



South Gate Aquatics Club B/R/W Short Course Meet

Hosted by: South Gate Aquatics Club

Meet Date: September 25 - 26, 2010

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, SEPTEMBER 15, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

Meet starts 9:00 am Saturday and Sunday
Warm up times: 7:30 am Saturday and Sunday

PLEASE ENTER BEST RECORDED SHORT COURSE TIMES FROM THIS OR THE PRECEEDING SEASON

If you are unsure of time to submit review SUBMITTED TIME paragraph on reverse side.

You may swim a total of 4 individual events per day plus relays

Saturday - Morning Session – September 25, 2010						Sunday - Morning Session – September 26, 2010					
Girls	Min	Event	Age	Min	Boys	Girls	Min	Event	Age	Min	Boys
1		100 IM	10&UN		2	47	2:56.80	200 Free	10&UN	2:56.80	48
3		100 IM	8&UN		4	49		50 Fly	8&UN		50
5		100 Free	10&UN		6	51		100 Fly	10&UN		52
7		50 Back	8&UN		8	53		25 Breast	8&UN		54
9		100 Back	10&UN		10	55		100 Breast	10&UN		56
11		25 Back	8&UN		12	57		25 Fly	8&UN		58
13		50 Breast	10&UN		14	59		50 Back	10&UN		60
15		50 Breast	8&UN		16	61		50 Free	8&UN		62
17		50 Fly	10&UN		18	63		50 Free	10&UN		64
19		25 Free	8&UN		20	65	Deck	100 Free Relay	8&UN	Deck	66
21	Deck	200 Medley Relay	10&UN	Deck	22	67	Enter	200 Free Relay	10&UN	Enter	68
23	Enter	100 Medley Relay	8&UN	Enter	24						

AFTERNOON SESSION, BOTH DAYS, WILL NOT BEGIN BEFORE 12:00 PM OR 45 MINUTES AFTER THE CONCLUSION OF THE AM SESSION
AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING THE MORNING SESSION

Saturday - Afternoon Session						Sunday – Afternoon Session					
25		100 Free	13&UP		26	69		200 Free	11-12		70
27		100 Free	11-12		28	71		200 Free	13&UP		72
29		100 Back	13&UP		30	73		50 Back	11-12		74
31		100 Back	11-12		32	75		100 Breast	13&UP		76
33		200 Breast	13&UP		34	77		100 Breast	11-12		78
35		50 Breast	11-12		36	79		100 Fly	13&UP		80
37		200 Fly	13&UP		38	81		100 Fly	11-12		82
39		50 Fly	11-12		40	83		50 Free	13&UP		84
41	Deck	400 Medley Relay	13&UP	Deck	42	85		50 Free	11-12		86
43	Enter	200 Medley Relay	11-12	Enter	44	87	Deck	400 Free Relay	13&UP	Deck	88
*45	6:32.30	500 Free	13&UP	6:20.30	*46	89	Enter	200 Free Relay	11-12	Enter	90
*45	6:24.60	500 Free	Open	6:29.80	*46	*91	6:07.30	400 IM	13&UP	5:47.30	*92
						*91	5:48.20	400 IM	Open	5:48.90	*92

Relays will be swum time permitting.

13 and Over events will be awarded 13-14 and 15 and Over (Blue-Red-White).

*Events will be swum combined but awarded 11-12, 13-14 and 15 and over.

A swimmer must be at least 11 years old and meet the minimum time (Blue) standard to enter an OPEN event. Do not enter OPEN events with NT.

8 and under swimmers must choose to swim as 8 & under or 10 & under, not any combination thereof.

Swimmers in the 500 freestyle events must provide their own timers for 3 heats and must also provide their own lap counters. The 500 freestyle events will swim fastest to slowest, alternating girls and boys.

Event Recap (Saturday)

8 & UN	10 & UN	11-12	13 & UP	OPEN
100 IM	100 IM	100 FR	100 FR	500 FR
50 BK	100 FR	100 BK	100 BK	
25 BK	100 BK	50 BR	200 BR	
50 BR	50 BR	50 FL	200 FL	
25 FR	50 FL	200 Med Relay	400 Med Relay	
100 Med Relay	200 Med Relay		500 FR	

(Sunday)

8 & UN	10 & UN	11-12	13 & UP	OPEN
50 FL	200 FR	200 FR	200 FR	400 IM
25 BR	100 FL	50 BK	100 BR	
25 FL	100 BR	100 BR	100 FL	
50 FR	50 BK	100 FL	50 FR	
100 FR Relay	50 FR	50 FR	400 FR Relay	
	200 FR Relay	200 FR Relay	400 IM	



South Gate Aquatics Club B/R/W Short Course Meet
September 25 - 26, 2010
Hosted by: South Gate Aquatics Club

Sanctioned by: Southern California Swimming
Sanction No: 10-XXX

Warm Up: 7:30 am Saturday and Sunday
Meet start time: 9:00 am Saturday and Sunday

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, SEPTEMBER 15, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

DIRECTIONS: South Gate Swim Stadium, 9520 Hildreth Avenue, South Gate, CA. Directions: 710 Freeway to Imperial Highway, West on Imperial Highway to Atlantic Boulevard, right on Atlantic to Tweedy Boulevard, left on Tweedy to Hildreth, right on Hildreth to facility. Pool is adjacent to the Sports Complex. Please use Pool/Gymnasium entrance. Entrance will be marked. **Swimmers, coaches and spectators will not be allowed into pool area before 7:00 am.**

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.

COURSE: An indoor 50 meter by 25 yard pool with 8 competition lanes and 5 lanes for warm up/warm down. The lanes for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 13' 0" and pool depth at turn end is 13' 1".

MEET REFEREE AND WARM UP RULES: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. Swimmers warming up or down must be under direct supervision of a 2010 USA Swimming member coach. Practice starts, diving from the starting blocks or from the deck will be in designated sprint lanes only and under the direct supervision of a 2010 USA Swimming member coach. Sprint lanes are one way only. **WARM UP RULES WILL BE POSTED, ANNOUNCED AND ENFORCED.**

RULES: USA Swimming rules will govern. Current SCS meet procedures will be in effect and will take precedence over any errors/omissions on this entry form. See 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 a swimmer may not check in or scratch for that event. Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers in the first four (4) events of each session must check in 30 minutes prior to the start of the session. *You may swim four (4) individual events per day plus relays.* Swimmers may swim either 8 & UN or 10 & UN, but not both or any combination thereof. **If you enter more than four events, the first four will be entered, NO REFUNDS.** 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.

ELIGIBILITY: Open to Pacific Committee athletes who are 2010 USA Swimming registered. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide. Part One, III, B. In SCS age group meets, swimmers 18 and younger must prove birth dates prior to competition.

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 AFFILIATIONS: Before the meet, a swimmer may change his/her 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 or re-attach at a meet.

SUBMITTED TIMES: Times submitted must be the *best recorded short course times* from this or the preceding swim season. **Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times may lead to disciplinary action.**

AWARDS: Blue Division – Ribbons 1st through 8th / Red Division – Ribbons 1st through 8th / White Division – Ribbons 1st through 8th
Relays – Ribbons 1st through 3rd places.
Open events will not be awarded / 13 and Over events will be awarded 13-14 and 15 and Over (Blue-Red-White)

SNACK BAR: A full service snack bar will be available all day.

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ELECTRONIC E-MAIL ENTRY PROCEDURE: ELECTRONIC E-MAIL 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 received. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the meet 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 ANY ENTRY FILE:** A replacement file for the team will NOT be processed. Deletions will NOT be refunded. **This policy will be strictly enforced as of February 1, 2010** Email address for electronic entries - xpgarcia@cox.net

Entry Fees: An entry fee of \$3.25 for each event and surcharge of \$7.00 per swimmer must be received with entry card. \$5.00 per relay team is due when the relay is entered on deck. Per SCS policy there will be a service charge for all returned checks. Entries received without fees will not be accepted.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Patty Garcia
2046 Azure Cove Unit 2
Chula Vista, CA 91915

Hand Delivery: Patty Garcia
10105 Pinehurst Avenue #C
South Gate, California 90280

For Information contact:

Rogelio Garcia – 323 697-1830 or Patty Garcia - 323-337-6644 xpgarcia@cox.net

IF YOU NEED ENTRY CONFIRMATION – PLEASE SEND A SELF ADDRESSED STAMPED REPLY ENVELOPE OR POSTCARD – RECEIPT OF ENTRY WILL NOT BE VERIFIED BY PHONE.

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