



Pacific Committee Last Ditch Qualifier - June Age Group
Long Course Meet
June 12-13, 2010
Hosted by: Swim Torrance

Sanctioned by: Southern California Swimming
Sanction No: 10-102

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 pm

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JUNE 2, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

Notice: This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

POOL: John C. Argue Swim Stadium – 3980 Menlo Avenue, Los Angeles, CA 90037 Harbor Fwy (110) to Martin Luther King Boulevard. West on Martin Luther King Boulevard to Menlo Avenue. North on Menlo Avenue to Parking lot 1. Pool is directly across from the parking lot. Please enter pool complex through the side entrance. The entrance will be clearly marked.

COURSE: Swim Stadium is a 25-yard by 50-meter facility. We will be running an 8-lane 50-meter fully automated competition course with a separate 5-lane warm-up warm-down pool. **The competition course has been certified in accordance with 104.2.2©. © Start and turn depth on south end of pool 5'6" and 16' respectively. Start and turn depth on north side of pool 16' and 5'6" respectively.**

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 2010 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 for that event. 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 days. If more than 4 events are entered only the first four will be accepted and 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.

All clubs will be assigned timing lanes based on the number of swimmers entered. Clubs will be responsible for timing in the assigned lanes for the entire meet.

A swimmer must be at least 7 years of age to compete in this competition per Los Angeles City Recreation and Parks regulations

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. **REGISTRATION APPLICATIONS MAY BE SUBMITTED WITH ENTRY FORM.**

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 UN-ATTACH 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 **BEST RECORDED TIMES** short course or long course from this or the preceding season. No workout times. All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action.

7-10 SWIMMERS MAY SWIM 10 & UNDER OR 7-8 NOT BOTH OR A COMBINATION THEREOF.

AWARDS: "Blue" Division – Medals 1st through 3rd, Ribbons 4th through 8th. "Red" Division – Ribbons 1st through 8th. "White" Division - Ribbons 1st through 8th 13 and Up events will be swum combined, but awarded 13-14, 15-16, 17 and Up.

SNACK BAR: A full service snack bar will be available.

ENTRY PROCEDURE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JUNE 2, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). Submit one Southern California Consolidated entry card "white card" for each swimmer. Card must be completely filled out including USA Swimming registration number.

ELECTRONIC E-MAIL ENTRY PROCEDURE: 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 received. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the meet 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. **This policy will be strictly enforced as of February 1, 2010** Email address for electronic entries – blwswim@earthlink.net.

ENTRY FEES: An entry fee of \$3.25 for each event PLUS surcharge of \$7.50 per swimmer must be received with entry card. Per SCS policy there will be a service charge for all returned checks.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: **Bettie Williams**

P.O. Box 83538

Los Angeles, CA 90083

For information call: Bettie Williams (310) 338-8776 (blwswim@earthlink.net)

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.



Pacific Committee Last Ditch June Age Group Qualifier LC Meet

Hosted by: Swim Torrance

Date of Meet: June 12-13, 2010

YOU MAY ENTER A MAXIMUM OF 4 EVENTS PER DAY --- TORR WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE
OPEN EVENTS ARE ONLY OPEN TO 11 & OLDER SWIMMERS WHO MEET THE LISTED STANDARD. 13 & UP EVENTS ARE "B/R/W" FOR 13 & UP SWIMMERS

Afternoon Session will begin no sooner than 12:00 pm or 45 minutes after the conclusion of the Morning Session

Girls		SATURDAY MORNING			Boys	
No.	Minimum	Age	Event	Minimum	No	
1		11/12	200 Meter Freestyle			
2		10 & Under	100 Meter Freestyle		3	
4		7/8	**100 Meter Freestyle		5	
6		11/12	50 Meter Breaststroke			
7		10 & Under	50 Meter Breaststroke		8	
9		7/8	50 Meter Breaststroke		10	
11		11/12	100 Meter Backstroke			
12		10 & Under	100 Meter Backstroke		13	
14		7/8	50 Meter Backstroke		15	
16		11/12	100 Meter Butterfly			
17		10 & Under	100 Meter Butterfly		18	
19		11/12	50 Meter Freestyle			
20	6:31.20	Open	400 Meter Individual Medley	6:32.30	21	

Girls		SUNDAY MORNING			Boys	
No.	Minimum	Age	Event	Minimum	No	
39		11/12	200 Meter Individual Medley			
40		10 & Under	200 Meter Freestyle		41	
42		11/12	50 Meter Backstroke			
43		10 & Under	50 Meter Backstroke		44	
45		7/8	**100 Meter Freestyle		46	
47		11/12	100 Meter Freestyle			
48		10 & Under	50 Meter Butterfly		49	
50		7/8	50 Meter Butterfly		51	
52		11/12	50 Meter Butterfly			
53		10 & Under	50 Meter Freestyle		54	
55		7/8	50 Meter Freestyle		56	
57		11/12	100 Meter Breaststroke			
58		10 & Under	100 Meter Breaststroke		59	
60	5:47.30	Open	400 Meter Freestyle	5:46.60	61	

Afternoon session will begin no sooner than 12:00 pm or 45 minutes after the completion of the Morning Session

Girls		SATURDAY AFTERNOON			Boys	
No.	Minimum	Age	Event	Minimum	No	
		11/12	200 Meter Freestyle		22	
23		13 & up	200 Meter Freestyle		24	
		11/12	50 Meter Breaststroke		25	
26		13 & up	100 Meter Breaststroke		27	
		11/12	100 Meter Backstroke		28	
29	3:09.20	Open	200 Meter Backstroke	3:11.80	30	
		11/12	100 Meter Butterfly		31	
32		13 & up	100 Meter Butterfly		33	
		11/12	50 Meter Freestyle		34	
35		13 & up	50 Meter Freestyle		36	
37	11:44.20	Open	800 Meter Freestyle	11:43.70	38	

Girls		SUNDAY AFTERNOON			Boys	
No.	Minimum	Age	Event	Minimum	No	
		11/12	200 Meter Individual Medley		62	
63		13 & up	200 Meter Individual Medley		64	
		11/12	100 Meter Freestyle		65	
66		13 & up	100 Meter Freestyle		67	
		11/12	50 Meter Butterfly		68	
69	3:31.00	Open	200 Meter Breaststroke	3:31.20	70	
		11/12	50 Meter Backstroke		71	
72		13 & up	100 Meter Backstroke		73	
		11/12	100 Meter Breaststroke		74	
75	3:05.70	Open	200 Meter Butterfly	3:07.20	76	
77	22:11.60	Open	1500 Meter Free	22:10.90	78	

**** 7/8 Swimmers may only swim the 100 meter Freestyle once.**

Swimmers in the 400 IM, 400, 800 and 1500 Meter Freestyles must provide timers for three heats.

800 and 1500 Freestyle swimmers must provide lap counters.

The 400 IM, 800 Meter Freestyle, 400 Meter Freestyle and 1500 Freestyle will be seeded fastest to slowest, alternating girls and boys.