



2017 "Everything's Coming Up Roses" LC Age Group Meet

Hosted by: Rose Bowl Aquatics Meet Date: April 21-23, 2017

MEET ENTRY RESTRICTION CORRECTION

Entries due date: Wednesday, April 12, 2017
Sanctioned by: Southern California Swimming
Sanction No: S17-136

Warm Up Time - 3:30 p.m. Friday - Meet Start Time 5:00 p.m.
Warm Up Times: 7:00 a.m. (Saturday/ Sunday)
Meet Start Time: 8:30 a.m. (Saturday/Sunday)
Afternoon Session will not start before 12:30 p.m.

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, April 12, 2017. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED IN ACCORDANCE WITH THE PACIFIC COMMITTEE ENTRY PROCEDURE (See Pacific Committee Resolution dated October 25, 2012).

Who May Swim In This Meet? Only Pacific Committee swimmers ages 5-18 who have achieved **RED times OR FASTER in 4 different EVENTS** (short course or long course), as of April 12, 2017, are eligible to swim in this long course meet. All other Pacific Committee swimmers may swim in the April 30th short course meet (location to be determined and announced). Once a swimmer meets this qualifying threshold, they may swim any events in the long course meet (regardless of entry time – Red, White or Blue) EXCEPT for those few events with minimum time standards.

DIRECTIONS: 360 N. Arroyo Blvd., Pasadena, CA 91103. From the 134 Freeway to Pasadena, exit Orange Grove Blvd., turn north. Proceed to Rosemont, left on Rosemont downhill. to Seco left on Seco and left on Arroyo Blvd. From 210 Freeways – exit Seco and turn right, proceed downhill to Arroyo Blvd, make left on Arroyo Blvd. From 110 Freeway to Pasadena, exit Orange Grove and turn left, proceed to Rosemont; turn left downhill, to Seco. Left on Seco to Arroyo, left on Arroyo Blvd. Pool at the far southeast end of the parking area past tennis courts (parking Lot I). There are signs in the area directing you to the Rose Bowl Aquatic Center, which is 1000 yards directly south of the Rose Bowl.

FACILITY: An 8 lane 50 meter outdoor pool. The meet will be contest utilizing 8 LC lanes. The meet will be double-ended. If necessary, based on entry numbers and projected timelines. 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".

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 3:30pm and 4:45pm Friday, and 7:00 – 8:15 am Saturday and Sunday. 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 at the direction of the meet referee. 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 3 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 1500 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.**

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.

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.**

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.

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 2017 USA Swimming Registration. Registration application must be received by meet processor, administrative referee, or SCS Office no later than the **meet entry due date, 4/12/2017**. 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 Admin Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Times submitted must be the **best recorded times** long or short course from this or the preceding swim season (**NO WORK OUT TIMES**). All entered times must have been achieved on or after 09/01/2015. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved minimum time standard, if listed for an event. Discrepancies in submitted times could lead to disciplinary action.

AWARDS: Medals 1st - 3rd place, Ribbons 4th - 16th place, for individual events. Open events WILL be awarded by age group Medals 1st - 3rd place and ribbons 4th - 8th Place only. Relays: Medals 1st - 3rd place.

Awarded events 5-8; 9-10; 11-12. All 13 & OV individual events will be awarded 13-14, 15 & Over.

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 – blwswim@earthlink.net . **Entry on an SCS consolidated entry card will be accepted. Card must be completely filled out including USA Swimming registration number and all entry fees attached.**

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 to: Bettie Williams
PO Box 83538
Los Angeles, CA 90083

For Information contact: Maureen Lennon – maureen@lennonassociates.com
Electronic meet entry and info: Bettie Williams -blwswim@earthlink.net
Meet entry hand delivery –5405 W. Slauson Avenue Los Angeles, CA 90056

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.

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

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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Hosted by: Rose Bowl Aquatics

Meet Date: April 21-23, 2017

MEET ENTRY RESTRICTION CORRECTION

Entries due: April 12, 2017

Meet starts 5:00pm -Friday 8:30am Saturday and Sunday- Warm up times: 3:30pm Friday 7:00am Sat and Sun

Entries will be limited to comply with 4 hour rule. Relays will be swim time permitting only.

You may swim a total of 3 individual events per day, plus relays

Who May Swim In This Meet? Only Pacific Committee swimmers ages 5-18 who have achieved **RED times OR FASTER in 4 different EVENTS** (short course or long course), as of April 12, 2017, are eligible to swim in this long course meet. All other Pacific Committee swimmers may swim in the April 30th short course meet (location to be determined and announced). Once a swimmer meets this qualifying threshold, they may swim any events in the long course meet (regardless of entry time – Red, White or Blue) EXCEPT for those few events with minimum time standards.

Enter the best recorded times long or short course from this or the preceding season - No workout times

| Friday - Evening Session - April 21, 2017 | | | | | |
|---|-----------|-----------|------|-----------|------|
| Girls | Min | Event | Age | Min | Boys |
| 1 | 2:55.60** | 400 Free | 9-10 | 2:57.40** | 2 |
| 3 | 6:31.20 | 400 IM | Open | 6:32.30 | 4 |
| 5 | 22:11.60 | 1500 Free | Open | 22:10.90 | 6 |

**** Min event entry time for 9-10 400 Free (Events #1 and 2) is 200 Free June Invite Standard**

ALL 5-8 and 9-10 swimmers swim in the morning sessions. 11-12 GIRLS swim in the morning and 11-12 BOYS swim in the afternoons. All 13 & Over swimmers swim in the afternoon sessions.

| Saturday - Morning Session - April 22, 2017 | | | | | | Sunday - Morning Session - April 23, 2017 | | | | | |
|---|--------------|----------------|-------|--------------|------|---|--------------|----------------|-------|--------------|------|
| Girls | Min | Event | Age | Min | Boys | Girls | Min | Event | Age | Min | Boys |
| 7 | | 100 Free | 5-8 | | 8 | 53 | 3:30.20 | 200 IM | 9-10 | 3:31.20 | 54 |
| 9 | 3:19.30 | 200 Free | 9-10 | 3:19.00 | 10 | 55 | | 200IM | 11-12 | | |
| 11 | | 200 Free | 11-12 | | | 56 | | 50 Breast | 5-8 | | 57 |
| 12 | | 100 Breast | 9-10 | | 13 | 58 | | 50 Breast | 9-10 | | 59 |
| 14 | | 100 Breast | 11-12 | | | 60 | | 50 Breast | 11-12 | | |
| 15 | | 50 Back | 5-8 | | 16 | 61 | | 50 Fly | 5-8 | | 62 |
| 17 | | 50 Back | 9-10 | | 18 | 63 | | 50 Fly | 9-10 | | 64 |
| 19 | | 50 Back | 11-12 | | | 65 | | 50 Fly | 11-12 | | |
| 20 | | 50 Free | 5-8 | | 21 | 66 | 3:31.00 | 200 Breast | 11-12 | | |
| 22 | | 50 Free | 9-10 | | 23 | 67 | | 100 Back | 9-10 | | 68 |
| 24 | | 50 Free | 11-12 | | | 69 | | 100 Back | 11-12 | | |
| 25 | | 100 Fly | 9-10 | | 26 | 70 | | 100 Free | 9-10 | | 71 |
| 27 | | 100 Fly | 11-12 | | | 72 | | 100 Free | 11-12 | | |
| 28 | | 200 Med. Relay | 5-8 | | 29 | 73 | | 200 Free Relay | 5-8 | | 74 |
| 30 | Deck Entered | 200 Med. Relay | 9-10 | Deck Entered | 31 | 75 | Deck Entered | 200 Free Relay | 9-10 | Deck Entered | 76 |
| 32 | | 200 Med. Relay | 11-12 | | | 77 | | 200 Free Relay | 11-12 | | |
| 33 | 5:47.30 | 400 Free | Open | 5:46.60 | 34 | 78 | 3:05.70 | 200 Fly | Open | 3:07.20 | 79 |

AFTERNOON SESSION, BOTH DAYS, WILL NOT BEGIN BEFORE 12:30 PM
AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION

| Saturday - Afternoon Session | | | | | | Sunday - Afternoon Session | | | | | |
|------------------------------|--------------|------------------|--------|--------------|----|----------------------------|--------------|----------------|---------|--------------|----|
| 35 | 3:09.20 | 200 Back | Open | 3:11.80 | 36 | | | 50 Breast | 11-12 | | 80 |
| | | 200 Free | 11-12 | | 37 | 81 | 3:24.40 | 200 Breast | *** | 3:31.20 | 82 |
| 38 | | 200 Free | 13 & O | | 39 | | | 200 IM | 11-12 | | 83 |
| | | 100 Breast | 11-12 | | 40 | 84 | | 200 IM | 13 & O | | 85 |
| 41 | | 100 Breast | 13 & O | | 42 | | | 50 Fly | 11-12 | | 86 |
| | | 50 Back | 11-12 | | 43 | 87 | | 100 Back | 13 & O | | 88 |
| 44 | | 50 Free | 13 & O | | 45 | | | 100 Back | 11-12 | | 89 |
| | | 50 Free | 11-12 | | 46 | 90 | | 100 Free | 13 & O | | 91 |
| 47 | | 100 Fly | 13 & O | | 48 | | | 100 Free | 11-12 | | 92 |
| | | 100 Fly | 11-12 | | 49 | 93 | Deck Entered | 200 Free Relay | 13- & O | Deck Entered | 94 |
| 50 | Deck Entered | 200 Medley Relay | 13 & O | Deck Entered | 51 | | | 200 Free Relay | 11-12 | Entered | 95 |
| | | 200 Medley Relay | 11-12 | Entered | 52 | | | | | | |

***** Open to 11-12 Boys AND 13 & Over Boys and Girls.**

All events in the meet will be seeded and swum Fastest to Slowest.

All 13 & OV individual events will be awarded 13-14, 15 & Over. Relays awarded 5-8, 9-10, 11-12 and 13 & OV.

A swimmer must be at least 11 years old and meet the stated minimum time standard to enter an OPEN event.

Swimmers in the 1500 Freestyle events are requested to provide timers and required to furnish their own lap counters. The 1500 Freestyle events will swim fastest to slowest, alternating girls and boys.

Friday and Saturday Events Recap

| 5-8 | 9-10 | 11-12 Girl | 11-12 Boy | 13 & Over | OPEN |
|-------------|-------------|------------|-------------|-------------|--------|
| 100 FR | 400 Free | 400 M | 200 FR | 200 FR | 400FR |
| 50 BK | 200 FR | 200 FR | 100 BR | 100 BR | 200 BK |
| 50 Free | 100 BR | 100 BR | 50 BK | 50 FR | 400 IM |
| 200 Med Rel | 50 BK | 50 BK | 50 FR | 100 FL | 1500FR |
| | 50 FR | 50 BR | 100 FL | 200 Med Rel | |
| | 100 FL | 100 FL | 400 Free | | |
| | 200 Med Rel | 200Med Rel | 200 Med Rel | | |

Sunday Event Recap

| 5-8 | 9-10 | 11-12 Girl | 11-12 Boy | 13 & Over | OPEN |
|-------------|---------|-------------|------------|------------|---------|
| 50 Br | 200 IM | 200 IM | 50 BR | 200 IM | 200 Fly |
| 50 FL | 50 BR | 50 BR | 200 IM | 100 BK | 200 BR |
| 200 F R Rel | 50 FL | 50 FL | 50 Fly | 100 FR | |
| | 100 BK | 200 BR | 100 BK | 200 FR Rel | |
| | 100 FR | 100 BK | 100 Free | | |
| | 200 F R | 100 FR | 200 FR Rel | | |
| | | 200 F R ReL | | | |