



Pacific Committee R/W Short Course Meet Hosted by South Gate Aquatics Club March 12, 2016

Entry Due Date: March 2, 2016

Warm-up 8:00 AM - Meet Start time 9:00 AM

Entries will be limited to comply with 4-hour rule.

PLEASE ENTER BEST RECORDED TIME – YOU MAY SWIM 4 INDIVIDUAL EVENTS PER DAY PLUS RELAYS

Warm-Up 8:00 AM

Meet starts 9:00 AM

Saturday, March 12, 2016					
Girl	Max Time	Event	Age	Max Time	Boy
1	1:28.40	100 Yard Freestyle	5-8	1:25.00	2
3	1:14.70	100 Yard Freestyle	7-10	1:14.30	4
5	1:06.70	100 Yard Freestyle	11-12	1:06.20	6
7	Blue for Age	100 Yard Freestyle	13-UP	Blue for Age	8
9	22.20	25 Yard Backstroke	5-8	21.60	10
11	1:28.60	100 Yard Backstroke	7-10	1:28.70	12
13	1:17.90	100 Yard Backstroke	11-12	1:20.50	14
15	Blue for Age	100 Yard Backstroke	13-UP	Blue for Age	16
17	24.00	25 Yard Breaststroke	5-8	23.30	18
19	1:40.00	100 Yard Breaststroke	7-10	1:40.50	20
21	1:28.90	100 Yard Breaststroke	11-12	1:29.00	22
23	Blue for Age	100 Yard Breaststroke	13-UP	Blue for Age	24
25	21.30	25 Yard Butterfly	5-8	21.30	26
27	1:29.30	100 Yard Butterfly	7-10	1:29.40	28
29	1:16.10	100 Yard Butterfly	11-12	1:18.20	30
31	Blue for Age	100 Yard Butterfly	13-UP	Blue for Age	32
33	1:41.20	100 Yard IM	5-8	1:38.50	34
35	1:26.60	100 Yard IM	7-10	1:26.90	36
37	1:17.70	100 Yard IM	11-12	1:17.70	38
39	-----	100 Yard IM	13-UP	-----	40
41	18.10	25 Yard Freestyle	5-8	17.60	42
43	33.90	50 Yard Freestyle	7-10	34.10	44
45	30.70	50 Yard Freestyle	11-12	30.80	46
47	Blue for Age	50 Yard Freestyle	13-UP	Blue for Age	48
49	48.10	50 Yard Backstroke	5-8	46.80	50
51	40.50	50 Yard Backstroke	7-10	40.40	52
53	36.20	50 Yard Backstroke	11-12	36.60	54
55	-----	50 Yard Backstroke	13-UP	-----	56
57	52.30	50 Yard Breaststroke	5-8	51.00	58
59	45.60	50 Yard Breaststroke	7-10	45.60	60
61	40.80	50 Yard Breaststroke	11-12	41.00	62
63	-----	50 Yard Breaststroke	13-UP	-----	64
65	46.30	50 Yard Butterfly	5-8	47.00	66
67	38.30	50 Yard Butterfly	7-10	38.20	68
69	34.30	50 Yard Butterfly	11-12	34.50	70
71	-----	50 Yard Butterfly	13-UP	-----	72
73	2:42.00	200 Yard Freestyle	7-10	2:41.80	74
75	2:24.10	200 Yard Freestyle	11-12	2:24.60	76
77	Blue for Age	200 Yard Freestyle	13-UP	Blue for Age	78
79	DECK ENTERED	200 Yard Free Relay	5-10	DECK ENTERED	80
81		200 Yard Free Relay	11-12		82
83		200 Yard Free Relay	13-UP		84

7-8 SWIMMERS MAY SWIM 5-8 OR 7-10; NOT BOTH OR ANY COMBINATION THEREOF

All attending clubs will be responsible for timing in their assigned lanes for the entire meet.

🚩 Requirements for 5-6 & 7-8 swimmers to enter 100 Back, 100 Breast, 100 Fly:

- A) If a swimmer's time meets the 5-8 Red standard for the 50 of a stroke, the swimmer may enter the 100 of the stroke
- B) If a swimmer has equaled or bettered the 5-8 Red standard in three events, the swimmer may enter the 100 Back, 100 Breast or 100 Fly
- C) 5-8 swimmers who have achieved the Blue standard in the 100 Free may enter the 200 Free

All 13 & UP events will be swum by time, but awarded 13-14 and 15 & UP - All relays are deck entered and time permitting.



**Pacific Committee R/W Short Course Meet
Hosted by South Gate Aquatics Club
March 12, 2016**

Entries due date: Monday, March 2, 2016
Sanctioned by: USA Swimming & Southern California Swimming
Sanction No: S16-071

Warm Up Times: 8:00 a.m. (Saturday)
Meet Start Time: 9:00 a.m. (Saturday)

DIRECTIONS: South Gate Swim Stadium, 9520 Hildreth Avenue, South Gate, CA 90280. Directions: 710 Freeway to Imperial Highway, West on Imperial Highway to Atlantic Boulevard, right on Atlantic to Tweedy Boulevard, left on Tweedy to Hildreth, right on Hildreth to facility. Pool is adjacent to the Sports Complex. Please use Pool/Gymnasium entrance. Entrance will be marked. Swimmers, coaches and spectators will not be allowed into pool area before 7:00 am.

COURSE: An indoor 50 meter by 25 yard pool with 8 -10 competition lanes and 5 lanes for warm up/warm down. The lanes for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 13' 0" and pool depth at turn end is 13' 1".

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 8:00 – 8:45 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 15 minutes before the start of the session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the "4 Hour" rule. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS 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. Timers are requested to be provided by each team. All events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day plus relays.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** 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.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.

DECK CHANGES: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: Open to Pacific Committee athletes who hold 2016 USA Swimming Registration. Registration application must be received by meet processor, administrative referee, or SCS Office no later than the **meet entry due date, 3/2/2016**. Late applications will be considered "on-deck" and subject to penalties as stated in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. Requirements for 5-6 & 7-8 swimmers to enter 100 Back, 100 Breast, 100 Fly:

- A) If a swimmer's time meets the 5-8 Red standard for the 50 of a stroke, the swimmer may enter the 100 of the stroke
- B) If a swimmer has equaled or bettered the 5-8 Red standard in three events, the swimmer may enter the 100 Back, 100 Breast or 100 Fly
- C) 5-8 swimmers who have achieved the Blue standard in the 100 Free may enter the 200 Free

AWARDS: Red Division: Ribbons 1st - 6th place White Division: Ribbons 1st - 6th place
Relays: Ribbons 1st - 3rd place Meet will be awarded 5-8: 5-10; 11-12; 13-14 and 15 & UP

ENTRY FEES: \$4.00 for each individual event along with a \$10.50 surcharge **per swimmer must accompany each individual entry card**. NO REFUNDS. Relays will be deck-entered at \$10.00 each, payable on entry. Returned checks will incur a service fee.

ELECTRONIC ENTRY: Electronic entry is preferred. Please forward to xpgarcia@cox.net E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time. (SPM 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 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 AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, MARCH 2, 2016. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. *(Receipt of entries will not be verified by phone or e-mail).* REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL NOT BE ACCEPTED.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Patty Garcia

For Information call: Patty Garcia – 323-337-6644 (xpgarcia@cox.net)

2046 Azure Cove Unit 2
Chula Vista, CA 91915

Nari Reyes – 323-236-6389 (coachreyes@yahoo.com)
Meet entry hand delivery – 5405 West Slauson Avenue, Los Angeles, CA 90056

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.