



2016 Penguin Aquatic Club SC "WAG Last Ditch Qualifier" Meet

Sponsored by Pacific Committee and Penguin Aquatic Club

December 3-4, 2016

Entry Due Date: November 23, 2016
 Entries will be limited to comply with 4-hour rule.

Warm-up: 7:00 AM
 Start Time: 8:30 AM

7-8 SWIMMERS MAY SWIM 7/8 EVENTS OR 7-10, NOT BOTH OR ANY COMBINATION THEREOF.
 5-6 SWIMMERS MAY SWIM 5/6-7/8 EVENTS ONLY, EXCEPT WHEN QUALIFIED TO COMPETE IN LONGER 7-10 EVENTS.
 SEE SUBMITTED TIMES PARAGRAPH ON INFORMATION SIDE OF FORM. All entry times will be verified through SWIMS.

Saturday - December 3, 2016

Sunday - December 4, 2016

Warm-Up 7:00 AM						Meet starts 8:30 AM						Warm-Up 7:00 AM						Meet Starts 8:30 AM						
Girl	Min	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy	
1		100 Yard Freestyle	11-12			66		100 Yard IM	5/6-7/8		67													
2		25 Yard Freestyle	5/6-7/8		3	68		100 Yard IM	7-10		69													
4		100 Yard Freestyle	5/6-7/8		5	70		100 Yard IM	11-12															
6		100 Yard Freestyle	7-10		7	71		25 Yard Backstroke	5/6-7/8		72													
8		200 Yard Freestyle	11-12			73	1:28.60	100 Yard Backstroke	7/8	1:28.70	74													
9		50 Yard Backstroke	5/6-7/8		10	75		100 Yard Backstroke	7-10		76													
11		50 Yard Backstroke	7-10		12	77		100 Yard Backstroke	11-12															
13		50 Yard Backstroke	11-12			78		25 Yard Breaststroke	5/6-7/8		79													
14	1:40.00	100 Yard Breaststroke	7/8	1:40.50	15	80		50 Yard Breaststroke	5/6-7/8		81													
16		100 Yard Breaststroke	7-10		17	82		50 Yard Breaststroke	7-10		83													
18		100 Yard Breaststroke	11-12			84		50 Yard Breaststroke	11-12															
19		25 Yard Butterfly	5/6-7/8		20	85	1:29.30	100 Yard Butterfly	7/8	1:29.40	86													
21		50 Yard Butterfly	5/6-7/8		22	87		100 Yard Butterfly	7-10		88													
23		50 Yard Butterfly	7-10		24	89		100 Yard Butterfly	11-12															
25		50 Yard Butterfly	11-12			90	2:56.80	200 Yard Freestyle	7/8	2:56.50	91													
26		50 Yard Freestyle	5/6-7/8		27	92		200 Yard Freestyle	7/10		93													
28		50 Yard Freestyle	7-10		29	94		50 Yard Freestyle	11-12															
30		200 Yard IM	11-12			95	3:06.50	200 Yard IM	7/10	3:07.40	96													
31		200 Yard Free Relay	5-10		32	97		200 Yard Med Relay	5-10		98													
33		200 Yard Free Relay	11-12			99		200 Yard Med Relay	11-12															
34	2:46.20	200 Yard Backstroke	11-12	2:51.40	35	100	6:24.60	500 Yard Freestyle	11-12	6:29.80	101													
36	2:42.00	500 Yard Freestyle ***	7-10	2:41.80	37	102	3:08.80	200 Yard Breaststroke	11-12	3:09.00	103													
38	2:43.20	200 Yard Butterfly	11-12	2:47.40	39	104	21:32.10	1650 Yard Freestyle	OPEN	21:51.50	105													
40	5:48.20	400 Yard IM	OPEN	5:48.90	41																			

*** 7-10 swimmers entering the 500 Free should enter their achieved 200 Freestyle times. Achieved time must be equal to or better than the min standard stated on meet form.

AFTERNOON SESSION, BOTH DAYS, WILL NOT BEGIN BEFORE 12:00 PM. AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION

WILL NOT START BEFORE 12:00 PM						WILL NOT START BEFORE 12:00 PM					
Girl	Min	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy
		200 Yard Freestyle	11-12		42			100 Yard IM	11-12		106
43		200 Yard Freestyle	13/OV		44	107		200 Yard IM	13/OV		108
		50 Yard Backstroke	11-12		45			100 Yard Backstroke	11-12		109
46		100 Yard Backstroke	13/OV		47	110	Blue	200 Yard Backstroke	13/OV	Blue	111
		100 Yard Breaststroke	11-12		48			50 Yard Breaststroke	11-12		112
49	Blue	200 Yard Breaststroke	13/OV	Blue	50	113		100 Yard Breaststroke	13/OV		114
		50 Yard Butterfly	11-12		51			100 Yard Butterfly	11-12		115
52		100 Yard Butterfly	13/OV		53	116	Blue	200 Yard Butterfly	13/OV	Blue	117
		100 Yard Freestyle	11-12		54			50 Yard Freestyle	11-12		118
55		50 Yard Freestyle	13/OV		56	119		100 Yard Freestyle	13/OV		120
		200 Yard IM	11-12		57			200 Yard Med Relay	11-12		121
58		400 Yard Free Relay	13-14		59	122		400 Yard Med Relay	13-14		123
60		400 Yard Free Relay	15/OV		61	124		400 Yard Med Relay	15/OV		125
62		200 Yard Free Relay	11-12		63						
64		500 Yard Freestyle	13/OV		65						

All 13/OV events will be contested combined by time, but awarded 13-14; 15/OV.

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

Event Recap:

Saturday AM			Sunday AM			Saturday PM			Sunday PM		
5-10	11-12 G	OPEN	5-10	11-12 G	OPEN	11-12 B	13-14	15 /Over	11-12 B	13-14	15/ Over
100 FR	100 FR	400 IM	100 IM	100 IM	1650 FR	200 BK	200 FR	200 FR	500 FR	200 IM	200 IM
50 BK	200 FR		25, 100 BK	100 BK		Sat - AM			Sun - AM		
100 BR	50 BK		25, 50 BR	50 BR		200 BK	100 BK	100 BK	200 BR	200 BK	200 BK
25, 50 FL	100 BR		100 FL	100 FL		200 FL	200 BR	200 BR	100 IM	100 BR	100 BR
25, 50 FR	50 FL		200 FR	50 FR		50 BK	100 FL	100 FL	100 BK	200 FL	200 FL
200 FR Rel	200 IM		200 IM	200 Med Rel		100 BR	50 FR	50 FR	50 BR	100 FR	100 FR
500 FR	200 FR Rel		200 Med Rel	500 FR		50 FL	400 FR Rel	400 FR Rel	100 FL	400 Med Rel	400 Med Rel
	200 BK			200 BR		100 FR	500 FR	500 FR	50 FR		
	200 FL					200 IM			200 Med Rel		
						200 FR Re					



2016 Penguins Aquatic Club SC "WAG Last Ditch Qualifier" Meet
Sponsored by Pacific Committee and Penguin Aquatic Club
December 3-4, 2016

Sanctioned by: Southern California Swimming and USA Swimming
Sanction Number: #S16- 338
Afternoon Session will not start before 12:00 PM

Warm Up: Friday 7:00 AM
Start Time: 8:30 AM

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WEDNESDAY, 11/23/2016. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

DIRECTIONS: 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 onto Tiffany Avenue, take the first right onto Wolfskill Street, take the first right onto 1st Street/Robert F Kennedy Drive, then take the first left onto Park Avenue.

COURSE: An indoor, 50 meter by 25-yard pool with 8 to 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 7:00 – 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. If split-session warm-ups are necessary, coaches will be contacted by Meet Referee prior to meet.

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. Swimmers competing in the 1650 Freestyle are requested to furnish their own timers for three heats and lap counters. All events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day plus relays. If more than 4 events per day are entered only the first 4 events of the day will be accepted. No exceptions or refunds.**

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, is 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.

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 or 2017 USA Swimming Registration. Registration application must be received by the meet processor, administrative referee, or SCS Office no later than the **meet entry due date, 11/23/16.** Late applications 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.**

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**). After entries close, non-conforming times will be converted by meet admin for seeding purposes only. 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.

Note Requirements for 5-6 year olds: 5-6 Swimmers meeting the listed time standard or the following conditions may enter 7-10 events: A swimmer may swim "up" (not down) one distance. If a swimmer's time: a) meets the 7-10 Red standard for 50 of stroke, may enter 100 of stroke; b) meets the 7-10 Blue standard for 100 FR or 100 IM, may enter 200 FR or 200 IM; c) equaled or bettered 7-10 Red standard in three events, may enter 100 BK, BR, or FL; d) equaled or bettered 5-8 Blue standard in three events may enter 200 FR or 200 IM. All entry times will be verified through SWIMS

AWARDS: Blue Division: Ribbons 1st - 8th place; Red Division: Ribbons 1st - 8th place; White Division: Ribbons 1st - 8th place
Relays: Ribbons 1st - 3rd place; Open events: Not scored or awarded

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of 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 email 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 AN ENTRY FILE:** A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

Electronic entries are to be sent to -blwswim@earthlink.net. **Entry on an SCS consolidated entry card will be accepted. Card must be filled out completely including USA Swimming registration number. No individual meet entry accepted via email.**

ENTRY FEES: An entry fee of \$4.00 for each event PLUS surcharge of \$10.50 per swimmer must be received with entry card. \$10.00 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: Bettie Williams
PO Box 83538
Los Angeles, CA 90083-0538

For Information, contact: Nick Orozco - Onicolas5@aol.com

Bettie Williams – blwswim@earthlink.net (310) 338-8776

Meet Hand Delivery - 5405 West Slauson Avenue. Los Angeles, CA 90056

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED. No individual meet entry accepted via email.

Please note that entries to the WAG meet must be submitted and paid for prior to leaving the meet. Entries will not be accepted for WAG once the Administrative Referee has left the facility.

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.