

# SANTA BARBARA SWIM CLUB – OCTOBER SHORT COURSE SPRINT PENTATHLON/IMX CHALLENGE SWIM MEET

<b>DATE OF MEET:</b>	Saturday and Sunday, October 17-18, 2009
<b>SANCTIONED BY:</b>	Southern California Swimming, USA Swimming
<b>STARTING TIME:</b>	<b>A.M. SESSION:</b> Saturday/Sunday: 9 a.m. (Check-in/Warm-up at 7:30 a.m.) <b>P.M. SESSION:</b> Will not start prior to 12:00 p.m. Warm-up 45 minutes prior to start
<b>SANCTION #:</b>	<b>09-208</b>
<b>ENTRY DEADLINE:</b>	Postmarked by Monday, October 5, or hand delivered by Wednesday, October 7, 2009 5:00pm to Beverly Pierson (see address at bottom). Entries will be limited to meet the 4-hour rule. Please mail early.
<b>LOCATION:</b>	Carpinteria Community Pool, 5305 Carpinteria Ave, Carpinteria. Exit Hwy 101 at Casitas Pass Rd, turn South and go to the end of the road. Turn right onto Carpinteria Ave, the pool is on the left at the corner of Carpinteria and Palm Ave. The competition course has been certified in accordance with 104.2.2(C).
<b>COURSE:</b>	Short Course--Pool is an OUTDOOR 25 yard pool with 8 competition lanes, and an additional 2 warm-up lanes <b>Glass containers are not allowed in pool area! Food/beverages not allowed on pool deck.</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 2009 or 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.
<b>CHECK-IN:</b>	Swimmers must check-in with the Clerk of Course for each they wish to swim. After an event has been officially closed, swimmers <u>MAY NOT CHECK IN OR SCRATCH</u> . 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.
<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. <u>The 400 IM and 500 Freestyle will be run fastest to slowest, alternating girls and boys.</u>
<b>SWIMWEAR:</b>	Swimsuits worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process [a triangular projection of the scapula]), and shall not extend further down each leg than the top of the kneecap (patella). Swimsuits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post-manufacturing logos and decorations. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.
<b>ELIGIBILITY:</b>	Open to athletes who are <b>2009 or 2010</b> USA Swimming registered in the Coastal Committee of Southern California Swimming, or registered outside of Southern California Swimming. Registration application must be received by <b>Monday prior to first day of meet</b> 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.
<b>CHANGE OF AFFILIATION:</b>	Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and appropriate fee to the SCS 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>	Times submitted must be <b>BEST RECORDED TIMES</b> short course or long course from this or preceding swim season ( <b>NO WORK OUT TIMES</b> ). 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. <b>No updated times accepted after entry deadline.</b>
<b>ENTRY PROCEDURE:</b>	Submit one SCS consolidated entry card per swimmer to enter this meet. Card must be filled out completely including entire USA Swimming registration number. <b>SWIMMERS ARE LIMITED TO 4 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 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 entr. 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 hardcopy (this includes e-mail) ONLY. New swimmers accepted <b>SPACE AVAILABLE. 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>	<b>\$2.75</b> per INDIVIDUAL EVENT plus a \$5.50 surcharge PER SWIMMER. Relays are \$5.00, and are deck-entered. A check for the total amount must accompany each entry to the address below ( <b>NOT THE SWIM OFFICE</b> ). 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/SCORING:</b>	Ribbons for the Sprint Pentathlon will be given to the 8 male and female swimmers with the lowest cumulative times for 8&under, 9, 10, 11, 12, 13, 14, 15, 16 17&up. Ribbons for the IMX will be given to the 8 male and female swimmers with the highest IMX scores for 11,12,13,14,15,16,17&up. Swimmers must compete in, swim and finish in all required Pentathlon or IMX events to be eligible for the awards. Team relays will be divided into two divisions for scoring based on the total age of the swimmers on the relay. Team relay awards for top 1 <sup>st</sup> -3 <sup>rd</sup> place teams across divisions. Relay scoring: 20,16,14,12,10,8.
<b>CHECKS PAYABLE TO:</b>	SOUTHERN CALIFORNIA SWIMMING
<b>MAIL ENTRIES TO:</b>	SBSC October c/o Beverly Pierson, 935 Calle Collado, Thousand Oaks, CA 91360, hand deliver same.
<b>FOR FURTHER INFORMATION :</b>	<b>Entry questions:</b> Beverly Pierson 805-376-3042. E-mail: <a href="mailto:Beverly.pierson@gmail.com">Beverly.pierson@gmail.com</a> . <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>

# SBSC October Short Course Sprint Pentathlon/IMX Challenge Meet

## Oct 17-18, 2009

AGE	WOMEN		TIME STANDARDS		EVENT	TIME STANDARDS		MEN
	#		YARDS	METERS		YARDS	METERS	
<b>SATURDAY OCT 17, 9AM START; 7:30 warm-up</b>								
11-12	1		BRW	BRW	100 BACKSTROKE	BRW	BRW	2
8&UN	3		BRW	BRW	25 BACKSTROKE	BRW	BRW	4
9-10	5		BRW	BRW	50 BACKSTROKE	BRW	BRW	6
11-12	7		BRW	BRW	50 BACKSTROKE	BRW	BRW	8
11-12	9		BRW	BRW	100 BUTTERFLY	BRW	BRW	10
8 & UN	11		BRW	BRW	25 BUTTERFLY	BRW	BRW	12
9-10	13		BRW	BRW	50 BUTTERFLY	BRW	BRW	14
11-12	15		BRW	BRW	50 BUTTERFLY	BRW	BRW	16
8 & UN	17		BRW	BRW	25 FREESTYLE	BRW	BRW	18
11-12	19		6:59.50	6:18.80	500 FREESTYLE	7:05.30	6:18.10	20
8&UP	21	Deck	Deck		200 MEDLEY RELAY	Deck	Deck	22
8&UP	23	Entered	Entered		400 FREE RELAY	Entered	Entered	24
<b>SATURDAY OCT 17, no earlier than 12:00PM</b>								
13&UP	25		BRW	BRW	200 IM	BRW	BRW	26
13&UP	27		BRW	BRW	50 FREESTYLE	BRW	BRW	28
13&UP	29		BRW	BRW	200 BUTTERFLY	BRW	BRW	30
13&UP	31	*	*	*	50 BUTTERFLY	*	*	32
13-14	33		6:32.30	5:55.80	500 FREESTYLE	6:20.30	5:44.30	34
15&up	33		6:29.90	5:47.60	500 FREESTYLE	6:05.30	5:26.40	34

AGE	WOMEN		TIME STANDARDS		EVENT	TIME STANDARDS		MEN
	#		YARDS	METERS		YARDS	METERS	
<b>SUNDAY OCT 18, 9AM START; 7:30 warm-up</b>								
11-12	35		BRW	BRW	50 FREESTYLE	BRW	BRW	
8 & UN	37		BRW	BRW	50 FREESTYLE	BRW	BRW	
9-10	39		BRW	BRW	50 FREESTYLE	BRW	BRW	
11-12	41		BRW	BRW	100 BREASTSTROKE	BRW	BRW	
11-12	43		BRW	BRW	50 BREASTSTROKE	BRW	BRW	
9-10	45		BRW	BRW	50 BREASTSTROKE	BRW	BRW	
8&UN	47		BRW	BRW	25 BREASTSTROKE	BRW	BRW	
11-12	49		BRW	BRW	200 IM	BRW	BRW	
11-12	51		BRW	BRW	100 IM	BRW	BRW	
9-10	53		BRW	BRW	100 IM	BRW	BRW	
8&UP	55	Deck	Deck		200 FREE RELAY	Deck	Deck	
8&UP	57	Entered	Entered		400 MEDLEY RELAY	Entered	Entered	
<b>SUNDAY OCT 18, no earlier than 12:00PM</b>								
13&UP	59	*	*	*	50 BACKSTROKE	*	*	
13&UP	61	BRW	BRW		200 BACKSTROKE	BRW	BRW	
13&UP	63	*	*	*	50 BREASTSTROKE	*	*	
13&UP	65	BRW	BRW		200 BREASTSTROKE	BRW	BRW	
13&UP	67	BRW	BRW		100 IM	BRW	BRW	
13-14	69		6:07.30	6:55.10	400 IM	5:47.30	6:33.00	
15&up	69		5:51.50	6:37.70	400 IM	5:28.80	6:12.80	

\*Enter best short course 100 yard time

400IM and 500 freestyle will be swum fastest to slowest, alternating girls and boys. Swimmers must provide their own timers for these events

Swimmers must provide their own lap counters for the 500 free.

### Pentathlon/IMX Events(for awards):

- 8&under Sprint Pentathlon:** 25 back, 25 fly, 25 free, 50 free, 25 breast (Events 3/4, ,11/12, 17/18, 37/38, 47/48)
- 9-10 Sprint Pentathlon:** 50 back, 50 fly, 10 free, 50 breast, 100 IM (Events 5/6, 13/14, 39/40, 45/46, 53/54)
- 11-12 Sprint Pentathlon:** 50 back, 50 fly, 50 free, 50 breast, 100 IM (Events 7/8, 15/16, 35/36, 43/44, 51/52)
- 13&Up Sprint Pentathlon:** 50 free, 50 fly, 50 back, 50 breast, 100 IM (Events 27/28, 31/32, 59/60, 63/64, 67/68)
- 11-12 IMX:** 100 back, 100 fly, 500 free, 100 breast, 200 IM (Events 1/2, 9/10, 19/20, 41/42, 49/50)
- 13&up IMX:** 200IM, 200 fly, 500 free, 200 back, 200 breast, 400 IM (Events 25/26, 29/30, 33/34, 61/62, 65/66, 69/70)

**Swimmers must sign up for either the sprint pentathlon event set or the IMX event set for their age group; they may optionally select additional events to swim.**

**Swimmers must compete in, swim and finish in all required Pentathlon or IMX events to be eligible for the awards**

**Sprint Pentathlon ribbons will be given to 8 male and female swimmers with the lowest cumulative times for 8&un, 9, 10, 11, 12, 13, 14, 15, 16, 17&up**

**IMX ribbons will be given to 8 male and female swimmers with the highest IMX scores for 11, 12, 13, 14, 15, 16, 17&up**

**Team relays will be divided into two divisions for scoring based on the total age of the swimmers on the relay:**

**Division 1 - up to 50; Division 2 - 51+**

**(A team including swimmers of 12,13,14 and 15 years would be in Division 2 as 12+13+14+15 = 54)**

**Scoring: 20,16,14,12,10,8**

**Team relay awards for 1st-3rd place teams overall (across divisions)**

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

Saturday: 23-24,1-8,25-26,9-16,27-30,17-18,31-32,19-22

Sunday: 59-62,33-38,63-66,39-46,67-68,47-54,69-70,55-58