Long Course Season Opener hosted by Buenaventura Swim Club

March 1-2, 2008

SANCTIONED BY:	Southern California Swimming, USA Swimming
SANCTION #:	08-044
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 18, 2008, or hand delivered by Wednesday, Feb 20, 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!**
WARM-UP:	Swimmers warming up or down before, during and after the meet must be under the direct supervision of a current 2008 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 20 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 2008 USA Swimming registered in the Coastal section, or outside of the LSC. Registration application must be received by meet host or SCS office prior to the first day of the meet. REGISTRATION APPLICATION MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (see SCS Swim Guide, Part One, III, B) if registration is completed at meet.
SWIMWEAR:	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 (acromial process) nor further down the leg than the top of the knee (patella).

CHANGE OF AFFILIATION:	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.
SUBMITTED & QUALIFYING TIMES:	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. 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:	$2.75 per INDIVIDUAL EVENT, plus a $5.50 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 1-8 places for ages 12&under. 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 1-2, 2008

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

WOMEN #	AGE	MIN. TIME STANDARD	EVENT	MIN. TIME STANDARD	AGE	MEN #
SUNDAY MAR 2, 9AM START; 7:30 warm-up						
57	11-12	BRW	200 FREESTYLE	BRW	11-12	58
59	10 & UN	3.19.30	200 FREESTYLE	3.19.00	10 & UN	60
61	11-12	BRW	50 BREASTSTROKE	BRW	11-12	62
63	10 & UN	BRW	50 BREASTSTROKE	BRW	10 & UN	64
65	11-12	BRW	50 FREESTYLE	BRW	11-12	66
67	10 & UN	BRW	50 FREESTYLE	BRW	10 & UN	68
69	11-12	BRW	100 BACKSTROKE	BRW	11-12	70
71	10 & UN	BRW	100 BACKSTROKE	BRW	10 & UN	72
73	11-12	BRW	100 BUTTERFLY	BRW	11-12	74
75	10 & UN	1.49.70	100 BUTTERFLY	1.49.80	10 & UN	76
77	11-12		200 MEDLEY RELAY		11-12	78
79	10 & UN	Deck Entered	200 MEDLEY RELAY	Deck Entered	10 & UN	80
81	11-12		400 FREE RELAY		11-12	82
	Break as determined by referee					
83	OPEN	6.31.20	400 IM	6.32.30	OPEN	84

WOMEN #	AGE	MIN. TIME STANDARD	EVENT	MIN. TIME STANDARD	AGE	MEN #
SATURDAY MAR 1, no earlier than 12:00PM						
31	13-14	BRW	100 FREESTYLE	BRW	13-14	32
33	15 & UP	BRW	100 FREESTYLE	BRW	15 & UP	34
35	13-14	3.17.40	200 BUTTERFLY	3.08.90	13-14	36
35	15 & UP	3.13.00	200 BUTTERFLY	2.54.80	15 & UP	36
35	OPEN	3.05.70	200 BUTTERFLY	3.07.20	OPEN	36
37	13-14	BRW	100 BREASTSTROKE	BRW	13-14	38
39	15 & UP	BRW	100 BREASTSTROKE	BRW	15 & UP	40
41	13-14	3.19.60	200 BACKSTROKE	3.09.20	13-14	42
41	15 & UP	3.12.70	200 BACKSTROKE	3.00.70	15 & UP	42
41	OPEN	3.09.20	200 BACKSTROKE	3.11.80	OPEN	42
43	13-14	BRW	200 IM	BRW	13-14	44
45	15 & UP	BRW	200 IM	BRW	15 & UP	46
47	13-14		200 FREE RELAY		13-14	48
49	15&UP	Deck Entered	200 FREE RELAY	Deck Entered	15&UP	50
51	13-14		400 MEDLEY RELAY		13-14	52
53	15&UP		400 MEDLEY RELAY		15&UP	54
	Break as determined by referee					
55	OPEN	22.11.60	1500 Freestyle	22.10.90	OPEN	56

WOMEN #	AGE	MIN. TIME STANDARD	EVENT	MIN. TIME STANDARD	AGE	MEN #
SUNDAY MAR 2, no earlier than 12:00PM						
85	13-14	BRW	200 FREESTYLE	BRW	13-14	86
87	15 & UP	BRW	200 FREESTYLE	BRW	15 & UP	88
89	13-14	BRW	100 BUTTERFLY	BRW	13-14	90
91	15 & UP	BRW	100 BUTTERFLY	BRW	15 & UP	92
93	13-14	3.43.00	200 BREASTSTROKE	3.31.00	13-14	94
93	15 & UP	3.41.90	200 BREASTSTROKE	3.33.00	15 & UP	94
93	OPEN	3.31.00	200 BREASTSTROKE	3.20.40	OPEN	94
95	13-14	BRW	100 BACKSTROKE	BRW	13-14	96
97	15 & UP	BRW	100 BACKSTROKE	BRW	15 & UP	98
99	13-14	BRW	50 FREESTYLE	BRW	13-14	100
101	15 & UP	BRW	50 FREESTYLE	BRW	15 & UP	102
103	13-14		200 MEDLEY RELAY		13-14	104
105	15 & UP	Deck Entered	200 MEDLEY RELAY	Deck Entered	15 & UP	106
107	13-14		400 FREE RELAY		13-14	108
109	15 & UP		400 FREE RELAY		15 & UP	110
	Break as determined by referee					
111	OPEN	11.44.20	800 Freestyle	11.43.70	OPEN	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