

Southern California Swimming

Q-Meet for Southern California Grand Prix

January 8-10, 2010 - Hosted by Beach Swim Club

Sanction #:10-010

Entries Received by: Tuesday, December 29, 2009

Format: Senior Championship competition,
Prelims, Consolation and Championship Final

Friday: 5:30 pm (warm-up 4:00 pm)

Prelims: 9:00 am (Prelim warm-up 7:30 am)

Finals: 5:00 pm (warm-up 3:30 pm)

Location: Belmont Plaza Olympic Pool located at the foot of Termino Avenue just south of Ocean Blvd. on the beach in Long Beach (Belmont Shores), CA. **Course:** Indoor, 8-lane, 50 meter pool with bulkhead dividing warm up lanes from deep water 25 yard competition course. Colorado Timing/Scoreboard used.

Eligibility: Open to all SCS and Out-of-District athletes who have a current 2010 USA Swimming registration. REGISTRATION APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2009 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed "on deck". 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. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.

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.

Submitted Times: Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARD, enter event with SHORT COURSE YARDS "Y". If Standard is achieved in LONG COURSE METERS enter event with LONG COURSE METERS 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 will be converted using Hy-Tek conversion for seeding purposes. Times must have been achieved on or after September 1, 2008 and must be verifiable (meets not in USA Swimming Times database are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Times will be verified using USAS SWIMS database. Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers and parents are reminded that this is a proof-of-time meet.

Bonus Events: A swimmer who has achieved one (1) or two (2) entry time standards may enter up to three (3) total events for the meet. A swimmer who has achieved three (3) or four (4) entry time standards may enter up to five (5) total events for the meet. Over five (5) must prove all events entered. The 1000, 1650, and 400 IM may only be entered with achievement of the entry time standards.

Entry: Electronic team entry is encouraged. For 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-S registration number.

Meet Referee: The Meet Referee will be in charge of the meet. All questions regarding the conduct of the meet should be made directly to that person.

Warm-up: Serious warm-up and warm-down only. Only USA Swimming members may enter warm-up area. NO DIVING unless from a designated one way sprint lane while under coach supervision.

Rules: 2010 USA Swimming Rules will govern. Current SCS meet procedures for Heats and Finals meets will be enforced (see 2009 Swim Guide). First two events on each day will close at 8:30 am. Consolation and Championship Final for all individual events; National Championship finals' procedures will apply. Fastest heat of 1650 free will swim in finals. 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.

Entry Fee: \$5.75 per individual event must accompany the entry card. \$12.00 surcharge per swimmer must accompany entry.

Electronic 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 (5 pm postmark would queue before a 10 pm 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 AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

Entries must be received by TUESDAY, December 29, 2009. NOT POSTMARKED!!

Make checks payable to: Southern California Swimming.

Mail to: Alina de Armas - Meet Processor
P.O. Box 63
Simi Valley, CA 93062

Hand deliver to:

Alina de Armas
2724 Loraine Place
Simi Valley, CA 93065

E-Mail Electronic Entries to: dearmas1@gmail.com

Hand delivered entries must be submitted by 8:00 pm on TUESDAY, DECEMBER 29, 2009.

Southern California Swimming
Q-meet for Southern California Grand Prix
Order of events
All Events Short Course Yards

Friday, January 8, 2010 Meet Starts: 5:30 pm. Warm-Up: 4:00 pm

WOMEN	MAX LC-Meters	MIN LC-Meters	MAX SC- Yards	MIN SC- Yards	EVENTS	MIN SC Yards	MAX SC Yards	MIN LC-Meters	MAX LC Meters	MEN
1	9:30.59	10:00.48	10:33.39	11:12.81	1000 Freestyle*	10:39.77	9:53.99	9:30.99	8:56.29	2

*1000 Free Will be swum fastest to slowest, alternating women and men

Saturday, January 9, 2010 Prelims start at 9:00 am Warm-ups 7:00 am Finals 5:00pm -Warm-up 3:30 pm

WOMEN	MAX LC-Meters	MIN LC-Meters	MAX SC- Yards	MIN SC- Yards	EVENTS	MIN SC Yards	MAX SC Yards	MIN LC-Meters	MAX LC Meters	MEN
3	2:10.09	2:19.12	1:55.79	2:02.45	200 Freestyle	1:53.24	1:46.29	2:08.90	2:01.49	4
5	5:17.99	5:32.52	4:40.79	4:53.80	400 Individual Medley	4:35.26	4:21.49	5:11.94	4:58.39	6
7	2:28.29	2:40.91	2:11.89	2:22.44	200 Butterfly	2:09.40	2:01.89	2:26.43	2:18.49	8
9	28.49	30.33	25.09	26.60	50 Freestyle	24.01	22.89	27.45	25.89	10
11	2:31.19	2:38.79	2:12.99	2:20.89	200 Backstroke	2:11.26	2:02.89	2:28.10	2:19.79	12
13	1:19.99	1:25.99	1:10.39	1:15.67	100 Breaststroke	1:08.01	1:03.29	1:17.49	1:12.39	14

Sunday, January 10, 2010 Prelims start at 9:00 am Warm-ups 7:00 am Finals 5:00pm -Warm-up 3:30 pm

WOMEN	MAX LC-Meters	MIN LC-Meters	MAX SC- Yards	MIN SC- Yards	EVENTS	MIN SC Yards	MAX SC Yards	MIN LC-Meters	MAX LC Meters	MEN
15	2:30.49	2:39.01	2:11.59	2:20.37	200 Individual Medley	2:08.57	2:00.59	2:25.91	2:17.19	16
17	1:00.69	1:05.14	54.09	57.24	100 Freestyle	51.44	49.09	58.70	55.19	18
19	1:07.89	1:12.64	59.89	1:04.18	100 Butterfly	58.37	53.79	1:06.19	1:00.99	20
21	4:37.89	4:51.96	5:08.19	5:27.13	500 Freestyle	5:05.49	4:48.99	4:32.65	4:20.19	22
23	2:51.49	3:05.10	2:30.89	2:43.15	200 Breaststroke	2:28.76	2:19.39	2:49.12	2:38.49	24
25	1:10.89	1:14.60	1:01.79	1:06.04	100 Backstroke	1:00.44	56.99	1:08.29	1:04.89	26
27	18:05.39	19:06.86	17:43.19	18:44.37	1650 Freestyle*	17:47.75	16:34.99	18:09.10	17:06.79	28

*1650 Freestyle will be swum faster to slowest, alternating women and men. The fastest heat will swim in finals.

NEW entries to the Southern California Grand Prix, achieved at the Q-Meet, MUST be turned into the Administrative Referee at the Q-Meet in order to qualify.