53.09	1.01.49	<b>20</b>
<b>21</b>	1.03.59	1.11.59	1.05.09	1.13.39	<b>100 BUTTERFLY</b>	56.89	1.04.69	58.29	1.06.29	<b>22</b>
<b>23</b>	5.20.89	4.49.09	5.28.69	4.56.09	<b>500 FREESTYLE</b>	5.01.39	4.33.19	5.08.69	4.39.89	<b>24</b>
<b>25</b>	2.36.89	2.59.39	2.40.59	3.03.59	<b>200 BREASTSTROKE</b>	2.21.69	2.44.59	2.25.09	2.48.49	<b>26</b>
<b>27</b>	1.04.19	1.14.49	1.05.69	1.16.29	<b>100 BACKSTROKE</b>	57.79	1.07.69	59.19	1.09.29	<b>28</b>
<b>29</b>					<b>400 FREE RELAY</b>					<b>30</b>
<b>31</b>	18.24.49	18.48.59	18.51.39	19.16.09	<b>1650 FREESTYLE</b>	17.25.49	17.56.29	17.50.99	18.22.49	<b>32</b>