

10 & Under Short Course Championships

Pacific Swimming's 10 & Under Short Course Championships Saturday April 24, 2010

Host: Sunnyvale Swim Club (SUNN)

Enter online: <http://ome.swimconnection.com/pc/sunn20100424>

Updated April 13, 2010 – Venue Changed to Lynbrook High School

SANCTION: Held under USA/Pacific Swimming Sanction No.: **10-042**

LOCATION: **New venue!!** Due to scheduling conflicts beyond our control with the school district, the meet has been moved to:

Lynbrook High School, 1280 Johnson Ave, San Jose, CA, 95125 (www.lhs.fuhsd.org).

The meet is no longer being held at Sunnyvale Swim Complex, Fremont High School, 1283 Sunnyvale-Saratoga Ave. Sunnyvale, CA 94087.

COURSE: Outdoor 50 meter by 25 yard heated pool. Up to ten 25-yard lanes will be used for competition. Warm-up/cool-down area will be available during the meet. The minimum water depth, measured in accordance with Article 103.2.3, 6'3" at the start end and 6'3" at the turn end. The competition course has not been certified in accordance with 104.2.2C(4).

TIME: Meet begins at 8:30 AM on Saturday with warm-up from 7:00 to 8:15 AM.

RULES: Current USA and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. Swimmers may compete in FOUR (4) individual events, plus relays. A swimmer may ONLY compete in one (1) Free and one (1) Medley relay. All events are timed finals. Events will be swum slowest to fastest starting with non-conforming long course meter (LCM), non-conforming short course meter (SCM), then conforming short course yards (SCY). All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. If the Head Referee and Meet Director determine a scratch down is necessary, immediate cash refund will be available. If necessary, the Head Referee, in concurrence with the Meet Director, may call for a break at an appropriate time between events.

RESTRICTIONS: Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectators seating or standing areas and in all areas used by swimmers, during the meet and during warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. No glass is permitted on the pool deck and facilities. No tents will be allowed on the pool deck or any other area within the pool's fenced complex and no unauthorized cars may park on the lawn areas. Only coaches E-Z ups will be allowed on the pool deck. Access to the working area of the pool deck will be restricted to officials, timers, swimmers, coaches and meet staff.

ELIGIBILITY: Swimmers must be current members of USA-S / PC and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. All swimmers must be registered in the Pacific LSC. Entry times submitted will be checked against a computer database and may be changed or denied in accordance with Pacific Swimming Entry Time Verification Procedures. Swimmers must be 10 years of age or younger as of the day of the meet. Swimmers 11 years of age and older are not eligible for this meet.

Swimmers may compete in no more than 4 individual events (not including relays) with restrictions as follows: Swimmers must have met the meet time standard for each event entered. **Relay swimmers must either be entered in an individual event or must be on the "Relay Only Swimmer's Pre Entry Form" (page 6, submitted by the entry deadline) or will not be allowed to compete.**

RELAYS: Relay entries will be due on the day of the meet, at a time to be announced at the beginning of the meet, and will be deck seeded. Payment is due at the time of entry.

CHECK-IN: The meet will be deck seeded. Swimmers must check in at the Clerk-of-Course. The close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check in will not be allowed to compete in the event.

SCRATCHES: As of February 24, 2010, Pacific Swimming has adopted a new 'No Show' policy. At age-group timed final meets, there is no penalty for missing an event.

ENTRIES (two options):

Option 1: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/sunn20100424> to receive immediate confirmation of acceptance via email. *Deadline for online entries is 8:00 PM Wednesday April 14, 2010. The "billing information" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Option 2: Surface Mail Entries:

All mailed entries must be submitted on the Surface Mail Entry form (page 8). All entry times shall be noted by SCY or LCM next to the entry time. [SCY = short course yards; LCM = long course meters]. DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS. "No Time" entries will NOT be accepted. Entries must be postmarked by midnight Monday, April 12, 2010, or hand delivered at the address shown below by 8:00 PM on Wednesday April 14, 2010. FAX entries and late entries will NOT be accepted. No refunds will be made, except mandatory scratches.

ENTRY FEES: \$2.75 per individual event, plus \$5.00 per swimmer participation fee.

RELAY FEES: \$9.00 per relay team

Make checks payable to the Sunnyvale Swim Club and mail the entry form to:

10&Under Championships
c/o Doug Farnham
779 Mahogany Ln
Sunnyvale, CA 94086-8638
(650) 743-6134
SUNNmeets@yahoo.com

To confirm entries have been received, please include a self-addressed, stamped envelope with your entries.

AWARDS: Awards will be given by age separately to 10, 9, 8, 7 year olds and to 6 & Under. Swimmers earning 1st, 2nd and 3rd place will receive a distinctive award. Ribbons will be awarded for 4th through 8th places. High-point trophies will be awarded to the girls and boys with the most points scored for 10, 9, 8, 7 year olds, and 6 and under. Events are designated as 9-10 and 8/Under, except relays. Events for age group 9-10 will be scored separately for 10 and 9 year olds. Events for age group 8/un will be scored separately for 6 & under, 7, and 8 year olds.

INDIVIDUAL EVENT SCORING: 9, 7, 6, 5, 4, 3, 2, and 1 point(s) for 1st through 8th place, respectively **by age**.

RELAY AWARDS: Top 3 teams per event will receive awards.

REFRESHMENTS: Snack bar available. Refreshments and lunch will be provided free to coaches and working officials.

ADMISSION: Free.

PROGRAMS: Programs will be for sale at the meet.

OFFICIALS:

| | |
|---------------------------|--|
| Head Referee: | Darwin Takaki |
| Head Starter: | Harrison Race |
| Meet Director: | Doug Farnham, (650) 743-6134, SUNNmeets@yahoo.com |
| Head Meet Marshal: | Emiliana Martin |

ACCOMODATIONS: If needed, a few area hotels have offered discounted rates for participants. Contact information below. When making reservations mention “10&Under Champs” to receive the discount.



**4200 Great America Parkway
Santa Clara, CA 95054
408.235.8900 / www.avatarhotel.com**

Call 408-235-8900 and ask for the “10 & Under Championships” rate.
You can also make reservations with this booking link:
<https://booking.ihotelier.com/istay/istay.jsp?groupID=441221&hotelID=17740>



**Country Inn & Suites – Sunnyvale
1300 Chesapeake Terrace
Sunnyvale, CA 94089
Main Line: 408-747-0999
www.countryinns.com**

I love this Country:

We offer 2 queen beds and a hot breakfast buffet.
Call 408-747-0999 and ask for the “10 & Under Championships” rate.

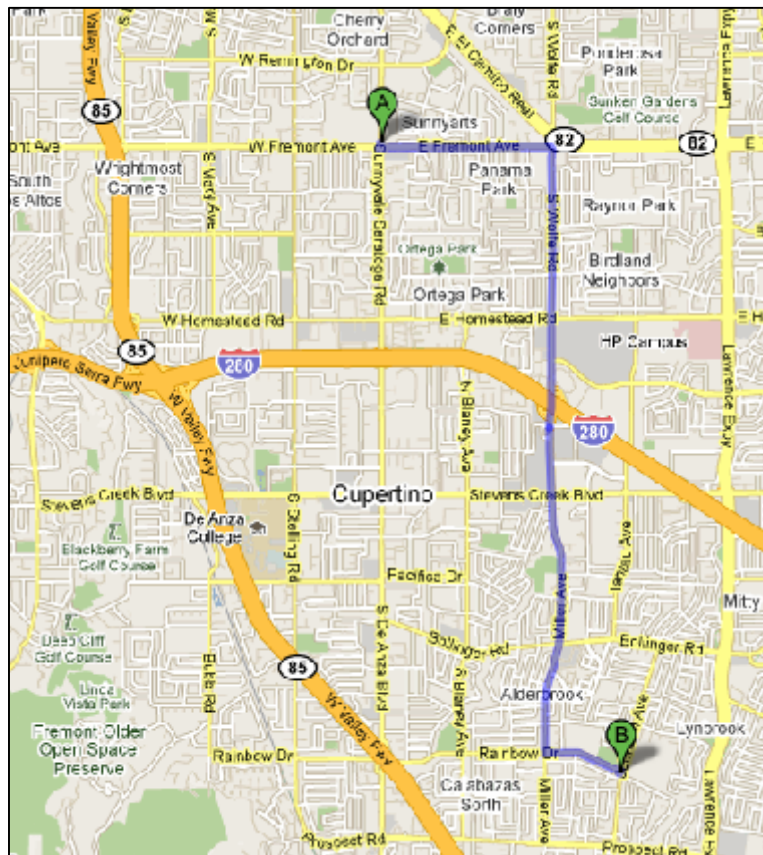
POOL LOCATION MAP

New venue!!

Lynbrook High School

1280 Johnson Ave, San Jose, CA, 95125 (www.lhs.fuhd.org)

Map below is directions from Fremont HS to Lynbrook HS.



2010
10 & Under Short Course Championships

SCHEDULE OF EVENTS
Saturday, April 24, 2010

| EVENT # | EVENT # | AGE | |
|----------------|----------------|--------------|------------------|
| Girls | Boys | GROUP | EVENT |
| | | | |
| 1 | 2 | 9-10 | 200 Free |
| 3 | 4 | 9-10 | 100 Breast |
| 5 | 6 | 8-UN | 25 Free |
| 7 | 8 | 9-10 | 100 IM |
| 9 | 10 | 8-UN | 25 Breast |
| 11 | 12 | 9-10 | 100 Fly |
| 13 | 14 | 8-UN | 25 Fly |
| 15 | 16 | 9-10 | 100 Back |
| 17 | 18 | 8-UN | 25 Back |
| 19 | 20 | 10-UN | 200 Free Relay |
| 21 | 22 | 8-UN | 100 Free Relay |
| 23 | 24 | 9-10 | 500 Free |
| 25 | 26 | 8-UN | 100 Free |
| 27 | 28 | 9-10 | 50 Free |
| 29 | 30 | 8-UN | 50 Breast |
| 31 | 32 | 9-10 | 50 Breast |
| 33 | 34 | 8-UN | 100 IM |
| 35 | 36 | 9-10 | 200 IM |
| 37 | 38 | 8-UN | 50 Fly |
| 39 | 40 | 9-10 | 50 Fly |
| 41 | 42 | 8-UN | 50 Back |
| 43 | 44 | 9-10 | 50 Back |
| 45 | 46 | 8-UN | 50 Free |
| 47 | 48 | 9-10 | 100 Free |
| 49 | 50 | 8-UN | 100 Medley Relay |
| 51 | 52 | 10-UN | 200 Medley Relay |

Ages groups 6&UN and 7-8 will both swim under the 8-UN events.

See page five (5) for the 2010 10&Under Short Course Championships Time Standards

2010 10 & Under Short Course Championships Time Standards

SCY = short course yards
LCM = long course meters

| GIRLS | | Event | BOYS | |
|------------------|---------|---------------------|---------|---------|
| SCY | LCM | | LCM | SCY |
| 6 / Under | | | | |
| 27.09 | -- | 25 Free | -- | 26.59 |
| 1:00.09 | 1:08.39 | 50 Free | 1:08.29 | 59.09 |
| 1:54.59 | 2:10.49 | 100 Free | 2:07.19 | 1:51.59 |
| 30.89 | -- | 25 Back | -- | 30.59 |
| 1:09.09 | 1:17.39 | 50 Back | 1:17.39 | 1:08.59 |
| 34.09 | -- | 25 Breast | -- | 33.89 |
| 1:15.89 | 1:25.29 | 50 Breast | 1:25.29 | 1:15.59 |
| 32.59 | -- | 25 Fly | -- | 32.09 |
| 1:14.59 | 1:23.59 | 50 Fly | 1:23.59 | 1:14.39 |
| 2:21.09 | -- | 100 I.M. | -- | 2:19.09 |
| 8 / Under | | | | |
| 19.49 | -- | 25 Free | -- | 18.39 |
| 42.99 | 48.19 | 50 Free | 46.09 | 40.89 |
| 1:35.29 | 1:46.59 | 100 Free | 1:40.09 | 1:28.99 |
| 23.19 | -- | 25 Back | -- | 22.69 |
| 51.59 | 57.89 | 50 Back | 56.69 | 50.49 |
| 24.79 | -- | 25 Breast | -- | 24.29 |
| 55.29 | 1:01.89 | 50 Breast | 1:01.39 | 54.79 |
| 21.59 | -- | 25 Fly | -- | 20.49 |
| 52.59 | 58.99 | 50 Fly | 58.39 | 52.09 |
| 1:49.29 | -- | 100 I.M. | -- | 1:45.09 |
| 9 / 10 | | | | |
| 36.49 | 41.59 | 50 Free | 42.79 | 36.59 |
| 1:21.09 | 1:32.19 | 100 Free | 1:32.29 | 1:21.09 |
| 2:59.09 | 3:21.99 | 200 Free | 3:21.29 | 2:57.89 |
| 7:40.99 | 6:50.09 | 400/500 Free | 6:46.99 | 7:28.79 |
| 43.49 | 49.09 | 50 Back | 50.29 | 43.49 |
| 1:33.19 | 1:46.79 | 100 Back | 1:47.29 | 1:35.59 |
| 49.09 | 55.29 | 50 Breast | 55.99 | 49.09 |
| 1:46.49 | 2:00.99 | 100 Breast | 2:03.19 | 1:47.69 |
| 41.69 | 47.19 | 50 Fly | 47.59 | 41.19 |
| 1:35.59 | 1:49.59 | 100 Fly | 1:49.89 | 1:37.99 |
| 1:33.19 | -- | 100 I.M. | -- | 1:33.19 |
| 3:22.09 | 3:49.89 | 200 I.M. | 3:52.69 | 3:23.59 |

10 & Under Champs Spirit Ad

Celebrate your team or swimmer at the 10 and Under Championships by purchasing a
“SPECIAL SPIRIT AD” to appear in the meet program!

All ads must be ready for copying. Send them and a separate check made out to
“Sunnyvale Swim Team”
before the entry deadline along with your entry.

Prices are:

\$25 for a Quarter page

\$50 for a Half page

\$100 for a Full page

Questions: contact Doug Farnham at SUNNmeets@yahoo.com

