

# SAN GABRIEL SEA GULLS

## METRO Committee Veteran's Day Weekend BC Short Course Swim Meet November 10-11, 2006

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING (SCS)

SANCTION NO: 06-192

STARTING TIME: Nov. 10<sup>th</sup>: 5:30 PM/Nov. 11<sup>th</sup>: 10:00 AM

**ENTRIES DUE: MONDAY Oct. 31, 2006**

WARM-UP: Nov. 10<sup>th</sup>, 4:00 PM

Nov. 11<sup>th</sup>, 8:30 AM

**SGSG WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE – MAIL EARLY**

**POOL:** Smith Park Pool: 232 W. Broadway, San Gabriel 91776. From the 10 Freeway Exit Del Mar Ave, go north on Del Mar to Broadway, then take a left (west) onto Broadway, the pool is located next to the tennis courts on your left. From the 210 Freeway exit San Gabriel Blvd, go south on San Gabriel to Broadway, make a right (west) onto Broadway to pool. The Pool is located next to the tennis courts on your left. Parking is available on Broadway and Clary St. Clary St. is located one block south of Broadway. Detailed map can be viewed @ [www.sgsg.org](http://www.sgsg.org)

**COURSE:** Smith Park Pool is an outdoor pool with six (6) swimming lanes. A limited warm up area is available.

**RULES:** USA Swimming Rules will govern. Current Southern California Swimming (SCS) swim meet procedures will be enforced and take precedence over any errors or omissions on this meet form (see 2006 SCS Swim Guide). Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After the event has been officially closed, swimmers may not check-in or scratch. Swimmers in the first two events **must check-in at least thirty minutes prior to the starting time.** In SCS age group events, swimmers' suits may not extend beyond the acromial process (the shoulder) or the patella (the kneecap). All age groups are limited to "B" Max time standard. 8 & Under swimmers must choose to swim as 8 & under OR 10 & Under (not any combination). **Swimmers may enter a maximum of 3 events on Friday-Nov. 10<sup>th</sup> and a maximum of 4 events on Saturday-Nov. 11<sup>th</sup>.** At the discretion of the Meet Referee events may be combined.

**WARM-UP POLICY:** Swimmers warming up or down before, during, or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up pool will be removed at the discretion of the Marshal. Warm-up rules will be announced and posted.

**ELIGIBILITY:** Open to Metro Committee athletes who hold a current 2006 or 2007 USA Swimming registration card. A registration application must be received by the SCS Swim Office in Santa Barbara or by the host club prior to the first day of the meet or the application may be submitted with the meet entry. There are substantial penalties to the swimmer and club (see SCS swim guide, Part one, III, B) if USA Swimming registration is completed at the meet. No on-deck entries permitted.

**CHANGE OF AFFILIATION:** Before the meet a swimmer may change his/her affiliation by submitting a Change of Affiliation Card and the appropriate fee to the SCS 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 the meet.

**SUBMITTED TIMES:** Times submitted must be the best recorded **SHORT COURSE YARD** times from this or the preceding swim season. Do not submit estimated times or workout time trials. If you do not have a recorded time, enter NT (No Time) on the entry card. "NT" entries are acceptable for "C" division only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in the submitted times can lead to disciplinary action.

**ENTRY FORMS:** Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA SWIMMING registration number. \$2.50 for each individual event PLUS \$5.50 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$5.00 fee. Make checks payable to "Southern California Swimming". There are no refunds.

**RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.** Entries will be rejected if a check does not accompany the entry card.

**ENTRY PROCEDURES:** Entries received after the meet limit has been reached will be **rejected** and returned to the sender. **Those entry cards bearing a postmark later than 12:00 o'clock midnight on Oct. 31, 2006 will be rejected.** Entries may be accepted if delivered in person to **413 E. 212<sup>th</sup> Street, Carson Ca 90745** up to 8:00 PM the day following the due date, as long as the meet limit has not been reached. Entries posted by business meter will be accepted if they arrive within 2 day of the entry deadline, provided the meet has not reached capacity. **NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.**

AWARDS:	'B' DIVISION	Ribbons to places 1 <sup>st</sup> through 8 <sup>th</sup> .
	'C' DIVISION	Ribbons to places 1 <sup>st</sup> through 8 <sup>th</sup>
	Relay Awards	Ribbons to places 1 <sup>st</sup> through 3 <sup>rd</sup>

**Make checks payable to SOUTHERN CALIFORNIA SWIMMING**

**MAIL entries to: Carol Peña 413 E. 212<sup>th</sup> Street, Carson, Ca 90745**

HY-TEK entries. **HY-TEK disk format** must be accompanied by a signed hard copy and a single team check. Contact ([ckushipena@hotmail.com](mailto:ckushipena@hotmail.com)) for a hy3 file. It is highly recommended to mail HY-TEK entries at least one week before the postmark deadline.

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**FOR FURTHER INFORMATION CALL: George Young 626-291-2901 Email: [gyinstitute@Hotmail.com](mailto:gyinstitute@Hotmail.com) (Meet Director)**

**Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of you entry.**

**For a detailed map or more general host info please visit the SGSG web-site @ [www.sgsg.org](http://www.sgsg.org)**

**Receipt of entries will not be verified by telephone**

SAN GABRIEL SEA GULLS  
Metro Committee Veteran's Day Weekend BC Short Course Swim Meet  
November 10-11, 2006

SGSG will comply with the 4 Hour Rule

Entries Due: Oct. 31, 2006

Girls	Max	Event	Age	Max	Boys
Friday Nov. 10th, 2006--- Warm-up 4 PM/Start 5:30 PM					
1	5:38.10	400 IM	11-12	5:32.00	2
3	5:12.30	400 IM	13 & Up	4:43.10	4
5	2:56.00	200 IM	10 & Under	2:55.30	6
7	2:37.10	200 Back	11-12	2:33.80	8
9	2:23.90	200 Back	13 & Up	2:09.10	10
11	2:36.40	200 Free	10 & Under	2:31.90	12
13	2:57.70	200 Breast	11-12	2:53.00	14
15	2:44.80	200 Breast	13 & Up	2:27.60	16
17	6:09.30	500 Free	11-12	6:04.70	18
19	5:46.20	500 Free	13 & Up	5:17.70	20
Saturday Nov. 11th, 2006--- Warm-up 8:30 AM/Start 10:00 AM					
21	46.31	50 Fly	8 & Under	47.01	22
23	37.30	50 Fly	10 & Under	36.70	24
25	32.70	50 Fly	11-12	32.40	26
27	1:06.00	100 Fly	13 & Up	59.10	28
29	48.11	50 Back	8 & Under	46.81	30
31	38.20	50 Back	10 & Under	38.40	32
33	34.30	50 Back	11-12	32.40	34
35	1:07.00	100 Back	13 & Up	1:00.00	36
37	1:41.21	100 IM	8 & Under	1:38.51	38
39	1:23.20	100 IM	10 & Under	1:21.30	40
41	1:14.10	100 IM	11-12	1:12.20	42
43	2:27.00	200 IM	13 & Up	2:12.50	44
45	52.31	50 Breast	8 & Under	51.01	46
47	42.00	50 Breast	10 & Under	42.50	48
49	38.00	50 Breast	11-12	37.60	50
51	1:16.40	100 Breast	13 & Up	1:07.60	52
53	40.51	50 Free	8 & Under	39.41	54
55	32.40	50 Free	10 & Under	31.90	56
57	29.80	50 Free	11-12	28.60	58
59	28.20	50 Free	13 & Up	24.90	60
61	2:39.70	200 Fly	11-12	2:38.30	62
63	2:24.20	200 Fly	13 & Up	2:09.10	64
65		200 Free Relay	8 & Under		65
66		200 Free Relay	10 & Under		66
67		200 Free Relay	11-12		67
68		200 Free Relay	13-UP		68

All age groups are limited to "B" Max time standards

8 & Under swimmers must choose to swim as 8 & under OR 10 & Under (not any combination).

**Swimmers may enter a maximum of 3 events on Friday Nov. 10<sup>th</sup> and a maximum of 4 events on Saturday Nov. 11<sup>th</sup>**  
**Relays will be run, time permitting**