



“ISL Pentathlon” Meet at the JCC

Hosted by Orange County Waves Swim Team *ISL Swimmers Invited - Earn Champs Qualifying Times*

DATE OF MEET: Tuesday July 27, 2010 ENTRIES DUE: Wednesday, July 21, 2010

Sponsored by: Orange County Waves **WARM UP TIME:** 3pm **MEET START TIME:** 4pm

POOL: Jewish Community Center of Orange County, Located at One Federation Way, Irvine, CA 92603. From the North take I-405 South, exit Culver drive and go right. Turn left on Turtle Ridge and Left on Federation Way. The JCC parking lot is straight ahead. From the South take I-405 North, exit Culver Drive and turn Left. Go straight and turn left on Turtle Ridge and left again on Federation Way

Special Notice: Swimmers 8 and under may swim a maximum of **FOUR** events. Swimmers 9 and up may swim a maximum of **FIVE** events. Timers will be provided by Orange County Waves

WARM UP RULES: Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an ISL swim coach. The coach does not have to be the swimmers official coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED.**

MEET REFEREE: The meet referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

RULES: Irvine Swim League rules will be enforced. Swimmers must check-in at the Check-In table 30 minutes prior to meet start. After the meet is officially closed, swimmers **MAY NOT CHECK IN OR SCRATCH.** Swimmers must swim in their ISL Age Group as determined by their age on **June 1, 2010.**

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2010 *ISL* REGISTERED. NO ON-DECK ENTRIES. Entries will be limited to the first **350 swimmers.** Mail Early!

SUBMITTED TIMES: Times submitted must be from this swim season .

AWARDS: INDIVIDUAL EVENTS: Ribbons 1st through 6th place overall in age group and event. Participation ribbons will be given for each event. Time Improvement ribbons will also be awarded if achieved. Heat prizes will be awarded to the winners of all heats. The following age groups will be awarded: 5/6, 7/8, 9/10, 11/12, 13/14, and 15&Up. Overall points will be calculated by adding together the five (or four) result places and will result in a pentathlon trophy per age group, which will be presented at the conclusion of the meet. DQ's & No Shows will not be eligible for awards.

ENTRY FEE: \$20 for each SWIMMER, must accompany each individual entry. NO REFUNDS. Entries will be rejected if a check does not accompany the meet entry card.
Note: Please put your swimmer's name and ISL team name on your check!

ENTRIES CLOSE: Entry forms received after July 21, 2010, WILL BE REJECTED. Mail Early!
MAKE CHECKS PAYABLE TO: JCCOC and MAIL BY Monday 7/19 to:

**Aquatics
One Federation Way
Irvine, CA, 92603**

If unable to mail by Monday 7/19 or if you would like, please drop off your entry form and check at:
33 Sunlight, Irvine, CA 92603 (corner house at Sundial and Sunlight), there will be a box inside the gate.

For further meet information contact: Gina Duncan @ 949-435-3400 ext. 160 or ginad@jccoc.org.



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SCHEDULE OF EVENTS

GIRLS			BOYS	
No.	Age	Event	Age	No.
1	15/up	50 yd. Butterfly	15/up	2
3	13/14	50 yd. Butterfly	13/14	4
5	11/12	50 yd. Butterfly	11/12	6
7	9/10	50 yd. Butterfly	9/10	8
9	7/8	25 yd. Butterfly	7/8	10
11	5/6	25 yd. Butterfly	5/6	12
13	15/up	50 yd. Backstroke	15/up	14
15	13/14	50 yd. Backstroke	13/14	16
17	11/12	50 yd. Backstroke	11/12	18
19	9/10	50 yd. Backstroke	9/10	20
21	7/8	25 yd. Backstroke	7/8	22
23	5/6	25 yd. Backstroke	5/6	24
25	15/up	100 yd. Individual Medley	15/up	26
27	13/14	100 yd. Individual Medley	13/14	28
29	11/12	100 yd. Individual Medley	11/12	30
31	9/10	100 yd. Individual Medley	9/10	32
33	15/up	50 yd. Breaststroke	15/up	34
35	13/14	50 yd. Breaststroke	13/14	36
37	11/12	50 yd. Breaststroke	11/12	38
39	9/10	50 yd. Breaststroke	9/10	40
41	7/8	25 yd. Breaststroke	7/8	42
43	5/6	25 yd. Breaststroke	5/6	44
45	15/up	50 yd. Freestyle	15/up	46
47	13/14	50 yd. Freestyle	13/14	48
49	11/12	50 yd. Freestyle	11/12	50
51	9/10	50 yd. Freestyle	9/10	52
53	7/8	25 yd. Freestyle	7/8	54
55	5/6	25 yd. Freestyle	5/6	56

*There will be a Ready Bench/Staging Area for **ONLY** the 25 yd events.

All other events, swimmers must show up at the starting blocks in their lane when your Event and Heat is called.

Coaches, please remind your swimmers to pay attention to what Event and Heat they are in.

 Detach Here

Last Name: _____ First Name: _____ Age (as of June 1, 2010) _____

Gender: M/F _____ Parent's Name: Phone Number: ()

ISL Team and Head Coach Name: _____

Events: _____ Event #: Best Time: _____

Butterfly : _____
 Backstroke : _____
 Individual Medley : _____
 Breaststroke : _____
 Freestyle : _____

Cost: **\$20 per swimmer.** Attach check payable to: **JCCOC**
 and mail by Monday 7/19 to:
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One Federation Way
Irvine, CA, 92603

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