



2023 Pacific Committee SC Age Group Championship

Hosted by: Rose Bowl Aquatics
February 24-26, 2023

Sanctioned By: USA Swimming and So CA Swimming
Hosted By: Rose Bowl Aquatics (Pacific Committee)
Date of Meet: February 24-26, 2023
Warm Up Times: 3:30PM Friday, 7:00AM SAT/SUN

Sanction Number: #S23-061
Received by Deadline: 5PM February 15, 2023
Start of Meet: 4:30PM FRI, 8:30AM SAT/SUN
Finals Start: Finals will start no earlier than 2 hours after the conclusion of Prelim session.

Pacific Committee swimmers ages 9-14 must have achieved the required minimum entry times. This is a "Championship MAX" Meet for 9-10, 11-12, and 13-14 events. This is no "MAX" time on 15-18 events. All Pacific Committee swimmers who have not achieved the required entry time standards and ALL 8 and Under swimmers are to attend the Season Finale Meet, hosted by Vision Aquatics on Mar 3-4, 2023. Short Course Finale entries are due Feb.22, 2023.

Entries Due: Entries must be received by 5:00 PM on Wednesday, Feb. 15, 2023. Entry may be received electronically (team entry only; no individual swimmer email entry), USPS, delivery service or hand delivered.

Facility: A twenty-lane 25-yard outdoor pool. The meet will be contested on two courses in all sessions. (Subject to change to one course based on numbers after deadline if needed. One course would be 10 lanes of competition for prelims and Finals). On Friday, course will be 10 lanes on the south end for all events. Saturday and Sunday: Younger course (12 & Under) at South end and Older course (13 & Older) at North end. Friday events will all be timed finals. Saturday and Sunday events (except relays) will be heats and finals. 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 6' 7" and pool depth at turn end is 6' 7".

Directions: 360 N. Arroyo Blvd., Pasadena, CA 91103. Please use Google Maps, MapQuest or Thomas Guide for directions. Pool at the far southeast end of the Rose Bowl parking area, past tennis courts. There are signs in the area directing you to the Rose Bowl. The Aquatic Center is 1000 yards directly south of the Rose Bowl.

Warm-up Procedures: The warm-up for the timed finals session on Friday will start at 3:30PM. Controlled warm-ups will begin on Sat-Sun at 7:00 AM in the competition pool. The competition pool will be closed at 8:15 AM, with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warmups. All swimmers must use a 3-point entry when entering the pool.

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

Meet Start Times: The timed finals session on Friday will start at 4:30PM. Preliminary sessions will begin at **8:30 AM** on Saturday and Sunday. Finals session on Saturday and Sunday will begin at 4:00 PM or 2 hours following the end of the Prelim session, whichever is later.

COVID -19 RULES AND RESTRICTIONS: WE HAVE TAKEN ENHANCED HEALTH AND SAFETY MEASURES FOR ALL SWIM MEET ATTENDEES:

1. All participating athletes and clubs are registered with Southern California Swimming.
2. Teams are encouraged to pre-enter relays, but they can also be deck entered at meet. **NO on-deck individual events entries will be allowed/accepted.** Masks are required for all attendees.
3. This meet will follow all State, Local and Facility guidelines as This meet will follow all State, Local and Facility guidelines as it pertains to Covid-19. All participants must follow all posted instructions at this venue. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this swim meet, you voluntarily assume all risks related to exposure to COVID-19.
4. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
5. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
6. **BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND**

GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Rules: Current USA Swimming Rules, including the Minor Athlete Protection Policies (MAAPP 2.0), will govern the meet. All Coaches and Officials must complete the CDC or NFHS concussion and Child Abuse and Neglect Reporting Act online courses, current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. Relay entries each day are due by the end of the Prelim session. Swimmers must compete in their age group. Age on Feb 24, 2023 determines age for the meet. Prelims and Timed Finals events will be run fast to slow. The meet will be contested in two courses -Younger Course (9-12) and Older Course (13 & Up) for both Prelim and Finals sessions.

Special Rule for athletes aging up between February 15th and March 16th. This "exception" to the "SCS Championship Max" rule for 14 & under swimmers applies only to the following athletes and applies on an event-by-event basis: If the athlete is 10 or 12 years old on February 24th (meet start date of PAC champs)

- **AND** athlete is aging up between February 15th and March 16th (start of SCS Championships);
- **AND** athlete has SCS Champs cut in an event at the age group on February 15th (thus, precluding him from swimming that event at Pac Champs without this exception);
- **AND** the athlete does NOT have the SCS Champs cut at the age they will be on March 16th.
- **THEN** (If all of these criteria apply), the athlete MAY swim that event at Pac Champs in prelims only. These athletes will not advance to Consols or Finals at Pac Champs. Please submit actual entry time (which will exceed the JO max cut for the age group). **In coach's transmittal email, please identify which athletes and events fall under this exception.**

Change of Affiliation: Before the meet a swimmer may change his/her club affiliation by submitting a Club Transfer Form and the appropriate fee 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.

Finals: Consolation heat of 8 and a Championship Final heat of 8 will be swum in the Final session for each individual event, except the 11-12, 13-14, and 15&over 500 Freestyle events, which will have a Championship Final heat of 8 only. All events contested on Friday and Relays are timed finals.

Final Scratch Rule: The National Finals' Scratch Rule will be used. A swimmer must scratch or place intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only), except 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 event of the meet. 19 and Up swimmers will be considered for finals, space 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.** 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 may be worn by 13 and older at this meet

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 2023 USA Swimming registered swimmers and chartered clubs (subject to the Meet Entry paragraph below). Registration application must be received by **Wednesday, Feb 15, 2023 at 5pm.** **All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.**

Meet Entry Pacific Committee Championship OR Short Course Finale: Pacific Committee swimmers ages 9-18 must have achieved stated entry time standards to enter that event. This is a "Championship MAX" Meet for 9-10, 11-12, and 13-14 events. This is no "MAX" time on 15-18 events. All Pacific Committee swimmers who have not achieved the "B" Motivational time standards and ALL 8 and Under swimmers are to attend the Season Finale Meet, hosted by Vision Aquatics on March 4, 2023. Short Course Finale entries are due February 23, 2023.

Submitted Times: This is a championship meet 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 Sept. 1, 2021 and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to 2023 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. This meet form only includes the short course Spring Championship "Max" times. If you are entering with long course times, please refer to the LC "2022 Spring Championship" cuts on the SCS website or in the SCS Swim Guide. **NOTE: All entry times will be verified through the USA SWIMS database.**

Scoring: This is a team-scoring meet. Points and awards will be given for 9-10; 11-12; 13-14; 15-UP age groups scoring in final session of the meet. Teams are allowed 2 scoring relays per event, age group, and gender. The top 16 placing relays will be awarded and scored.

	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

Team trophies to be awarded 1st to 6th Gold and Silver Levels if requested. Teams will be divided into levels according to total number of splashes entered in the meet.

Awards: Distinctive custom medals will be awarded for 1-8 places in all individual events and 1-3 in relay events. Ribbons will be awarded for places 9-16 in individual events and 4-8 for relay events. Swimmers 19 years and older are not eligible for awards.

Entry Limit: A swimmer can swim no more than EIGHT (8) individual events during the meet, and no more than THREE (3) individual events per day, including time trials.

Relays: It is preferable for relays to be pre-entered. Relays can also be deck-entered and will be swum as timed-final events. Relay fee \$ 20.00 per entry, and relay-only swimmer surcharge \$20.00 are payable when entered. **Relay only swimmers must be pre-entered for registration verification.** Coaches must turn in relay entries and scratches by the end of prelims each day. Only two relays per team per event are eligible for scoring. The top 16 placing relays will be awarded and scored. Since this is a JO Max meet, 7-10, 11-12, and 13-14 relay swimmers may not swim a leg of a relay in which they have achieved a SCS Championship time.

Distance Events: Swimmers are requested to provide their own lap counters and are requested to supply timers for three heats of 1650.

Entry Procedure: Team Electronic Entry is highly preferred. Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (5PM 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 blswim@earthlink.net.** For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. 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.) **Individual email entry will not be accepted.**

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

Fees: Individual event entry charge of **\$6.50 per entered event plus \$20.50 swimmer surcharge** per athlete must accompany each entry. Relays will be deck-entered at \$20.00 each, payable on entry.

Make checks payable to: Rose Bowl Aquatics -

Mail entries/payments to: Bettie Williams c/o Pacific Committee Champs PO Box 83538, Los Angeles, CA 90083

For Information contact: Matt Cervantes – Mcervantes@rosebowlaquatics.org
Bettie Williams - blswim@earthlink.net

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



2023 Pacific Committee Short Course A/G Championship Hosted by: Rose Bowl Aquatics

Meet Date: February 24-26, 2023 Entry Due Date: Wednesday February 15, 2023

Pacific Committee swimmers ages 9-18 must have achieved "B" Motivational standard or Faster in 3 or more events as of February 16, 2022 are to attend the Pacific Committee Championship at Rose Bowl Aquatics. This is a "SCS CHAMPS MAX" Meet for 9-10, 11-12, and 13-14 events. This is no "MAX" time on 15-18 events. All Pacific Committee swimmers who have NOT achieved the required entry standards and ALL 8 and Under swimmers are to attend the Season Finale Meet, hosted by Vision Aquatics on Mar 4, 2023. Short Course Finale entries are due February 22, 2023.

FRIDAY February 24, 2023 - All events are swum and awarded as Timed Finals. One 10-lane courses on the south end of the pool- for all swimmers. Friday's distance events DO have minimum times for eligibility (see event list below for cuts).

****9-10 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.**

400 IM and 1650 Freestyle will be contested combined fastest to slowest, but awarded 11-12, 13-14 and 15 & UP.

FRIDAY – February 24, 2023 - WARM UP 3:30 PM – MEET START 4:30 PM

South Course - GIRLS					South Course - BOYS				
EV#	MIN TIME	EVENT	AGE	MAX	MAX	AGE	EVENT	MIN TIME	EV #
1	5:48.20	400 IM	11-12			11-12	400 IM	5:46.39	2
	5:36.60	400 IM	13-14	4:55.60	4:42.00	13-14	400 IM	5:17.09	
	5:30.49	400 IM	15 & OV			15 & OV	400 IM	5:03.69	
3	2:35.39	**500 Freestyle	9-10			9-10	**500 Freestyle	2:29.39	4
5	21:20.59	1650 Freestyle	11-12			11-12	1650 Freestyle	20:52.99	6
	21:43.19	1650 Freestyle	13-14	19:26.40	18:36.00	13-14	1650 Freestyle	20:43.19	
	21:26.19	1650 Freestyle	15 & OV			15 & OV	1650 Freestyle	20:02.89	

SATURDAY and SUNDAY – February 25-26, 2023 - All Individual events will be swum Heats and Finals. The 9-10 and 11-12 individual events will be contested on the South course of the facility. All combined events (11-12/13-14 and 15 & OV) will be contested on the North course of facility. The combined events (37/38 - 45/46 - 85/86) will be swum one final heat for 11-12 and a consolation and a championship heat for 13-14 and 15&Up.

Consolation heat of 8 and a Championship Final heat of 8 will be swum in the Final session for each individual event, except the 11-12, 13-14, and 15&over 500 Freestyle events, which will have a Championship Final heat of 8 only. All relays will be swum in the Final session as "timed finals". All Prelims heats will be swum fastest to slowest.

SATURDAY – February 25, 2023 WARM UP 7:00 AM - MEET START 8:30 AM

South Course - Girls & Boys 9 -12						North Course- Girls & Boys (Combined Events 11-12/13-14,13-14 & 15 & Over)					
Girls Ev#	Girl MAX	AGE	EVENT	Boys MAX	Boys' Ev#	Girls Ev#	Girls Max	AGE	EVENT	Boys MAX	Boys' Ev#
7	2:10.40	11-12	200 Freestyle	2:08.20	8	37		15&Ov	200 Backstroke		38
9	2:30.50	9-10	200 Freestyle	2:29.00	10			11-12			
							2:18.60	13-14		2:12.80	
11	1:08.60	11-12	100 Backstroke	1:08.20	12	39		15&Ov	100 Freestyle		40
13	1:20.00	9-10	100 Backstroke	1:20.00	14		56.30	13-14		52.90	
15	27.60	11-12	50 Freestyle	27.20	16			15&Ov			
17	31.30	9-10	50 Freestyle	31.00	18	41	2:19.10	13-14	200 IM	2:11.40	42
19	1:09.10	11-12	100 IM	1:08.00	20	43		15&Ov			
21	1:18.90	9-10	100 IM	1:19.10	22		1:13.40	13-14	100 Breaststroke	1:08.10	44
23	36.20	11-12	50 Breaststroke	35.60	24			15&Ov			
25	41.30	9-10	50 Breaststroke	42.30	26	45		11-12	200 Butterfly		46
						47	2:23.00	13-14		2:16.70	
27	1:07.60	11-12	100 Butterfly	1:07.10	28			15&Ov			
29	1:21.10	9-10	100 Butterfly	1:19.80	30		5:27.10	13-14	500 Freestyle	5:15.30	48
31	2:11.50	11-12	200 Medley Relay	2:13.20	32	49		15&Ov	200 Medley Relay (use 400 MR times)		50
33	2:30.60	9-10	200 Medley Relay	2:32.30	34		4:28.60	13-14		4:16.70	
35	4:09.60	11-12	400 Free Relay	4:09.30	36			15&Ov			
						51	3:55.60	13-14	400 Free Relay	3:42.70	52



2023 Pacific Committee Short Course A/G Championship Hosted by: Rose Bowl Aquatics

Meet Date: February 24-26, 2023

Sunday – February 26, 2023 WARM UP 7:00AM - MEET START 8:30AM

South Course - Girls & Boys 9-12						North Course- Girls & Boys (Combined Events 11-12/13-14,13-14 & 15 & Over)					
Girls' Ev#	Girls MAX	AGE	EVENT	Boys MAX	Boys Ev#	Girls Ev#	Girls MAX	AGE	EVENT	Boys MAX	Boys Ev#
53	100.00	11-12	100 Freestyle	58.90	54	81		15&OV			
55	1:08.90	9-10	100 Freestyle	1:08.10	56		2:02.50	13-14	200 Freestyle	1:55.60	82
57	30.30	11-12	50 Butterfly	30.00	58	83		15&OV			
59	35.10	9-10	50 Butterfly	35.20	60		1:02.90	13-14	100 Butterfly	59.10	84
61	5:47.20	11-12	500 Freestyle	5:45.20	62	85		15&OV			
63	1:18.20	11-12	100 Breaststroke	1:18.00	64			11-12	200 Breaststroke		86
65	1:29.90	9-10	100 Breaststroke	1:30.80	66	87	2:38.00	13-14		2:28.90	
67	32.10	11-12	50 Backstroke	32.10	68			15&OV			
69	37.00	9-10	50 Backstroke	36.80	70	89	1:03.90	13-14	100 Backstroke	1:01.00	88
								15&OV			
						91			50 Freestyle		90
71	2:28.00	11-12	200 IM	2:26.00	72	93	26.00	13-14		24.40	
73	2:49.80	9-10	200 IM	2:48.10	74			15&OV			
75	1:55.60	11-12	200 Free Relay	1:56.60	76	99	1:50.40	13-14	200 Free Relay	1:43.80	92
77	2:09.40	9-10	200 Free Relay	2:10.20	78			15&OV			
79	4:47.30	11-12	400 Medley Relay	4:49.70	80	93	4:28.60	13-14	400 Medley Relay	4:16.70	94

Relay Reminders: Relays are deck-entered and will be swum as timed-final events. Relay fee \$ 20.00 per entry, and relay-only swimmer surcharge \$20.00 are payable when entered. Relay only swimmers must be pre-entered for registration verification. Coaches must turn in relay entries and scratches by the end of prelims each day. Only two relays per team per event are eligible for scoring. The top 16 placing relays will be awarded and scored. Since this is a SCS Championship Max meet, 7-10, 11-12, and 13-14 relay swimmers may not swim a leg of a relay in which they have achieved a JO time.

TIME TRIALS:

Time Trials: SANCTION NO: #S23-064 - Saturday and Sunday during the break, time permitting not to exceed 1 hour, for athletes entered in and participating in meet. Availability, conduct and details of time trials will be announced at the beginning of the prelim session. Time trial cards are to be purchased at the admin desk (\$20.00 per time trial event). Swimmers participating in time trials will be limited to the overall "event per day" entry limits. Swimmer may swim an event only once as a time trial. Order of swim for time trial events will be at the discretion of the time trial admin referee.

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.