

Long Course Season Opener hosted by Buena Ventura Swim Club

March 6-7, 2010

SANCTIONED BY:	Southern California Swimming, USA Swimming
SANCTION #:	10-044
STARTING TIME:	A.M. Session: 9 a.m. (Check in/Warm-up at 7:30 a.m.) P.M. Session: Will not start prior to 12:00pm. Check-in/warm-up 45 min prior to start.
ENTRY DEADLINE:	Postmarked by Monday, Feb 22, 2010, or hand delivered by Wednesday, Feb 24, 5:00pm to the address below. No late entries will be accepted. Entries will be limited to meet the 4-hour rule. If length of sessions combined on either/both days is projected to be 4 hours or less, sessions will be combined (see event page).
LOCATION:	Ventura Community Park Aquatics Center, 901 S. Kimball Rd., Ventura. From 126 freeway, exit on S. Kimball Rd and go south.
COURSE:	Long Course – Pool is an outdoor 50mx25y pool with up to 7 competition swimming lanes. Glass containers are not allowed in pool area! No pets allowed in the pool area! The competition course has been certified in accordance with 104.2.2(C). Pool depth at start: 7 feet, at turn end: 14 feet.
WARM-UP:	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 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.
CHECK-IN:	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 4 events each session must check in at least 30 minutes prior to the start of the meet. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. Swimmers must swim in their actual age group as determined by age on the first day of the meet.
RULES:	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. To compete in OPEN events, a swimmer must be at least 11 years old and must meet the stated minimum time standard.
ELIGIBILITY:	Open to athletes who are 2010 USA Swimming registered in the Coastal section, or outside of the LSC. 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.

SWIMWEAR:	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. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.
SUBMITTED & QUALIFYING 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. "No Time" will be accepted for the White division. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PER DAY.
ENTRY PROCEDURE:	Submit one SCS consolidated entry card per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming registration number. You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry.
ELECTRONIC ENTRY POLICY:	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 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.
FEE:	\$3.25 per INDIVIDUAL EVENT , plus a \$7.50 surcharge PER SWIMMER. Relays are \$5.00 per relay. A check for the total amount must accompany each entry to the address below (not the swim office). RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. NO REFUNDS.
AWARDS:	Blue/Red/White Divisions: Ribbons for ages 12&under. Ribbons are awarded to 1-8 places (individual) and 1-3 places (relays). 10&under will be awarded as 8&under, 9-10.
CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
MAIL ENTRIES TO:	BUEN March Meet c/o Bev Pierson 935 Calle Collado Thousand Oaks, CA 91360
FOR INFO:	Bev Pierson (805) 376-3042 (beverly.pierson@gmail.com)

LONG COURSE SEASON OPENER

Sponsored by Buenaventura Swim Club

Mar 6-7, 2010

WOMEN		MIN. TIME STANDARD		EVENT	MIN. TIME STANDARD		MEN
#	AGE	METERS	YARDS		METERS	YARDS	
SATURDAY MAR 6, 9AM START; 7:30 warm-up							
1	11-12	BRW	BRW	100 FREESTYLE	BRW	BRW	2
3	10 & UN	BRW	BRW	100 FREESTYLE	BRW	BRW	4
5	11-12	BRW	BRW	100 BREASTSTROKE	BRW	BRW	6
7	10 & UN	2.02.40	1.49.10	100 BREASTSTROKE	2.03.10	1.49.70	8
9	11-12	BRW	BRW	50 BUTTERFLY	BRW	BRW	10
11	10 & UN	BRW	BRW	50 BUTTERFLY	BRW	BRW	12
13	11-12	BRW	BRW	50 BACKSTROKE	BRW	BRW	14
15	10 & UN	BRW	BRW	50 BACKSTROKE	BRW	BRW	16
17	11-12	BRW	BRW	200 IM	BRW	BRW	18
19	10 & UN	3.49.30	3.23.50	200 IM	3.50.40	3.24.50	20
21	11-12	Deck Entered		200 FREE RELAY	Deck Entered		22
23	10 & UN			200 FREE RELAY			24
25	11-12			400 MEDLEY RELAY			26
Break as determined by referee							
27	10 & UN	**3.02.70**	**2.42.00**	400 FREESTYLE	**3.02.40**	**2.41.80**	28
29	OPEN	5.47.30	6.24.60	400 FREESTYLE	5.46.60	6.29.80	30

SATURDAY MAR 6, no earlier than 12:00PM							
31	13-14	BRW	BRW	100 FREESTYLE	BRW	BRW	32
33	15 & UP	BRW	BRW	100 FREESTYLE	BRW	BRW	34
35	13-14	3.17.40	2.55.10	200 BUTTERFLY	3.08.90	2.47.30	36
35	15 & UP	3.13.00	2.50.90	200 BUTTERFLY	2.54.80	2.34.40	36
35	OPEN	3.05.70	2.43.20	200 BUTTERFLY	3.07.20	2.47.40	36
37	13-14	BRW	BRW	100 BREASTSTROKE	BRW	BRW	38
39	15 & UP	BRW	BRW	100 BREASTSTROKE	BRW	BRW	40
41	13-14	3.19.60	2.54.50	200 BACKSTROKE	3.09.20	2.45.10	42
41	15 & UP	3.12.70	2.56.70	200 BACKSTROKE	3.00.70	2.37.30	42
41	OPEN	3.09.20	2.46.20	200 BACKSTROKE	3.11.80	2.51.40	42
43	13-14	BRW	BRW	200 IM	BRW	BRW	44
45	15 & UP	BRW	BRW	200 IM	BRW	BRW	46
47	13-14	Deck Entered		200 FREE RELAY	Deck Entered		48
49	15&UP			200 FREE RELAY			50
51	13-14			400 MEDLEY RELAY			52
53	15&UP			400 MEDLEY RELAY			54
Break as determined by referee							
55	OPEN	22.11.60	21.32.10	1500 Freestyle	22.10.90	21.51.50	56

WOMEN		MIN. TIME STANDARD		EVENT	MIN. TIME STANDARD		MEN
#	AGE	METERS	YARDS		METERS	YARDS	
SUNDAY MAR 7, 9AM START; 7:30 warm-up							
57	11-12	BRW	BRW	200 FREESTYLE	BRW	BRW	58
59	10 & UN	3.19.30	2.56.80	200 FREESTYLE	3.19.00	2.56.50	60
61	11-12	BRW	BRW	50 BREASTSTROKE	BRW	BRW	62
63	10 & UN	BRW	BRW	50 BREASTSTROKE	BRW	BRW	64
65	11-12	BRW	BRW	50 FREESTYLE	BRW	BRW	66
67	10 & UN	BRW	BRW	50 FREESTYLE	BRW	BRW	68
69	11-12	BRW	BRW	100 BACKSTROKE	BRW	BRW	70
71	10 & UN	BRW	BRW	100 BACKSTROKE	BRW	BRW	72
73	11-12	BRW	BRW	100 BUTTERFLY	BRW	BRW	74
75	10 & UN	1.49.70	1.34.40	100 BUTTERFLY	1.49.80	1.34.80	76
77	11-12	Deck Entered		200 MEDLEY RELAY	Deck Entered		78
79	10 & UN			200 MEDLEY RELAY			80
81	11-12			400 FREE RELAY			82
Break as determined by referee							
83	OPEN	6.31.20	5.48.20	400 IM	6.32.30	5.48.90	84

SUNDAY MAR 7, no earlier than 12:00PM							
85	13-14	BRW	BRW	200 FREESTYLE	BRW	BRW	86
87	15 & UP	BRW	BRW	200 FREESTYLE	BRW	BRW	88
89	13-14	BRW	BRW	100 BUTTERFLY	BRW	BRW	90
91	15 & UP	BRW	BRW	100 BUTTERFLY	BRW	BRW	92
93	13-14	3.43.00	3.18.20	200 BREASTSTROKE	3.33.00	3.06.40	94
93	15 & UP	3.41.90	3.17.30	200 BREASTSTROKE	3.20.40	2.57.80	94
93	OPEN	3.31.00	3.08.80	200 BREASTSTROKE	3.31.20	3.09.00	94
95	13-14	BRW	BRW	100 BACKSTROKE	BRW	BRW	96
97	15 & UP	BRW	BRW	100 BACKSTROKE	BRW	BRW	98
99	13-14	BRW	BRW	50 FREESTYLE	BRW	BRW	100
101	15 & UP	BRW	BRW	50 FREESTYLE	BRW	BRW	102
103	13-14	Deck Entered		200 MEDLEY RELAY	Deck Entered		104
105	15 & UP			200 MEDLEY RELAY			106
107	13-14			400 FREE RELAY			108
109	15 & UP			400 FREE RELAY			110
Break as determined by referee							
111	OPEN	11.44.20	12.58.60	800 Freestyle	11.43.70	13.09.80	112

Relays will be swum, time permitting

The 400 IM, 400, 800 and 1500 freestyle will be swum fastest to slowest, alternating girls and boys

Swimmers in the 400 Free, 400 IM, 800 Free and 1500 Free must provide a timer for a minimum of 3 heats

Swimmers in the 800 and 1500 Free must supply their own lap counters

***** 10 & UNDER 400 FREE -- ENTER 200 FREE LONG COURSE TIME; MUST HAVE ACHIEVED A BLUE TIME STANDARD *****

If length of combined sessions is projected to be 4 hour or less, sessions will be combined as follows:

Saturday: 1-4,31-34,9-12,35-36,5-8,37-40,13-16,41-42,17-20,43-46,21-24,47-50,25-26,51-54,27-30,55-56

Sunday: 57-60,85-88,61-64,93-94,65-68,99-102,69-72,95-98,73-76,89-92,77-80,103-106,81-82,107-110,83-84,111-112