

**CONEJO SIMI AQUATICS, APRIL LONG COURSE OPENER, 2008**

<b>DATE OF MEET:</b>	Saturday and Sunday, April 12-13, 2008
<b>SANCTIONED BY:</b>	Southern California Swimming, USA Swimming
<b>SANCTION #:</b>	08-061
<b>STARTING TIME:</b>	<b>A.M. Session:</b> 9 a.m. (Check in/Warm-up at 7:30 a.m.) <b>P.M. Session:</b> Will not start prior to 12:00pm. Check-in/warm-up 45 min prior to start.
<b>ENTRY DEADLINE:</b>	Postmarked by Monday, March 31, 2008 or hand delivered by Wednesday, April 2, 5:00pm. <b>No late entries will be accepted.</b> Entries will be limited to meet the 4-hour rule. Entries post marked by March 31st, 2008, take priority over hand delivered entries received April 2nd 2008.
<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>	Long Course – Pool is an outdoor 50m x 25y pool with 8 lanes, 7 lanes will be used for competition. One lane will be used for warm up/warm down. <b>Glass containers are not allowed in pool area! No pets allowed in the pool area!</b>
<b>WARM-UP:</b>	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2007 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 event they wish to swim. After an event has been officially closed, swimmers <b>MAY NOT CHECK IN OR SCRATCH.</b> 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. Swimmers must swim in their actual age group as determined by age on the first day of the meet. Block seeding will be used.
<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>OPEN EVENTS:</b>	Swimmers must be at least 11 years old, and have previously achieved the minimum time standard for the event in a meet.
<b>SWIMWEAR:</b>	The swimsuits worn in SCS age group events shall conform to USA Swimming Rule 102.9 and shall not extend past the top of the shoulder (armorial process) nor further down the leg than the top of the knee (patella).
<b>ELIGIBILITY:</b>	Open to Coastal Section and Out of District swimmers (priority will be given to Coastal swimmers if limiting entries is required). Registration application must be received by meet host or SCS office prior to the first day of the meet. <b>REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM.</b> There are substantial penalties to swimmer and Club (see SCS Swim Guide, Part One, III, B) if registration is completed at meet.
<b>CLUB TRANSFER FORM:</b>	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the Swim 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 your best recorded LONG course meter times from this or preceding swim season (not practice or estimated times). Do not submit NT (no time) or ET (estimated time) except for White division entries. If a swimmer does not have a recorded time but is otherwise qualified, swimmer may enter at minimum (see Swim Guide for exceptions). Please make sure your entry times are correct. We reserve the right to refuse to make adjustments the day of the meet. <b>No updated times are accepted after entry deadline.</b>
<b>ENTRY PROCEDURE:</b>	Submit one SCS consolidated white entry card per swimmer to enter this meet. Cards must be filled out completely, including the entire USA Swimming registration number. You should enclose a self addressed stamped envelope or postcard to confirm receipt of your entry. <b>SWIMMERS ARE LIMITED TO FOUR (4) INDIVIDUAL EVENTS PER DAY.</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 it will be dated as official at that time (5pm postmark would queue before a 10pm electronic). Full payment (a 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 or updated times) will be processed when received by the processor by the entry deadline. Added event (entered swimmers) may be submitted by hard copy only (this included e-mail). New swimmers accepted SPACE AVAILABLE. <b>DO NOT RESEND AN ENTRY FILE:</b> a replacement file for the team will not be processed. Deletions will NOT be refunded
<b>FEE:</b>	2.75 per INDIVIDUAL EVENT plus a \$5.50 surcharge PER SWIMMER. 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>AWARDS:</b>	Red White & Blue Divisions: Ribbons 1 <sup>st</sup> thru 8 <sup>th</sup> places for swimmers 12 and under. 8 & under and 9-10 will be awarded separately.
<b>CHECKS PAYABLE TO:</b>	<b>SOUTHERN CALIFORNIA SWIMMING</b>
<b>MAIL ENTRIES TO:</b>	<b>CSA APRIL LC OPEN c/o Lori Barthmuss, 4283 Via Rio, Newbury Park, CA 91320. Tel 805-217-2192.</b> <b>Email: <a href="mailto:dmlhbart@aol.com">dmlhbart@aol.com</a></b> <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>
<b>FOOD:</b>	A snack bar will be available.
<b>LANE ASSIGNMENTS:</b>	Clubs will be assigned lanes for timing.
<b>FOR FURTHER INFORMATION:</b>	<a href="http://www.csaswim.com/">http://www.csaswim.com/</a> or Michael A. Mills , b2stealth@sbcglobal.net

**Conejo Simi Aquatics**  
 April LC Opener  
 April 12-13, 2008

SATURDAY, APRIL 12, 9:00 am, warmup 7:30 am						
GIRLS		TIME		TIME		BOYS
EVENT #	AGE	STAND	EVENT	STAND	AGE	EVENT #
1	11-12	BRW	200 FREESTYLE	BRW	11-12	2
3	10 & UN	3.19.30	200 FREESTYLE	3.19.00	10 & UN	4
5	11-12	BRW	100 BACKSTROKE	BRW	11-12	6
7	10 & UN	BRW	100 BACKSTROKE	BRW	10 & UN	8
9	11-12	BRW	100 BREASTSTROKE	BRW	11-12	10
11	10 & UN	2.02.40	100 BREASTSTROKE	2.03.10	10 & UN	12
13	11-12	BRW	50 BUTTERFLY	BRW	11-12	14
15	10 & UN	BRW	50 BUTTERFLY	BRW	10 & UN	16
17	11-12	BRW	50 FREESTYLE	BRW	11-12	18
19	10 & UN	BRW	50 FREESTYLE	BRW	10 & UN	20
Break as determined by referee						
21	OPEN	6:31.20	400 IM	6:32.30	OPEN	22

SUNDAY, APRIL 13, 9:00 am, warmup 7:30 am						
GIRLS		TIME		TIME		BOYS
EVENT #	AGE	STAND	EVENT	STAND	AGE	EVENT #
43	11-12	BRW	100 FREESTYLE	BRW	11-12	44
45	10 & UN	BRW	100 FREESTYLE	BRW	10 & UN	46
47	11-12	BRW	200 IM	BRW	11-12	48
49	10 & UN	3.49.30	200 IM	3.50.40	10 & UN	50
51	11-12	BRW	50 BREASTSTROKE	BRW	11-12	52
53	10 & UN	BRW	50 BREASTSTROKE	BRW	10 & UN	54
55	11-12	BRW	50 BACKSTROKE	BRW	11-12	56
57	10 & UN	BRW	50 BACKSTROKE	BRW	10 & UN	58
59	11-12	BRW	100 BUTTERFLY	BRW	11-12	60
61	10 & UN	1.49.70	100 BUTTERFLY	1.49.80	10 & UN	62
Break as determined by referee						
63	10 & UN	*3.02.70*	400 FREESTYLE	*3.02.40*	10 & UN	64
65	OPEN	5:47.30	400 FREESTYLE	5:46.60	OPEN	66

SATURDAY, APRIL 12						
No earlier than 12 noon, warm up 45 min before						
GIRLS		TIME		TIME		BOYS
EVENT #	AGE	STAND	EVENT	STAND	AGE	EVENT #
23	13-14	BRW	200 FREESTYLE	BRW	13-14	24
25	15 & OV	BRW	200 FREESTYLE	BRW	15 & OV	26
27	13-14	BRW	100 BACKSTROKE	BRW	13-14	28
29	15 & OV	BRW	100 BACKSTROKE	BRW	15 & OV	30
31	13-14	BRW	100 BUTTERFLY	BRW	13-14	32
33	15 & OV	BRW	100 BUTTERFLY	BRW	15 & OV	34
35	13-14	3.43.00	200 BREASTSTROKE	3.31.00	13-14	36
35	15 & UP	3.41.90	200 BREASTSTROKE	3.33.00	15 & UP	36
35	OPEN	3.31.00	200 BREASTSTROKE	3.31.20	OPEN	36
37	13-14	BRW	50 FREESTYLE	BRW	13-14	38
39	15 & OV	BRW	50 FREESTYLE	BRW	15 & OV	40
Break as determined by referee						
41	OPEN	11:44.20	800 FREESTYLE	11:43.70	OPEN	42

SUNDAY, APRIL 13						
No earlier than 12 noon, warm up 45 min before						
GIRLS		TIME		TIME		BOYS
EVENT #	AGE	STAND	EVENT	STAND	AGE	EVENT #
67	13-14	BRW	100 FREESTYLE	BRW	13-14	68
69	15 & OV	BRW	100 FREESTYLE	BRW	15 & OV	70
71	13-14	BRW	200 IM	BRW	13-14	72
73	15 & OV	BRW	200 IM	BRW	15 & OV	74
75	13-14	3.17.40	200 BUTTERFLY	3.08.9	13-14	76
75	15 & UP	3.13.00	200 BUTTERFLY	2.54.80	15 & UP	76
75	OPEN	3.05.70	200 BUTTERFLY	3.07.20	OPEN	76
77	13-14	BRW	100 BREASTSTROKE	BRW	13-14	78
79	15 & OV	BRW	100 BREASTSTROKE	BRW	15 & OV	80
81	13-14	3.19.60	200 BACKSTROKE	3.09.20	13-14	82
81	15 & UP	3.12.70	200 BACKSTROKE	3.00.70	15 & UP	82
81	OPEN	3.09.20	200 BACKSTROKE	3.11.80	OPEN	82
Break as determined by referee						
83	OPEN	22:11.60	1500 FREESTYLE	22:10.90	OPEN	84

Swimmers are limited to 4 events per day.

ENTRIES WILL BE LIMITED TO MEET THE PROJECTED 4-HOUR TIME LINE

\*\*10 & Under 400 Free -- Enter 200 Free Long Course Time; Must Have Achieved A Blue Time Standard\*\*

Swimmers in distance events must provide their own counters.

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

Swimmers in the 400 IM, 400, 800 & 1500 Free must provide their own timers.

**Be sure to enter LONG COURSE times!**