

# PACIFIC COMMITTEE "JO QUALIFIER" B-R-W MEET

Hosted by: WESTSIDE AQUATICS

## Date of Meet: January 16 - 17, 2010

- WSTA will limit entries to meet the "4 hour" rule for each session.
- You may swim a maximum of 4 events per day plus relays.
- Submit best-recorded short course yard times.

Girls			Saturday, January 16, 2010			9:00 a.m.			Boys		
No.	Minimum	Age	Event	Minimum	No.	No.	Minimum	Age	Event	Minimum	No.
1	2:43.20	11-12	200 Yard Butterfly								
2	3:06.50	10 & Under	200 Yard Individual Medley	3:07.40	3						
4	2:46.20	11-12	200 Yard Individual Medley								
5	BRW	8 & Under	50 Yard Backstroke	BRW	6						
7	BRW	11-12	50 Yard Backstroke								
8	BRW	10 & Under	50 Yard Backstroke	BRW	9						
10	BRW	8 & Under	50 Yard Breaststroke	BRW	11						
12	BRW	11-12	100 Yard Breaststroke								
13	BRW	10 & Under	50 Yard Breaststroke	BRW	14						
15	BRW	8 & Under	100 Yard Freestyle	BRW	16						
17	BRW	11-12	100 Yard Freestyle								
18	Deck	8 & Under	100 Yard Medley Relay	Deck	19						
20	Entered	11-12	200 Yard Medley Relay	Entered							
21	Relay	10 & Under	200 Yard Medley Relay	Relay	22						
23	2:46.20	11-12	200 Yard Backstroke								
24	BRW	10 & Under	100 Yard Freestyle	BRW	25						
26	BRW	11-12	100 Yard Butterfly								
27	BRW	10 & Under	100 Yard Butterfly	BRW	28						
29	Blue per age	Open	500 Yard Freestyle	Blue per age	30						

## Afternoon session will begin no sooner than 12:00 p.m.

No.	Minimum	Age	Event	Minimum	No.
		11-12	200 Yard Individual Medley	2:46.50	31
32	BRW	13 & Up	200 Yard Individual Medley	BRW	33
		11-12	50 Yard Backstroke	BRW	34
		11-12	*200 Yard Backstroke	2:51.40	*35
36	BRW	13 & Up	*200 Yard Backstroke	BRW	*35
37	BRW	13 & Up	100 Yard Butterfly	BRW	38
		11-12	100 Yard Butterfly	BRW	39
40	BRW	13 & Up	100 Yard Freestyle	BRW	41
		11-12	100 Yard Freestyle	BRW	42
43	BRW	13 & Up	100 Yard Breaststroke	BRW	44
		11-12	100 Yard Breaststroke	BRW	45
46	Deck	13 & Up	400 Yard Medley Relay	Deck	47
	Entered	11-12	200 Yard Medley Relay	Entered	48
49	Blue per age	Open	1650 Yard Freestyle	Blue per age	50

8 & Under swimmers may compete in 8 & Under or 10 & Under events but not any combination.

Swimmers in the 400 Yard IM, 500 1000, and 1650 Yard Freestyle must provide timers for three heats and you must provide your own lap counters.

\* = WILL SWIM COMBINED, BUT AWARDED PER AGE GROUP (11-12, 13-14, 15 & Up)

## Entries due: January 4, 2010

- Swimmers may only swim an event once even if it is offered twice.
- The afternoon sessions will begin no sooner than 12:00 p.m. or 45 minutes after the conclusion of the morning session.

Girls			Sunday, January 17, 2010			9:00 a.m.			Boys		
No.	Minimum	Age	Event	Minimum	No.	No.	Minimum	Age	Event	Minimum	No.
51	BRW	11-12	100 Yard Backstroke								
52	BRW	10 & Under	100 Yard Backstroke	BRW	53						
54	BRW	11-12	200 Yard Freestyle								
55	BRW	8 & Under	50 Yard Butterfly	BRW	56						
57	BRW	11-12	50 Yard Butterfly								
58	BRW	10 & Under	50 Yard Butterfly	BRW	59						
60	BRW	8 & Under	100 Yard Individual Medley	BRW	61						
62	BRW	11-12	100 Yard Individual Medley								
63	BRW	10 & Under	100 Yard Individual Medley	BRW	64						
65	BRW	8 & Under	50 Yard Freestyle	BRW	66						
67	BRW	11-12	50 Yard Freestyle								
68	BRW	10 & Under	50 Yard Freestyle	BRW	69						
70	3:08.80	11-12	200 Yard Breaststroke								
71	Deck	8 & Under	100 Yard Freestyle Relay	Deck	72						
73	Entered	11-12	200 Yard Freestyle Relay	Entered							
74	Relay	10 & Under	200 Yard Freestyle Relay	Relay	75						
76	BRW	11-12	50 Yard Breaststroke								
77	BRW	10 & Under	100 Yard Breaststroke	BRW	78						
79	5:48.20	11-12	400 Yard Individual Medley								
80	Blue per age	Open	1000 Yard Freestyle	Blue per age	81						

## Afternoon session will begin no sooner than 12:00 p.m.

No.	Minimum	Age	Event	Minimum	No.
		11-12	100 Yard Individual Medley	BRW	82
		11-12	*200 Yard Butterfly	2:47.40	*83
84	BRW	13 & Up	*200 Yard Butterfly	BRW	*83
		11-12	50 Yard Breaststroke	BRW	85
		11-12	*200 Yard Freestyle	BRW	*86
87	BRW	13 & Up	*200 Yard Freestyle	BRW	*86
		11-12	50 Yard Butterfly	BRW	88
89	BRW	13 & Up	100 Yard Backstroke	BRW	90
		11-12	100 Yard Backstroke	BRW	91
92	BRW	13 & Up	50 Yard Freestyle	BRW	93
		11-12	50 Yard Freestyle	BRW	94
95	Deck	13 & Up	400 Yard Freestyle Relay	Deck	96
	Entered	11-12	200 Yard Freestyle Relay	Entered	97
		11-12	*200 Yard Breaststroke	3:09.00	*98
99	BRW	13 & Up	*200 Yard Breaststroke	BRW	*98
		11-12	*400 Yard Individual Medley	5:48.90	*100
101	Blue per age	13 & Up	*400 Yard Individual Medley	Blue per age	*100

RELAYS WILL BE SWUM, TIME PERMITTING.

13 and Up events will be awarded 13-14, 15 & Up.

# PACIFIC COMMITTEE "JO QUALIFIER" B-R-W MEET

Hosted by: WESTSIDE AQUATICS

January 16 - 17, 2010

Sanctioned by: Southern California Swimming  
Sanction No: 10-012  
Entries due date: January 4, 2010  
Walk in date: January 5, 2010

Warm Up Times: 7:30 a.m. (Saturday / Sunday)  
Meet Start Time: 9:00 a.m. (Saturday / Sunday)  
Afternoon Session will not start before 12:00 p.m.  
Entries will be limited to comply with the 4-hour rule.

**DIRECTIONS:** San Fernando Regional Pool, 208 Park Avenue, San Fernando, CA 91340. From 118 Freeway, Exit San Fernando Road, Turn North, road will split, stay to the right (Truman Street), Turn right on Wolfskill Street, just across railroad tracks, turn right on Robert F. Kennedy Street (formerly 1st Street). Turn left on Park Avenue. Aquatics Center is on right side. Note: When looking at directions on MapQuest or Google, please know that 1st Street has been renamed as Robert F. Kennedy Street. Please note that there is no parking at the facility and all participants must park on street.

**COURSE:** The meet will be contested using 10 competition lanes with a separate 4 lane warm up pool. This competition course has been certified in accordance with 104.2.2 (C). Pool depth at start end is 6-13 feet and pool depth at turn end is 6-13 feet.

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

**WARM UP RULES:** Swimmers warming up or down before, during or after the meet must be under the direct supervision of a 2010 USA Swimming member coach. Practice starts, diving from the starting blocks or from the deck will be in designated sprint lanes only and under the direct supervision of a USA Swimming member coach. Sprint lanes are one way only. **WARM UP RULES WILL BE POSTED, ANNOUNCED AND ENFORCED.**

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and will take precedence over any errors/omissions on this entry form. See SCS Swim Guide. Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed a swimmer may not check in or scratch. Swimmers must swim in their actual age group as determined by their age on the first day of the meet. Swimmers in the first four (4) events of the session must check in 30 minutes prior to the start of the session.

*You may swim four (4) events per day plus relays. Swimmers entering more than 4 events per day only the first four will be entered. NO REFUNDS.* Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

**ELIGIBILITY:** Open to Pacific Committee athletes who are 2010 USA Swimming registered. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide. Part One, III, B. In SCS age group meets, swimmers 18 and younger must prove birth dates prior to competition. Clubs must be 2010 USA Swimming club members to be represented at the meet.

**CHANGE OF AFFILIATIONS:** Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and the appropriate fee to the 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 a meet.

**SUBMITTED TIMES:** Times submitted must be the best recorded short or long course times from this or the proceeding swim season. Do not submit estimated or work out times. All non-conforming times will be seeded last. Swimmers must have achieved time standard listed for an event. Swimmers entering the open events must be at least 11 years of age. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action. If a swimmer does not have a recorded time, but is otherwise qualified, he/she may enter at minimum (see 2010 Swim Guide for exceptions).

**AWARDS:** Medals 1st through 3<sup>rd</sup> places - Ribbons 4th through 8<sup>th</sup> places - Relays - Ribbons 1<sup>st</sup> through 3<sup>rd</sup> places - Open events are not scored or awarded. 13 and Up events will be awarded 13-14, 15 & Up.

**SNACK BAR:** A full service snack bar will be located outside the pool area.

**ENTRY PROCEDURE:** Individual entry charge of \$3.25 per entered event plus \$7.00 surcharge must accompany each entry card. Electronic Club entry is encouraged. You may: one Southern California Consolidated Entry Card "White Card" for each swimmer. Card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the hand delivery address (NOT THE SWIM OFFICE).

**Entry cards must be postmarked no later than January 4, 2010. Hand delivered entries will be accepted, at 10105 Pinehurst Avenue #C, South Gate, California 90280, until 8:00PM on January 5, 2010 provided meet has not reached capacity. Note: Entries posted by Post Office meter machine will be accepted if dated correctly and the meet has not reached capacity, but will not be accepted if received more than two days after deadline per SCS guidelines. NO EXCEPTIONS. Late entries will be rejected.**

**ELECTRONIC E-MAIL ENTRY PROCEDURE:** 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. (5PM postmark would queue before a 10PM 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 SCS 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 ANY ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Electronic entries are to be sent to [xpgarcia@cox.net](mailto:xpgarcia@cox.net)

**ENTRY FEES:** An entry fee of \$3.25 for each event PLUS surcharge of \$7.00 per swimmer must be received with entry card. \$5.00 per relay team is due when the relay is entered on deck. Per SCS policy there will be a service charge for all returned checks.

## MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Patty Garcia  
2046 Azure Cove Unit 2  
Chula Vista, CA 91915

For Information call: Patty Garcia – 323-337-6644 [xpgarcia@cox.net](mailto:xpgarcia@cox.net) or  
Adam Blakis – 310-985-5308 [adamblakis@gmail.com](mailto:adamblakis@gmail.com)

IF YOU NEED ENTRY CONFIRMATION – PLEASE SEND A SELF ADDRESSED STAMPED REPLY ENVELOPE – RECEIPT OF ENTRY WILL NOT BE VERIFIED BY PHONE OR EMAIL.

**NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.**