



## 2025 Pacific Committee Championship

Hosted By **BLAST** Sharks

July 18-20, 2025

**Sanctioned By:** USA Swimming and SoCAL Swimming

**Hosted By:** BLAST Swimming (Pacific Committee)

**Date of Meet:** July 18-20, 2025

**Warm Up Times:** 7:00 AM FRIDAY/SAT/SUN

**Sanction Number:** #S251-65: Time Trial: S25-167

**Received by Deadline:** 5 PM July 9, 2025

**Start of Meet:** 8:30 AM FRIDAY/SAT/SUN

**Finals Start:** Finals will start no earlier than 2 hours after the conclusion of the Prelim session.

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**ENTRIES DUE:** Entries must be **received by** 5:00 PM on Wednesday, July 9, 2025. Entry may be received electronically (team entry only; no individual swimmer email entry), USPS, delivery service, or hand-delivered. **As a reminder: No updated times will be accepted after the meet-entry deadline.**

**POOL:** George Mannon Aquatic Center is an outdoor 50-meter by 25-yard pool, with 8 lanes for competition and an additional 6 lanes for warm-up/warm-down in a 25-yard pool. There are an additional 3 25-yard lanes on the opposite of the bulkhead in the competition pool that can be used to warm up/down. The competition course has been certified in accordance with 104.2.2(C), and is on file with USA Swimming.

**DIRECTIONS:** George Mannon Aquatic Center, 2320 Crenshaw Blvd, Torrance, CA 90501. From the 405 Freeway North/South, EXIT at Crenshaw Blvd, and go South. Just past the Honda Service Center and before Sepulveda Blvd, turn left into the driveway to the parking lot. The traffic circle is for drop-off only. NO PARKING IN THE TRAFFIC CIRCLE. Make sure to park only in marked spaces.

**WARM-UP PROCEDURES:** Assigned warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:25 a.m. with supervised warm-up/warm-down available in the adjoining pool. There will be assigned warm-up times and lanes. The number of warm-up sessions will be determined based on entries. Swimmers must be under the supervision of a USA Swimming member coach during warm-ups. All swimmers must use a 3-point slide-in entry into the pool for warm-up without jumping or diving.

**MEET REFEREE:** The Meet Referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to: Omar de Armas <omarswimref@gmail.com>.

**MEET START TIMES:** Preliminary sessions will begin at **8:30 AM** on Friday, Saturday and Sunday. **Finals** session will begin no earlier than a minimum of 2 hours following the end of the Prelims Session.

**MEET ENTRY PACIFIC COMMITTEE CLUB CHAMPIONSHIP:** Athletes must have achieved the qualifying time standards stated on the meet entry form to enter events.

**BONUS EVENTS** can be entered in Pacific Committee Championship meet using the following formula:

- NO NTs are allowed for events.
- One qualifying event may enter 2 Bonus events totaling = 3 events.
- Two qualifying events may enter 1 Bonus events totaling = 3 events
- Three qualifying events may enter 1 Bonus events totaling = 4 events
- Four or more qualifying events, no bonus events are allowed.
- The bonus events chosen must be 200 yards or shorter.
- Bonus events are to be identified with "B" designator when entered in Meet Manager program

**ENTRY LIMIT:** A swimmer can enter no more than Nine (9) individual events for the meet but may swim no more than six (6), and no more than THREE (3) individual events per day. In the unlikely event that the timeline for this meet is determined to be too long, coaches may be asked to scratch individual events down to 2 events per day or make some of the distance events timed finals. This meet may also be double ended depending on the projected timeline.

**DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

**SUBMITTED TIMES:** The Pacific Committee Championship is a championship meet, and all swimmers must have achieved a time for all events entered. No Times" (NT) entries will not be accepted. **Submit ACTUAL times achieved for each event – NO swim-ups.** If entered time is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If entered time is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If using a white card, time on front of card must be clearly marked with either "L" or "Y" with proof of time yards/meters on the back of the card. If entering electronically, "L" or "Y" must be indicated on proof of time sheet. Times must have been achieved on or after January 1, 2024 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a **proof-of-time** meet. **NOTE: All entry times may be verified through the USA SWIMS database.**

**SCORING:** This is a team-scoring meet. Points and awards will be given to 7-10, 11-12, 13-14, and 15 & UP age groups scoring in the final session of the meet. Teams are allowed 2 scoring relays per event, age group, and gender. The top 16 placing relays will be scored, and the top 8 awarded. The 800 free will be awarded regardless of age.



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	Scoring																Awards
Individual Events	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Individual Events Medals 1-8 Ribbons 9-16
Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2	Relays Medals 1-3 Ribbons 4-8

**AWARDS:** Medals will be awarded in the championship meet for 1<sup>st</sup>-8<sup>th</sup> place in all individual events and 1<sup>st</sup>-3<sup>rd</sup> in relay events. Ribbons for places 9-16 in individual events and 4-8 for relay events will be awarded.

**RELAYS:** It is highly preferable for relays to be pre-entered. Relays can also be deck-entered and will be swum as timed-final events. **Coaches must turn in relay entries and scratches each day by the end of prelims.** A, B, C relays may swim but only two relays per team per event are eligible for scoring. The top 16 placing relays score. Morning relays may be offered if time permits. Only two relays per team per event are eligible for scoring. **13 & OVER 200 MEDLEY RELAY MUST BE ENTERED USING 200 MEDLEY RELAY TIMES.**

**RULES:** Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All coaches and officials must be current USA Swimming members. This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. **SWIMMERS MUST CHECK IN** with the clerk of course 30 MINUTES PRIOR TO EACH SESSION'S START FOR THE FIRST 4 EVENTS OF THAT SESSION. After officially closing the event, **SWIMMERS MAY NOT CHECK IN OR SCRATCH.** No deck entries will be allowed. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 7 years old on July 18, 2025, to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 IM and 800 freestyle (prelims and Finals) are required to furnish their own timers and lap counters. Teams swimming relays in the Finals session will need to provide their own timers. Timing assignments will be given based on number of swimmers entered in the meet. No exceptions or refunds. There will be separate restrooms for athletes and coaches/officials. All coaches and officials on deck must complete the CDC or NFHS Concussion course. All coaches and officials must have completed the CANRA mandatory reporting course.

**CHANGE OF AFFILIATION:** Club Transfers (unattached or attached) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.

**FINALS/ Scratch Rule:** Championship and consolation finals (top 16 swimmers per event) will be offered for individual events. The 800 Freestyle and relays are timed final events. The national finals scratch rule will be used. A swimmer must scratch or place intent on an event within 30 minutes of the announcement of preliminary results. A finals "no-show" (original top 16 places only) except the last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no-show in her/his last finals event of the meet. 19 & Up swimmers will be considered for finals if space is available.

**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. Media may cover this meet,** including photographs, video, webcasting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment 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 World Aquatics (FINA) swimsuit specifications may be worn in any USA swimming-sanctioned or approved competition. Tech suits may be worn by 13 and older swimmers only at this meet. For 7-12-year-olds, "tech" suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet. For the "tech" suit policy, see SCS Swim Guide, Appendix G at [socialswim.org](http://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 2025 USA Swimming registered swimmers and chartered clubs (subject to the Meet Entry paragraph below). Registration application must be received by **Wednesday, July 9, 2025, by 5 pm. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete.**

**DISTANCE EVENTS:** The 800 Freestyle is OPEN (11 & Up) combined "timed finals" events, and will close at 11:00 am for seeding. The fastest 8 swimmers in each event will be seeded in the Finals session. All other heats will swim in the prelim session. Events will be swum from fastest to slowest, alternating girls/boys heats. Swimmers competing in the 800 Freestyle (in prelims) and finals are requested to furnish their own timers and lap counters. Distance events will be awarded regardless of age.

**ENTRY PROCEDURE:** **Team Electronic Entry is highly preferred.** Electronic entry will be accepted ONLY when received with an attached Word or PDF file including the electronic signature of the coach AND PROOF OF TIME, and will be dated as official at that time (5PM



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postmark would queue before a 10PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail 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. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. **Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy.**

Electronic entries are to be sent to [alsoswim@gmail.com](mailto:alsoswim@gmail.com). For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be filled out, including the entire USA Swimming registration number. To avoid concern regarding receipt of the entry card designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.) **Individual email entries will not be accepted. NO REGISTERED, SPECIAL DELIVERY, OR CERTIFIED MAIL WILL BE ACCEPTED.**

**FEES:** Team electronic entry is recommended. **\$7.00 for each individual event**, along with a **\$28.00 swimmer surcharge** (\$20 swimmer surcharge plus \$8 facility rental fee) **per athlete**. Relays may be deck-entered at \$20.00 each, payable on entry. **OUTREACH registered swimmer is \$15.00 total. Teams must provide proof of outreach status by including a copy of their roster when submitting entries.** E-mail entry (entry, zip file) will be accepted ONLY when received with an attached PDF file, including the electronic signature of the coach, and will be dated as official at that time. (5 PM postmark would queue before a 10 PM 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. If entering by individual entry card, payment must accompany each individual entry card. **NO REFUNDS.** Returned checks will incur a service fee. 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. Prior to the entry deadline, 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.

**Time Trials (Time Permitting):** Separate Sanction #S25-167

- Will be swum, time permitting, on **Friday, Saturday and Sunday following the preliminary sessions.**
- Three (3) events per day limit applies (Championship events + Time trials = 3 events per day or less).
- An event may be swum only once as a time trial.
- Deck entered entry fee is \$20.00 per event, no refunds after seeding.
- The Administrative Referee/Official will determine the order of events.
- Open only to 2025 SCS swimmers who are entered in at least 1 individual event or relay in the meet.
- Participants must provide their own backup timers.
- Distance events: 800 Free, and 400 Free will be offered only one day, to be determined once entries are received and timelines are generated.

**Make checks payable to: BLAST Swimming**

**Mail entries/payments to: Alina de Armas, P.O. Box 63, Simi Valley, CA 93062**

Meet Hand Delivery - 2724 Loraine Place, Simi Valley, CA 93065

For information, contact: Peter Lambert – [peter@blastswimming.org](mailto:peter@blastswimming.org)

Omar de Armas - [omarswimref@gmail.com](mailto:omarswimref@gmail.com)

**USA SWIMMING MEET 360:** Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership. During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands. Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).

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.



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FRIDAY SESSIONS - JULY 18, 2025

SESSION 1: FRIDAY PRELIMS							
EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
1	2:00.29	2:19.39	100M BREASTSTROKE	7-10	1:54.09	2:12.89	2
3	1:36.49	1:50.39		11-12	1:32.59	1:47.79	4
5	1:28.69	1:42.39		13-14	1:20.49	1:33.79	6
7	1:25.89	1:38.59		15-18	1:16.89	1:29.49	8
9	39.79	45.29	50M FREESTYLE	7-10	38.19	43.89	10
11	33.99	38.49		11-12	32.79	37.39	12
13	32.49	37.19		13-14	29.89	34.29	14
15	31.79	36.09		15-18	28.29	32.89	16
17	48.59	55.79	50M Backstroke	7-10	48.29	55.39	18
19	38.79	44.79		11-12	38.49	44.49	20
21	2:34.49	2:59.49	200M BACKSTROKE****	11-14	2:23.69	3:01.79	22
	2:30.59	2:53.39		15-18	2:17.09	2:52.29	
23	3:22.79	3:50.99	200M FREESTYLE	7-10	3:09.49	3:36.69	24
25	6:45.69	6:04.79	400M FREESTYLE	11-12	5:53.89	6:21.09	26
27	6:22.79	5:41.79		13-14	5:58.19	5:48.39	28
29	6:12.39	5:29.89		15-18	5:42.09	5:34.09	30

\* NOTE: SWIMMERS MUST HAVE A TIME TO ENTER THESE EVENTS. NTs WILL NOT BE ACCEPTED.

## SATURDAY SESSIONS – JULY 19, 2025

SESSION 3: SATURDAY PRELIMS							
EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
31	2:42.59	3:06.39	200M FREESTYLE	11-12	2:35.99	2:59.19	32
33	2:33.59	2:55.29		13-14	2:22.49	2:43.99	34
35	2:28.99	2:49.19		15-18	2:15.99	2:36.59	36
37	1:45.79	2:01.59		7-10	1:40.69	1:56.69	38
39	1:26.59	1:40.59	100M BACKSTROKE	11-12	1:22.19	1:37.19	40
41	1:16.89	1:29.69		13-14	1:11.29	1:23.69	42
43	1:14.69	1:26.89		15-18	1:07.49	1:19.39	44
45	54.59	1:02.19		50M BREASTSTROKE	7-10	53.59	1:00.89
47	43.99	49.79	11-12		43.49	49.79	48
49	2:34.49	3:24.59	200M BREASTSTROKE****	11-14	2:42.39	3:22.79	50
	2:52.69	3:17.29		15-18	2:35.19	3:14.49	
51	1:56.69	2:12.79	100M BUTTERFLY	7-10	1:53.49	2:09.49	52
53	1:25.79	1:38.29		11-12	1:22.89	1:35.09	54
55	1:16.79	1:27.19		13-14	1:10.49	1:20.29	56
57	1:14.39	1:24.29		15-18	1:07.19	1:16.79	58
59	2:53.19	3:17.49	200M FREE RELAY	7-10	2:51.69	3:15.89	60
61	2:24.79	2:44.29		11-12	2:19.09	2:40.19	62
63	2:16.29	2:35.59		13-14	2:04.89	2:23.59	64
65	2:15.19	2:36.49		15-18	2:01.79	2:19.89	66
67	3:14.99	3:43.59	200M MEDLEY RELAY	7-10	3:13.39	3:45.09	68
69	2:41.19	3:04.19		11-12	2:34.09	2:59.79	70
71	2:29.89	2:53.29		13-14	2:18.19	2:38.99	72
73	2:28.09	2:53.99		15-18	2:14.19	2:35.09	74

\* NOTE: SWIMMERS MUST HAVE A TIME TO ENTER THESE EVENTS. NTs WILL NOT BE ACCEPTED.



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SUNDAY SESSIONS – JULY 20, 2025

SESSION 5: SUNDAY PRELIMS							
EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
75	1:30.79	1:44.09	100M FREESTYLE	7-10	1:27.99	1:40.99	76
77	1:14.69	1:25.59		11-12	1:11.49	1:22.09	78
79	1:10.69	1:21.19		13-14	1:04.99	1:5.09	80
81	1:08.79	1:18.39		15-18	1:01.99	1:11.79	82
83	2:38.99	3:01.39	200M BUTTERFLY****	11-14	2:25.59	2:59.69	84
	2:33.99	2:54.39		15-18	2:19.49	2:51.69	
85	48.39	54.49	50M BUTTERFLY	7-10	46.49	52.29	86
87	36.89	41.79		11-12	37.09	41.99	88
89	3:42.09	4:15.69	200M INDIVIDUAL MEDLEY	7-10	3:38.59	4:09.49	90
91	3:03.89	3:30.59		11-12	2:59.29	3:24.39	92
93	2:51.79	3:17.19		13-14	2:37.99	3:02.89	94
95	2:46.19	3:11.19		15-18	2:30.89	2:56.19	96
97	13:10.29	12:45.49	800M FREESTYLE***	11-14	12:20.99	12:00.59	98
	12:53.49	12:17.79		15-18	11:56.69	11:33.99	