



# 2019 Penguin Aquatic Club BRW Short Course Meet

Sponsored by Pacific Committee and Penguin Aquatic Club

February 2 – 3, 2019

Entry Due Date: January 23, 2019  
 Entries will be limited to comply with 4-hour rule.

Warm-up: Saturday & Sunday - 7:30 AM  
 Start Time: Saturday & Sunday - 8:30 AM

Saturday – February 2, 2019

Sunday – February 3, 2019

Warm-Up 7:30 AM					Meet starts 8:30 AM					Warm-Up 7:30 AM					Meet Starts 8:30 AM				
EV	Min	Event	Age	Min	EV	EV	Min	Event	Age	Min	EV	EV	Min	Event	Age	Min	EV		
1		100 Yard Freestyle	11-12			48		Mixed 100 Yard IM	8/Un	Red									
2		Mixed 25 Yard Freestyle	8/Un			49		Mixed 100 Yard IM	9-10	Red									
3		Mixed 100 Yard Free	8/Un	Red		50		100 Yard IM	11-12										
4		Mixed 100 Yard Freestyle	9-10	Red		51		Mixed 25 Yard Backstroke	8/Un										
5		200 Yard Freestyle	11-12			52		Mixed 100 Y Backstroke	8/Un	Red									
6		Mixed 50 Yard Backstroke	8/Un			53		Mixed 100 Y Backstroke	9-10	Red									
7		Mixed 50 Yard Backstroke	9-10			54		100 Yard Backstroke	11-12										
8		50 Yard Backstroke	11-12			55		Mixed 25 Yard Breast	8/Un										
9		Mixed 100 Y Breaststroke	8/Un	Red		56		Mixed 50 Y Breaststroke	8/Un										
10		Mixed 100 Y Breaststroke	9-10	Red		57		Mixed 50 Y Breaststroke	9-10										
11		100 Yard Breaststroke	11-12			58		50 Yard Breaststroke	11-12										
12		Mixed 25 Yard Butterfly	8/Un			59		Mixed 100 Yard Butterfly	8/Un	Red									
13		Mixed 50 Yard Butterfly	8/Un			60		Mixed 100 Yard Butterfly	9-10	Red									
14	2:46.20Y	200 Yard Backstroke	11-12			61		100 Yard Butterfly	11-12										
15		Mixed 50 Yard Butterfly	9-10			62		Mixed 200 Yard Freestyle	9/10	Blue									
16		50 Yard Butterfly	11-12			63		50 Yard Freestyle	11-12										
17		Mixed 50 Yard Freestyle	8/Un			64		Mixed 200 Yard IM	9-10	Blue									
18		Mixed 50 Yard Freestyle	9-10			65		200 Yard Med Relay	11-12										
19		200 Yard IM	11-12			66		200 Yard Med Relay	5-10								67		
20		200 Yard Free Relay	5-10		21	68	6:24.60Y	500 Yard Freestyle	11-12	6:29.80Y							69		
22		200 Yard Free Relay	11-12			70	3:08.80Y	200 Yard Breaststroke	11-12	3:09.00Y							71		
23	2:43.20Y	200 Yard Butterfly	11-12	2:47.40Y	24	72	21:32.10Y	1650 Yard Freestyle	OPEN	21:51.50Y							73		
25	5:48.20Y	400 Yard IM	OPEN	5:48.90Y	26														

AFTERNOON SESSION, BOTH DAYS, WILL BEGIN 45 MINUTES AFTER THE END OF THE MORNING SESSIONS.  
 AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSIONS.

Will start 45 minutes after the end of the morning session.						Will start 45 minutes after the end of the morning session.					
Girl	Min	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy
		200 Yard Freestyle	11-12		27			100 Yard IM	11-12		74
28		200 Yard Freestyle	13/OV		29	75		200 Yard IM	13/OV		76
		50 Yard Backstroke	11-12		30			100 Yard Backstroke	11-12		77
31		100 Yard Backstroke	13/OV		32	78	Blue/Age	200 Yard Backstroke	13/OV	Blue/Age	79
		100 Yard Breaststroke	11-12		33			50 Yard Breaststroke	11-12		80
34	Blue/Age	200 Yard Breaststroke	13/OV	Blue/Age	35	81		100 Yard Breaststroke	13/OV		82
		50 Yard Butterfly	11-12		36			100 Yard Butterfly	11-12		83
37		100 Yard Butterfly	13/OV		38	84	Blue/Age	200 Yard Butterfly	13/OV	Blue/Age	85
		100 Yard Freestyle	11-12		39			50 Yard Freestyle	11-12		86
40		50 Yard Freestyle	13/OV		41	87		100 Yard Freestyle	13/OV		88
		200 Yard IM	11-12		42			200 Yard Med Relay	11-12		89
43		400 Yard Free Relay	13/OV		44	90		400 Yard Med Relay	13/OV		91
		200 Yard Free Relay	11-12		45						
46	Red/Age	500 Yard Freestyle	13/OV	Red/Age	47						

All relays are deck entered and time permitting.

All 13/OV events will be contested combined by time, but awarded 13-14; 15/OV. Min entry time is by age group 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
	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					



# 2019 Penguin Aquatic Club BRW Short Course Meet

Sponsored by Pacific Committee and Penguin Aquatic Club

February 2 – 3, 2019

Sanctioned by: Southern California Swimming and USA Swimming  
Sanction Number: #S19-035

Warm Up: Sat. & Sun. - Friday 7:30 AM  
Start Time: Sat. & Sun. - 8:30 AM

**ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WEDNESDAY, 1/29/2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**

**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 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 as requested at the discretion of the Meet Referee. 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.

**All swimmers must use a 3 point entry when entering the pool.**

**MEET REFEREE:** Will be in charge of the meet –Omar de Armas (omar.dearmas@gmail.com). 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 45 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 3 events per day plus relays. If more than 3 events per day are entered only the first 3 events of the day will be accepted. No exceptions or refunds.** All coaches and officials on deck must have completed the CDC or NFHS online Concussion course.

**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. Tech suits **are not** permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: www.socialswim.org.

**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 2019 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, 1/23/19**. Late applications will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, and 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.

**AWARDS:** Blue Division: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place; Red Division: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place; White Division: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place  
Relays: Ribbons 1<sup>st</sup> - 3<sup>rd</sup> 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 -xpgarcia@cox.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: Patty Garcia  
2046 Azure Cove Unit 2  
Chula Vista, CA 91915

For Information, contact: Nick Orozco - [Onicolas5@aol.com](mailto:Onicolas5@aol.com)  
Patty Garcia - [xpgarcia@cox.net](mailto:xpgarcia@cox.net) (323) 337-6644  
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.**

**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.**