



Pacific Committee Red/White Summer Short Course Meet

Sponsored by Pacific Committee and ZAP

SUNDAY, June 23, 2019

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: ZAP & Pacific Committee
Date of Meet: Sunday, June 23, 2019
Warm-up: Ages 11-18: 7:30-8:10 am; Ages 5-10: 8:15-8:45 am

Sanction No. #19-245
Received by deadline: 5:00 pm, Wednesday, June 12
Start of Meet: 9:00 am

POOL: Miraleste Intermediate School; 29323 Palos Verdes Drive East, RPV, CA 90274.

COURSE: Outdoor, 25-yard by 25-meter pool with 7 competition lanes and 3 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: start end: 7-11'; turn end: 2.5-3.5".

WARM UP PROCEDURES: Lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30-8:45 am. Diving will be allowed in designated lanes only under the supervision of certified coaches. The pool will close 15 min before the start of the meet. If split warm-up is required the meet referee will notify all clubs no later than June 18, 2019. All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Judy Shim @ judyshim@cox.net.

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). This meet will limit entries to meet the "4 Hour" rule. **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.** 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. Swimmers must be at least 5 years old on June 23, 2019 to enter this meet. In events with more than one age group, events will be seeded and swum fastest, by time. Results and awards will be by age group. **Swimmers may swim a maximum of 4 individual events. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** All coaches on deck must complete the CDC or NFHS Concussion course.

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. 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.socalswim.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 or unattached who hold 2019 USA Swimming Registration. 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, but swimmers may not enter events in which they have BLUE times. "No time" entries will be accepted. The 13/over 50s of strokes have no max times as there are no SCS standards. **As of June 23, 2019, all athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (within 30 days of turning 18), in order to compete.**

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. For seeding purposes only, after entries close Meet Administration will convert non-conforming times. 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: INDIVIDUAL EVENTS: 5-6, 7-8, 9-10, and 11/12 will be awarded ribbons places 1-6. No awards will be given for the 13/older events.

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.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, June 12, 2019. 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

MAIL ENTRIES TO: Latha and Sathish Chandrasekaran Attn: ZAP meet entries
1200 W Jasmine Walk, Torrance, CA 90502

Email for team electronic entries only: zapmeet.entries@gmail.com

Questions: SCS Office (310) 684-1151

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.

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GIRLS	MAX	AGE		EVENT	MAX	BOYS
1	02:24.1	11 & 12	RW	200 Yard Freestyle	02:24.6	2
	02:16.1	13-14	RW		2:10.89	
	02:16.4	15 & up			02:04.8	
3	02:42.0	7 & 8	RW	200 Yard Freestyle	02:41.8	4
	02:42.0	9 & 10			02:41.8	
5	18.11	5 & 6	RW	25 Yard Freestyle	17.61	6
	18.11	7 & 8			17.61	
7	34.31	11 & 12	RW	50 Yard Butterfly	34.51	8
		13-Up	RW	50 Yard Butterfly		
9	46.31	7 & 8	RW	50 Yard Butterfly	47.01	10
	38.31	9 & 10			38.21	
11	21.31	5 & 6	RW	25 Yard Butterfly	21.31	12
	21.31	7 & 8			21.31	
13	01:16.1	11 & 12	RW	100 Yard Butterfly	01:18.2	14
	01:11.0	13-14	RW	100 Yard Butterfly	01:07.7	
	01:11.0	15 & up			01:05.1	
15	36.21	11 & 12	RW	50 Yard Backstroke	36.61	16
		13-Up	RW	50 Yard Backstroke		
17	48.11	7 & 8	RW	50 Yard Backstroke	46.81	18
	40.51	9 & 10			40.41	
19	22.21	5 & 6	RW	25 Yard Backstroke	21.61	20
	22.21	7 & 8			21.61	
21	01:17.9	11 & 12	RW	100 Yard Backstroke	01:20.5	22
	01:14.1	13-14	RW	100 Yard Backstroke	01:11.3	
	01:14.5	15&up			01:08.2	
23	40.81	11 & 12	RW	50 Yard Breaststroke	41.01	24
		13-Up	RW	50 Yard Breaststroke		
25	52.31	7 & 8	RW	50 Yard Breaststroke	51.01	26
	45.61	9 & 10		50 Yard Breaststroke	45.61	
27	24.01	5 & 6	RW	25 Yard Breaststroke	23.31	28
	24.01	7 & 8		25 Yard Breaststroke	23.31	
29	01:28.9	11 & 12	RW	100 Yard Breaststroke	01:29.0	30
	01:23.4	13-14	RW	100 Yard Breaststroke	01:19.1	
	01:23.9	15 & up			01:15.8	
31	3:08.80	11 & 12	RW	200 Yard Breaststroke	3:09.00	32
	3:01.70	13-14	RW	200 Yard Breaststroke	2:50.80	
	3:00.80	15 & up			2:43.00	
33	01:28.4	5 & 6	RW	100 Yard Freestyle	01:25.0	34
	01:28.4	7 & 8	RW	100 Yard Freestyle	01:25.0	
	01:14.7	9 & 10			01:14.3	
35	01:06.7	11 & 12	RW	100 Yard Freestyle	01:06.2	36
	01:03.4	13-14	RW	100 Yard Freestyle	59.61	
	01:02.8	15&up			01:02.8	
37	01:41.2	5 & 6	RW	100 Yard I.M.	01:38.5	38
	01:41.2	7 & 8	RW		01:38.5	
	01:26.6	9 & 10	RW		01:26.9	
39	01:17.7	11 & 12	RW	100 Yard I.M.	01:17.7	40
41	02:46.2	11 & 12	RW	200 Yard I.M.	02:46.5	42
	02:36.6	13-14			02:29.0	
	02:37.7	15 & up			02:21.7	
43	40.51	5 & 6	RW	50 Yard Freestyle	39.41	44
	40.51	7 & 8			39.41	
	33.91	9 & 10			34.11	
45	30.71	11 & 12	RW	50 Yard Freestyle	30.81	46
	29.31	13-14	RW	50 Yard Freestyle	27.51	
	29.31	15&up			26.51	
47	5:48.20	11 & 12	RW	400 Yard I.M.	5:48.90	48
	5:36.60	13-14	RW	400 Yard I.M.	5:18.20	
	5:22.00	15&up			5:01.20	