



Pacific Committee R/W Short Course Meet

Hosted by Penguin Aquatic Club

June 29, 2014

Entry Due Date: June 18, 2014

Warm-up 7:30 AM - Meet Start time 8:30 AM

PLEASE ENTER BEST RECORDED TIME – YOU MAY SWIM 4 INDIVIDUAL EVENTS PER DAY PLUS RELAYS

GIRLS	MAX Standard	AGE	EVENT	Max Standard	BOYS
1	DECK ENTERED	5-10	200 Medley Relay	DECK ENTERED	2
3		11-12			
4	1:37.40Y	7-10	100 Butterfly	1:37.60Y	5
6	1:23.00Y	11-12			
7	Blue for Age	5/8 or 7/10	50 Backstroke	Blue for Age	8
9	39.60Y	11-12			
10	2:56.80Y	7-10	200 Freestyle	2:56.50Y	11
12	2:37.20Y	11-12			
13	1:49.10Y	7-10	100 Breaststroke	1:49.70Y	14
15	1:37.00Y	11-12			
16	Blue for Age	5/8 or 7/10	50 Freestyle	Blue for Age	17
18	33.50Y	11-12			
19	1:36.80Y	7-10	100 Backstroke	1:37.00Y	20
21	1:25.20Y	11-12			
22	3:23.50Y	7-10	200 IM	3:24.50Y	23
24	3:01.30Y	11-12			
25	Blue for Age	5/8 or 7/10	50 Butterfly	Blue for Age	26
27	37.40Y	11-12			
28	Blue for Age	5/8 or 7/10	100 Freestyle	1:21.00Y	29
30	1:12.70Y	11-12			
31	Blue for Age	5/8 or 7/10	50 Breaststroke	Blue for Age	32
33	44.50Y	11-12			
34	DECK ENTERED	5-10	200 Freestyle Relay	DECK ENTERED	35
36		11-12			
37	BLUE for Age	13&UP	200 Backstroke	BLUE for Age	38
39	BLUE for Age	13&UP	200 Breaststroke	BLUE for Age	40

ALL RELAYS ARE DECK ENTERED AND TIME PERMITTING

You may enter 5/8 or 7/10 **NOT** both or any combination

AFTERNOON SESSION WILL START NO EARLIER THAN 11:30 AM. WARM-UP WILL BEGIN IMMEDIATELY FOLLOWING THE END OF THE MORNING SESSION.

GIRLS	Max Standard	AGE	EVENT	Max Standard	BOYS
41	2:55.10Y	13&UP	200 Butterfly	2:47.30Y	42
	DECK ENTERED	11-12	200 Medley Relay	DECK ENTERED	43
44		13&UP			45
		11-12	100 Breaststroke	1:37.10Y	46
47	BLUE for Age	13&UP		BLUE for Age	48
		11-12	50 Backstroke	40.00Y	49
50	** BLUE for Age	13&UP		** BLUE for Age	51
		11-12	200 Freestyle	2:37.80Y	52
53	BLUE for Age	13&UP		BLUE for Age	54
		11-12	100 Butterfly	1:25.30Y	55
56	BLUE for Age	13&UP		BLUE for Age	57
		11-12	50 Freestyle	33.60Y	58
59	BLUE for Age	13&UP		BLUE for Age	60
		11-12	100 Backstroke	1:28.00Y	61
62	BLUE for Age	13&UP		BLUE for Age	63
		11-12	200 IM	3:01.70Y	64
65	BLUE for Age	13&UP		BLUE for Age	66
		11-12	50 Butterfly	37.70Y	67
68	** BLUE for Age	13&UP		** BLUE for Age	69
		11-12	100 Freestyle	1:12.20Y	70
71	BLUE for Age	13&UP		BLUE for Age	72
		11-12	50 Breaststroke	44.80Y	73
74	** BLUE for Age	13&UP		** BLUE for Age	75
	DECK ENTERED	11-12	200 Freestyle Relay	DECK ENTERED	76
77		13&UP			78

13 and UP events will be swum by entered time, but awarded 13-14 and 15 and Up.

** 13 and UP please enter 100 M times for purposes of seeding. Max ENTRY TIME **Blue** time for age.

If entries do not warrant 2 sessions the meet will be contested as a single session in the following order: 4-5-6-55-56-57-1-2-3-43-44-45-7-8-9-49-50-51-10-11-12-52-53-54-13-14-15-46-47-48-16-17-18-58-59-60-19-20-21-61-62-63-22-23-24-64-65-66-25-26-27-67-68-69-37-39-28-29-30-70-71-72-31-32-33-73-74-75-39-40-34-35-36-76-77-78-41-42



Pacific Committee R/W Short Course Meet

Hosted by Penguin Aquatic Club

June 29, 2014

Entries due date: Wednesday, June 18, 2014

Sanctioned by: USA Swimming & Southern California Swimming

Sanction No: 14-173

Warm Up Times: 7:30 a.m. (Saturday)

Meet Start Time: 9:00 a.m. (Saturday)

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 7:30 – 8:25 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.

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. All events will be swum fastest to slowest. **Swimmer may swim a maximum of 4 events per day plus relays.**

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.

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 CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

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 2014 USA Swimming Registration. Registration application must be received by meet processor, administrative referee, or SCS Office no later than the **meet entry due date, 6/18/2014**. Late applications will be considered "on-deck" and subject to penalties as stated 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**). All nonconforming times will be seeded last. Times achieved between 9/1/12 to 6/18/14 are to be submitted. 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: Red and White Divisions: Ribbons 1st - 6th place; Relays: Ribbons 1st - 3rd place; 13&UP events will be awarded 13-14 and 15&UP;

SNACK BAR: A full-service snack bar will be located near the pool area.

ENTRY FEES: \$3.25 for each individual event along with a \$7.50 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. 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.** Relays will be deck-entered at \$7.00 each, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JUNE 18, 2014. **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.).* **REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL NOT BE ACCEPTED.**

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Bettie Williams

P.O. Box 8358

Los Angeles, CA 90083-0538

For Information call: Nick Orozco – 323-304-2155 (onicolas5@aol.com)

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

Meet entry hand delivery – 5405 West Slauson Avenue, Los Angeles, CA 90056

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.