



Pacific Committee Short Course Finale

Sponsored by Pacific Committee and ZAP

SATURDAY, March 4, 2016

SANCTION NO: #S17-062

SANCTIONED BY: Southern California Swimming and USA Swimming

SPONSORED BY: Pacific Committee and ZAP

ENTRIES DUE: Wednesday, February 22, 2017

MORNING SESSION WARM-UP BEGINS 7:15 AM

MEET STARTING TIME: 8:30 AM

Pacific Committee swimmers ages 9-18 who have achieved RED times OR FASTER in 3 or more events are to attend the Pac Com Championships at Rose Bowl, Feb 24-26. All other Pacific Committee swimmers are to attend the Season Finale Meet, hosted by ZAP at San Fernando Regional Pool on March 4, 2017. ALL 8 and Under Pacific Committee Swimmers, regardless of times, attend the Season Finale at San Fernando Regional Pool on March 4, 2017.

POOL: San Fernando Regional Pool, 208 Park Avenue, San Fernando, CA 91340. From the 118 Freeway exit San Fernando Road and turn North toward San Fernando, make a slight right on Tiffany Ave., make the first right onto Wolfskill St., take the first right onto First St./Robert F. Kennedy Dr., then take first left onto Park Ave. Pool is on your right.

COURSE: An outdoor, 50 meter by 25-yard pool with 8 to 10 competition lanes and 5 lanes for warm up/warm down 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: USA Swimming warm-up policies will be enforced by USA Swimming officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member 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 AND POSTED. All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:15 – 8:15 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 each 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 (See 2017 SCS Swim Guide). **Pacific Committee swimmers ages 9-18, who have achieved RED times or faster in three or more events are to attend the Pacific Committee Championship meet at Rose Bowl, February 24-26. All other Pacific Committee swimmers attend the Season Finale Meet at San Fernando Regional Pool on March 4, 2017. ALL Pacific Committee swimmers ages 5-8, regardless of times, attend the Finale at ELAC.** Swimmers must be at least 5 years old on February 15, 2017 to enter this meet. **SWIMMERS MUST CHECK IN with the clerk of course 30 MIN PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** Session 2 (afternoon) will not begin before 11:00 am or 45 minutes after the completion of the morning 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. Age groups are 5-6, 7-8, 9-10, 11-12, 13-14 and 15 & over. Entries will be limited to meet the "4 Hour" rule. In events with more than one age group, events will be seeded and swum combined, by time; results and awards will be by age group. Events will be swum slowest to fastest. **Swimmer may swim a maximum of 5 individual events per day, plus 2 relays. If entry numbers warrant, ZAP will combine sessions for a single session meet; In this instance, the groups of events will remain the same and the events will be contested in the following age group order: 11-12, 13&Up, 5-10.**

ENTRY RESTRICTIONS: Swimmers ages 9-18 may not have more than two Red times to compete in this meet. Swimmers may swim a maximum of FIVE (5) individual events and 2 relays. "No Time" entries ARE accepted in this meet; there are NO MINIMUM time standards in this meet. Swimmers may swim any events offered to their age group, up to the 5 individual event limit, but may not have more than two Red times. The 13/over 50s of strokes have no max times as there are no SCS standards; swimmers will likely need to enter these events as NT. The 500 Freestyle will be swum, all ages combined, alternating girls and boys. Swimmers in the 500 are asked to provide timers for three heats and their own lap counters. All teams are asked to provide timers.

RELAY ENTRIES: Relays may be deck entered and paid for at the meet by the deadline set by the Meet Referee.

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.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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. Tech suits are NOT permitted at this meet.

DECK CHANGING: 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 all Pacific Committee athletes or unattached who hold 2017 USA Swimming Registration and are ages 5-8, or who are ages 9-18 who do not qualify for the Championship meet at Rosebowl. Registration application **must be received by the meet entry deadline** by meet-processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties 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. Out of LSC entries will be accepted, space available; please submit a copy of registration with entry. There are no minimum time standards or other qualifying times for this meet. "No time" entries will be accepted.

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**). "No Time" entries are accepted for this meet. AFTER the entry deadline, the meet-processor will use meet management software to convert all non-conforming entry times to conforming course for seeding purposes only for that meet. Converted entry times will not be accepted.

AWARDS: INDIVIDUAL EVENTS: 5-6, 7-8, 9-10, 11/12, 13/14 and 15 & Up: Medals 1– 3, ribbons 4-16th - RELAYS: RIBBONS 1– 3.

Team points will be awarded as follows: Individual 20,17,16,15,14,13,12,11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. RELAYS: 40, 34,32,30,28,26,24,22.

ENTRY FEES: \$4.00 for each individual event along with a \$10.50 surcharge **per swimmer must accompany each individual entry card.** NO REFUNDS. Returned checks will incur a service fee. 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. (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 Board of Review. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.** Relays will be deck-entered at \$5.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, February 22, 2017. 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.)**

Make Checks payable to Southern California Swimming
Email for team electronic entries only: omar.dearmas@gmail.com

MAIL ENTRIES TO: Omar de Armas
P.O. Box 63, Simi Valley, CA 93062

Questions: SCS Office (800) 824-6206

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASONS OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Pacific Committee Short Course Finale • March 4, 2017

Age groups are: 5-6, 7-8, 9-10, 11-12, 13-14 and 15 & Up. In events with more than one age group, events will be seeded and swum combined, by time. Results and awards will be by age group.

Pacific Committee swimmers ages 9-18 who have achieved RED times or faster in 3 or more events are to attend the Pac Com Champs" meet at Rose Bowl, Feb 24-26. All other Pacific Committee swimmers attend the Season Finale Meet, hosted by ZAP at the San Fernando Regional Pool on March 4. ALL 8 and Under Pacific Committee swimmers, regardless of times, attend the Season Finale at San Fernando Regional Pool on March 4, 2017

GIRLS	AGE	SESSION 1 - EVENTS	BOYS
1	7-8	200 Yard Freestyle	2
	9-10		
3	5-6	25 Yard Freestyle	4
	7-8		
5	n/a	50 Yard Butterfly	6
	9-10		
7	5-6	25 Yard Butterfly	8
	7-8		
9	7-8	50 Yard Backstroke	10
	9-10		
11	5-6	25 Yard Backstroke	12
	7-8		
13	7-8	50 Yard Breaststroke	14
	9-10		
15	5-6	25 Yard Breaststroke	16
	7-8		
17	5-6	100 Yard Freestyle	18
	7-8		
	9-10		
19	5-6	100 Yard Individual Medley	20
	7-8		
	9-10		
21	5-6	50 Yard Freestyle	22
	7-8		
	9-10		
23	5-6	100 Yard Medley Relay – Deck Entered	24
25	7-8	100 Yard Medley Relay – Deck Entered	26
27	9-10	200 Yard Medley Relay – Deck Entered	28
29	5-6	100 Yard Freestyle Relay – Deck Entered	30
31	7-8	100 Yard Freestyle Relay – Deck Entered	32
33	9-10	200 Yard Freestyle Relay – Deck Entered	34

Session 2 will not begin before 10:30 am or 45 min after the morning session ends.

GIRLS	AGE	SESSION 2 – EVENTS	BOYS
35	11-12	200 Yard Freestyle	36
	13-14		
	15 & up		
37	11-12	50 Yard Butterfly	38
	13-14		
	15&up		
39	11-12	100 Yard Butterfly	40
	13-14		
	15&up		
41	11-12	50 Yard Backstroke	42
	13-14		
	15&up		
43	11-12	100 Yard Backstroke	44
	13-14		
	15&up		
45	11-12	50 Yard Breaststroke	46
	13-14		
	15&up		
47	11-12	100 Yard Breaststroke	48
	13-14		
	15&up		
49	11-12	100 Yard Freestyle	50
	13-14		
	15&up		
51	11-12	100 Yard I.M.	52
53	11-12	200 Yard I.M.	54
	13-14		
	15 & up		
55	11-12	50 Yard Freestyle	56
	13-14		
	15&up		
57	11-12	500 Yard Freestyle	58
	13-14		
	15&up		
59	13&up	200 yd. Medley Relay – Deck Entered	60
61	11-12	200 yd. Medley Relay – Deck Entered	62
63	13&up	200 yd. Freestyle Relay – Deck Entered	64
65	11-12	200 yd. Freestyle Relay – Deck Entered	66