

CALIFORNIA STATE GAMES – SWIMMING

JULY 10 – 11, 2010

Host team: College Area Swim Team

Approval: This meet is an approved meet. This means that all events in the morning sessions as well as the 24& U division Saturday afternoon, will be conducted in accordance with USA swimming Rules. Times achieved by USA swimming members will be “approved” and uploaded to the USA swimming database. The 25 &O division will be conducted in accordance with USA Masters swimming rules.

POOL: UCSD Canyonview complex – Competition pool. 8 Lane 50M pool.

See last page for directions.

The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet throughout the pool. The competition course has not been certified in accordance with Article 104.2.2C(4).

Parking is available in the lot immediately to the west of the complex(P510), and just over I-5 bridge next to Baseball field (P701). Parking is free in student (yellow) and staff (green) spaces. (see maps)

Snack bar Provided by UCSD. Hospitality provided by College Area Swim Team.

ELIGIBILITY:

Open to all California Residents (minimum 30 days).

RULES:

Current USA Swimming, and USA Masters Swimming (25&O), rules will govern the competition. You do not need to be a USA Swimming or USAMS member to participate. Coaches will be asked to verify USA swimmer ID numbers of athletes who wish to have their times uploaded to the USA swimming database. Swimmers without an EXACT ID NUMBER match of the USA swimming database will not have their results uploaded.

Entry:

Method 1 (preferred) – Team entry:

Submitted electronically using Hy--Tek Team Manager compatible software. Generate the following files:

- 1) Entry report (sort by name), 2) Entry Fee report, and 3) the meet entry export file (zip file).

and e-mail all 3 to: entries@calstategames.org

Entry file can be uploaded at: www.calstategames.org/s-swimming.html or www.si-swimming.com/?page_id=2

Method 2 – Individual entry can be done online on the Cal State Games swimming page: www.calstategames.org/s-swimming.html .

Method 3 – by Mail. Submit name, team, events, and times, and waiver form to the address below. Entry form available on Cal State Games website: <http://www.calstategames.org/s-sportregistration.html>

WAIVER: All swimmers must fill out a waiver form and send in with the payment. Waivers are available here: <http://www.calstategames.org/s-sportregistration.html>

ENTRY FEES:

\$35.00 per swimmer – if method 1 (team entry), or method 2 (online). \$45 if entry is mailed in. All swimmers may enter up to 5 events. There are no individual event fees.

Team entries are to be paid in a single check. And mailed within 48 hours of e-mailing the team file.

Make checks payable to: **California State Games**

Send to: California State Games, 3260 Rosecrans St. San Diego, CA. 92110.

RELAYS: ARE DECK ENTERED. Athletes must already be entered into the meet to be eligible for relays. There is a \$10 additional fee for relays. Youth only.

ENTRYTIMES:

Submit swimmer's best Long Course time. If the swimmer does not have a Long Course time submit their Short Course time designated with a "Y" for yards. Submit NT if the swimmer does not have a time. Seeding will occur in the following order LC times then SC times then NT. **NOTE:** This meet has no time standards so we will not be verifying entry times. If you wish to be seeded among the Long course times you may use an estimated time or a converted time (time converter). www.ilswim.org/timeconversion.htm

ENTRY DEADLINE: Online or E-mailed entries: July 1. Mail entries must be Postmarked by June 26th.
NO LATE ENTRIES WILL BE ACCEPTED!

WARM-UP:

Warm-up will run from 7:00 to 7:55. Depending on the size of the meet we may run 6 or 7 lanes for competition with Lane 8 available for warm-up. If size dictates, we may have warm-up available in the adjacent pool during the morning sessions.

MEET TIMELINE: will be posted on the Cal State Games swimming website no later than July 5th. This will include estimated warm-up times for the Saturday afternoon portion of the meet.

ATHLETE CHECK-IN:

There are two forms of Check-in: Checking into the GAMES and Opening Ceremonies and checking in for your actual swim events.

To check in for the Games/Opening Ceremonies, and receive goody bag and coupon for your games T-Shirt...

Thursday July 8, 5:00 – 9:00pm, Friday July 9th, 10am-5:00pm @ Charlie's Sports Grill, Town and Country Hotel. 500 Hotel Circle North, San Diego, CA 92108

To Check in for your events: Check in at the meet when you arrive. This is a deck seeded meet. Swimmers must check in with the Clerk of Course for each event they wish to swim. Swimmers who fail to check in for an event will be scratched from that event and not allowed to swim.

After an event is closed, a swimmer may not check in or scratch. Check-in for the first 4 events on Saturday and Sunday will close ½ hour before the start of the session. Check-in for the remainder of the session will close at the start of the session.

Opening Ceremonies: Are held Friday July 9, 7:00 PM at Qualcomm stadium. Athlete check-in between 5pm-6:30pm. See Cal State Games website for information.

AWARDS:

Medals 1-3. For Youth, a Team Champion Banner will be awarded and will be scored through 8th place and is not based on medal count. Scoring will be 9-7-6-5-4-3-2-1 for individual events and double scores for relays.

CANOPIES: can be set up on the deck over the coaching tables, in the top 6 rows of the bleachers, and areas on the pool deck against walls.

NOTE TO COACHES AND ATHLETES: In an effort to try and bring higher level athletes to the meet we have added the 24&U division on Saturday afternoon. If you have athletes that might not get the competition they need in the morning sessions, I strongly recommend you consider the Saturday afternoon 24&U session. (CAST (host team)) will be bringing at least 20 sectional-level swimmers to this portion of the meet).

For Information contact: Dave Kilmer. E-mail: dave@castswim.com

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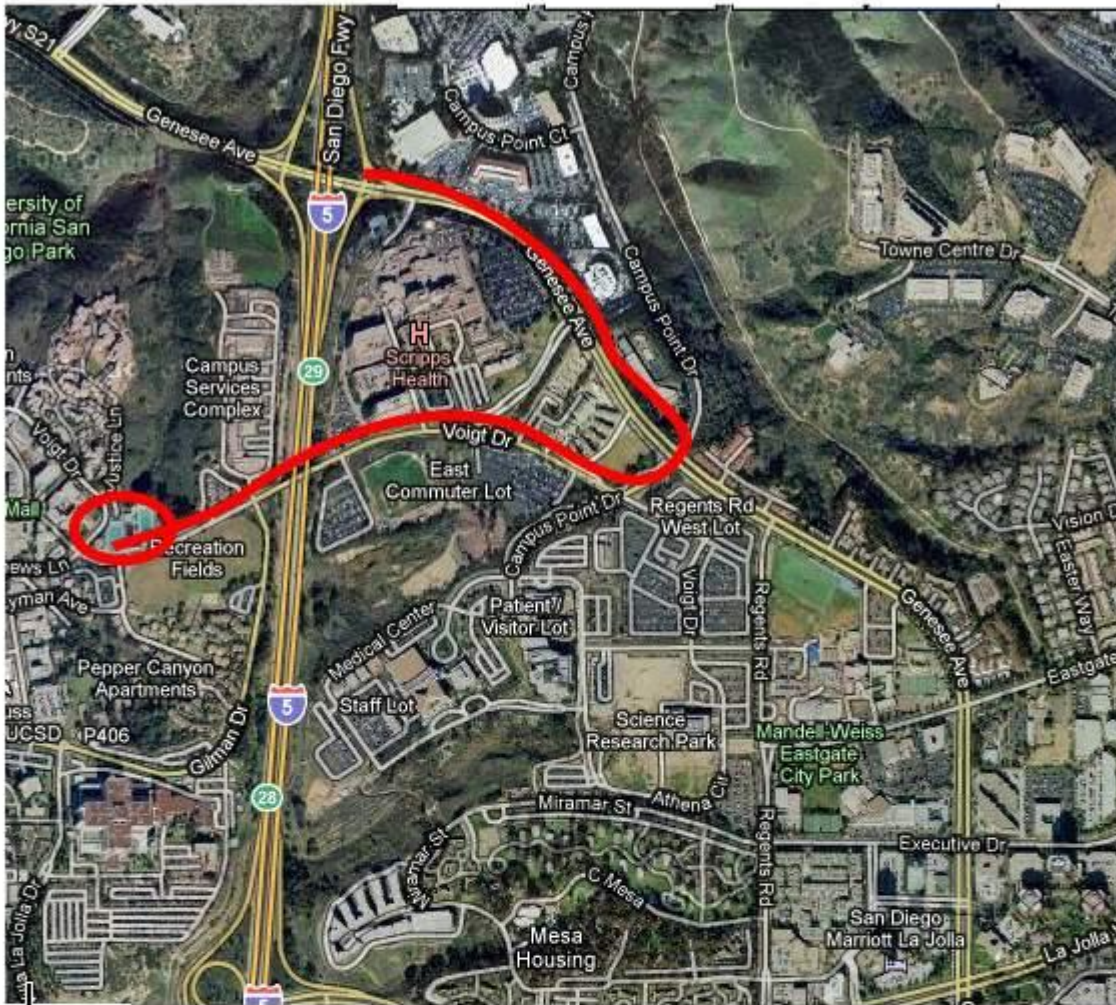
Session 1 - Saturday a.m.			
Girls	Age	Events	Boys
Warmup: 7:00 am		Saturday July 10, 2010	Meet begins: 8:00 am
1	10&U	200 Free	2
3	11-12	200 Free	4
5	13-14	200 Free	6
7	15-18	200 Free	8
9	10&U	50 Breast	10
11	11-12	50 Breast	12
13	13-14	100 Breast	14
15	15-18	100 Breast	16
17	10&U	50 Free	18
19	11-12	50 Free	20
21	13-14	50 Free	22
23	15-18	50 Free	24
25	10&U	200 IM	26
27	11-12	200 IM	28
29	13-14	200 IM	30
31	15-18	200 IM	32
33	10&U	200 FR Relay	34
35	11-12	200 FR Relay	36
37	13-14	200 FR Relay	38
39	15-18	200 FR Relay	40

Session 2 - Saturday afternoon			
Women	Age	Events	Men
Warmup: TBA by July 5th		Saturday July 10, 2010	Session begins: TBA by July 5th
101	24 & U	200 Free	102
103	25 & O	200 Free	104
105	24 & U	100 Breast	106
107	25 & O	100 Breast	108
109	24 & U	50 Free	110
111	25 & O	50 Free	112
113	24 & U	200 IM	114
115	25 & O	200 IM	116
117	24 & U	100 Fly	118
119	25 & O	100 Fly	120
121	24 & U	100 Back	122
123	25 & O	100 Back	124
125	24 & U	100 Free	126
127	25 & O	100 Free	128

Session 3 - Sunday a.m.			
Girls	Age	Events	Boys
Warmup: 7:00 am		Sunday July 11, 2010	Meet begins: 8:00 am
41	10&U	50 Fly	42
43	11-12	50 Fly	44
45	13-14	100 Fly	46
47	15-18	100 Fly	48
49	10&U	50 Back	50
51	11-12	50 Back	52
53	13-14	100 Back	54
55	15-18	100 Back	56
57	10&U	100 Free	58
59	11-12	100 Free	60
61	13-14	100 Free	62
63	15-18	100 Free	64
65	10&U	200 Medley Relay	66
67	11-12	200 Medley Relay	68
69	13-14	200 Medley Relay	70
71	15-18	200 Medley Relay	72

Note: Swimmers may swim a maximum of 5 individual events + 2 relays

Directions to Canyonview pool complex at UCSD



Take the GENESEE AVE EAST ramp.
Merge onto GENESEE AVE. 0.5 mi
Turn RIGHT onto CAMPUS POINT DR. 0.1 mi
Turn RIGHT onto VOIGT DR. 0.6 mi
3300 VOIGT DR.

Parking available for a fee at the lot 200 yds east of the pool or 400yds east of pool

