

The Claremont Club B/R/W LC Meet

Sanctioned by: Southern California Swimming
Sponsored By: The Claremont Club & Eastern Committee
Date of Meet: March 27-28, 2010
Warm-up 7:30 am Sat. and Sun.

Sanction No. 10-047
Entries Due: March 16, 2010
Hand Delivered: 6 pm, March 17, 2010
Start of Meet: 9:00 am Sat. and Sun.

POOL: The Claremont Club, located at 1777 Monte Vista Ave. Claremont, CA 91711. Take Interstate 10 East or West to the Monte Vista exit. Follow Monte Vista North. At Claremont Blvd. turn left. Or take Interstate 210 East or West to Baseline Rd exit. Go West to Monte Vista and turn left. At Claremont Blvd, turn right. Turn right into The Claremont Club parking lot. The 50 meter by 25 yard pool is directly ahead. There will be warm-up/warm-down lanes available throughout the meet.

COURSE: 25 yd X 50 M pool. Competition pool is 7 lanes with 1 warm-up/warm-down lane. The competition course has been certified in accordance with 104.2.2(C). Pool Depth Measurements at Start End Lane 4'6". Turn End Lane 4'6".

WARM-UP: Warm-up will be under the supervision of USA Swimming coaches and marshals. Warm-up will begin at 7:30 a.m. Practice starts will be allowed only in designated sprint lanes (one-way only). Sprint Lanes not to begin before 8:25 am. Warm-up and cool down lane will be open during the meet.

MEET REFEREE: shall 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 7 years old on March 27, 2010 to enter this meet. **This meet will limit entries to meet the "4 Hour" rule for each session.** Timers must be provided by each team. Swimmers competing in the 400 Free, 1500 Free and 400 IM must provide their own timers (and lap counters for the 1500). 7-8 swimmers may enter 7-8 or 10 & under events, but not a combination. **Swimmer 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.

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.

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 6th place Red Division: Ribbons 1st - 6th place
White Division: Ribbons 1st - 6th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$3.00 for each individual event along with a \$6.00 surcharge **per swimmer must accompany each individual entry card.** NO REFUNDS. Returned checks may incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .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 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.** Relays will be deck-entered at \$5.00 each, payable on entry.

ENTRIES CLOSE: Entries must be postmarked by midnight on the due date (March 16, 2010). Entries will be accepted, IF THE MEET IS NOT CLOSED, if hand delivered to the address below by 6:00 pm, March 17, 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
TCC Swim Office (909) 625-6791 (ext.) 249
Questions: SCS Office (800) 824-6206

A GREAT SNACK BAR WILL BE AVAILABLE!

**TCC BR/W LC Meet
March 27-28, 2010**

Saturday							
GIRLS	MIN	AGE			STROKE	MIN	BOYS
1	3:26.50	11-12	BR	200	m	Backstroke	
2	1:10.30	7-8	BR	50	m	Breaststroke	1:08.50 3
4	50.20	11-12	BR	50	m	Breaststroke	
5	56.00	10-un	BR	50	m	Breaststroke	56.00 6
7	38.00	11-12	BR	50	m	Freestyle	
8	54.70	7-8	BR	50	m	Freestyle	53.30 9
10	41.90	10-un	BR	50	m	Freestyle	41.50 11
12	3:25.00	11-12	BR	200	m	IM	
13	3:49.30	10-un	BR	200	m	IM	3:50.40 14
15	Deck	11-12	BR	200	m	Medley Relay	Deck
16	Entered	7-8	BR	200	m	Medley Relay	Entered
18		10-un	BR	200	m	Medley Relay	19
20	3:50.20	11-12	BR	200	m	Breaststroke	
21	1:49.70	10-un	BR	100	m	Butterfly	1:49.80 22
23	1:35.30	11-12	BR	100	m	Butterfly	
24	1:05.30	7-8	BR	50	m	Backstroke	1:03.80 25
26	45.40	11-12	BR	50	m	Backstroke	
27	50.60	10-un	BR	50	m	Backstroke	50.50 28
29	6:18.80	11-12	BR	400	m	Freestyle	
*****30 MINUTE BREAK, NO EARLIER THAN 12:00 START*****							
		11-12	BR	200	m	Backstroke	3:29.40 30
31		13-14	BRW	200	m	Backstroke	32
		11-12	BR	50	m	Breaststroke	49.80 33
34		15-up	BRW	200	m	Backstroke	35
		11-12	BR	50	m	Freestyle	37.60 36
37		13-14	BRW	50	m	Freestyle	38
39		15-up	BRW	50	m	Freestyle	40
		11-12	BR	50	m	Backstroke	45.80 41
42	Deck	13-14	BRW	200	m	Medley Relay	Deck
44	Entered	15-up	BRW	200	m	Medley Relay	Entered
		11-12	BR	200	m	Medley Relay	46
47		13-14	BRW	200	m	IM	48
		11-12	BR	200	m	IM	3:25.30 49
50		15-up	BRW	200	m	IM	51
52		13-14	BRW	200	m	Breaststroke	53
		11-12	BR	200	m	Breaststroke	3:50.40 54
55		15-up	BRW	200	m	Breaststroke	56
		11-12	BR	100	m	Butterfly	1:36.10 57
58		13-14	BRW	100	m	Butterfly	59
60		15-up	BRW	100	m	Butterfly	61
*****BREAK DETERMINED BY MEET REFEREE*****							
		11-12	BR	400	m	Freestyle	6:18.10 62
63*		13-14	BRW	400	m	Freestyle	64*
63*		15-up	BRW	400	m	Freestyle	64*

Sunday							
GIRLS	MIN	AGE			STROKE	MIN	BOYS
65	6:31.20	11-12	B	400	m	IM	
66	2:02.40	10-un	BR	100	m	Breaststroke	2:03.10 67
68	1:49.10	11-12	BR	100	m	Breaststroke	
69	1:02.40	7-8	BR	50	m	Butterfly	1:03.20 70
71	41.90	11-12	BR	50	m	Butterfly	
72	47.20	10-un	BR	50	m	Butterfly	47.00 73
74	1:37.60	11-12	BR	100	m	Backstroke	
75	1:50.30	10-un	BR	100	m	Backstroke	1:50.50 76
77	Deck	7-8	BRW	200	m	Free Relay	Deck
79	Entered	11-12	BRW	200	m	Free Relay	Entered
80		10-un	BRW	200	m	Free Relay	81
82	2:57.70	11-12	BR	200	m	Freestyle	
83	3:19.30	10-un	BR	200	m	Freestyle	3:19.00 84
85	3:22.60	11-12	BR	200	m	Butterfly	
86	1:59.20	7-8	BR	100	m	Freestyle	1:54.60 87
88	1:22.40	11-12	BR	100	m	Freestyle	
89	1:32.00	10-un	BR	100	m	Freestyle	1:31.60 90
*****BREAK DETERMINED BY MEET REFEREE*****							
91	22:11.60	Open		1500	m	Freestyle	22:10.90 92
*****30 MINUTE BREAK, NO EARLIER THAN 12:00 START*****							
		11-12	BR	200	m	Freestyle	2:58.40 93
94		13-14	BRW	200	m	Freestyle	95
		11-12	BR	50	m	Butterfly	42.70 96
97		15-up	BRW	200	m	Freestyle	98
		11-12	BR	100	m	Backstroke	1:39.00 99
100		13-14	BRW	100	m	Backstroke	101
102		15-up	BRW	100	m	Backstroke	103
		11-12	BR	100	m	Breaststroke	1:49.20 104
105		13-14	BRW	100	m	Breaststroke	106
107		15-up	BRW	100	m	Breaststroke	108
		11-12	BR	200	m	Free Relay	Deck
110	Entered	13-14	BRW	200	m	Free Relay	Entered
112		15-up	BRW	200	m	Free Relay	113
		11-12	BR	200	m	Butterfly	3:24.20 114
115		13-14	BRW	200	m	Butterfly	116
117		15-up	BRW	200	m	Butterfly	118
		11-12	BR	100	m	Freestyle	1:22.00 119
120		13-14	BRW	100	m	Freestyle	121
122		15-up	BRW	100	m	Freestyle	123
*****BREAK DETERMINED BY MEET REFEREE*****							
		11-12	B	400	m	IM	6:32.30 124
125*		13-14	BRW	400	m	IM	126*
125*		15-up	BRW	400	m	IM	126*

** Swimmers must have own timers (and lap counters for the 1500) for events 29, 62-64, 91-92, 124-126

**7/8 year old swimmers may enter either 7-8 or 10-un events but not any combination of age groups

**relays swum time permitting

**Events 63-64, 125-126 will be swum together and awarded separately

**Swimmers must be at least 11 years old to compete in an open event