



Pacific Committee First Meet of 2014 Short Course

Hosted by Westside Aquatics

January 11-12, 2014

Entry Due Date: January 2, 2014

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

ONLY THE FOLLOWING PACIFIC COMMITTEE TEAMS ARE ALLOWED TO COMPETE IN THIS MEET:
BHST/HOLY - CITI - HPSC - LASC - ROSE - RYL - TSM - VISN - WHG - WEST

Entries will be limited to comply with 4-hour rule regardless of postmark date
PLEASE ENTER BEST RECORDED TIME – YOU MAY SWIM 4 INDIVIDUAL EVENTS PER DAY PLUS RELAYS

Warm-Up 7:30 AM Meet starts 8:30 AM						Warm-Up 7:30 AM Meet Starts 8:30 AM					
Saturday - Morning Session						Sunday - Morning Session					
Girl	Min Time	Event	Age	Min Time	Boy	Girl	Min Time	Event	Age	Min Time	Boy
1		100 Yard Freestyle	7-10		2	54		200 Yard Freestyle	11-12		
3		25 Yard Backstroke	5-8		4	55		100 Yard IM	5-8		56
5		100 Yard Backstroke	7-10		6	57		100 Yard IM	7-10		58
7		50 Yard Backstroke	11-12			59		200 Yard IM	11-12		
8		25 Yard Breaststroke	5-8		9	60		50 Yard Backstroke	5-8		61
10		100 Yard Breaststroke	7-10		11	62		50 Yard Backstroke	7-10		63
12		100 Yard Breaststroke	11-12			64		100 Yard Backstroke	11-12		
13		50 Yard Butterfly	5-8		14	65		50 Yard Breaststroke	5-8		66
15		50 Yard Butterfly	7-10		16	67		50 Yard Breaststroke	7-10		68
17		50 Yard Butterfly	11-12			69		50 Yard Breaststroke	11-12		
18		50 Yard Freestyle	5-8		19	70		25 Yard Butterfly	5-8		71
20		50 Yard Freestyle	7-10		21	72		100 Yard Butterfly	7-10		73
22		100 Yard Freestyle	11-12			74		100 Yard Butterfly	11-12		
23		100 Yard Freestyle	5-8		24	75	2:56.80	200 Yard Freestyle	7-10	2:56.50	76
25	3:06.50	200 Yard IM	7-10	3:07.40	26	77		25 Yard Freestyle	5-8		78
27		100 Yard IM	11-12			79		50 Yard Freestyle	11-12		
28		200 Yard Free Relay	5-10		29	80		200 Yard Med Relay	5-10		81
30		200 Yard Free Relay	11-12			82		200 Yard Med Relay	11-12		
31	21:32.10	1650 Yard Freestyle	OPEN	21:51.50	32	83	6:24.60	500 Yard Freestyle	OPEN	6:29.80	84

7-8 SWIMMERS MAY SWIM 5-8 OR 7-10 NOT BOTH OR ANY COMBINATION THEREOF

- 🌟 Requirements for 5-6 & 7-8 swimmers to enter 100 Back, 100 Breast, 100 Fly, 200 Free, 200 IM:
 - A) If a swimmer's time meets the 5-8 Red standard for the 50 of a stroke, the swimmer may enter the 100 of the stroke
 - B) If a swimmer's time meets the 5-8 Blue standard for the 100 Free or the 100 IM, the swimmer may enter the 200 Free or 200 IM
 - C) If a swimmer has equaled or bettered the 5-8 Red standard in three events, the swimmer may enter the 100 Back, 100 Breast or 100 Fly
 - D) If a swimmer has equaled or bettered the 5-8 Blue standard in three events, the swimmer may enter the 200 Free or 200 IM

- 🌟 Swimmers in the 1650 and 1000 Freestyle events are requested to provide their own timers and lap counters.

AFTERNOON SESSION, BOTH DAYS, WILL NOT BEGIN BEFORE 12:00 PM
AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION

Saturday - Afternoon Session						Sunday - Afternoon Session					
Girl	Min Time	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy
		200 Yard Freestyle	11-12		33			200 Yard IM	11-12		85
34		200 Yard Freestyle	13-UP		35	86		200 Yard IM	13-UP		87
		50 Yard Backstroke	11-12		36			100 Yard Backstroke	11-12		88
37		100 Yard Backstroke	13-UP		38	89	2:39.60	200 Yard Backstroke	13-UP	2:31.00	90
		100 Yard Breaststroke	11-12		39			100 Yard Butterfly	11-12		91
40	3:01.70	200 Yard Breaststroke	13-UP	2:50.80	41	92		100 Yard Breaststroke	13-UP		93
		50 Yard Butterfly	11-12		42			50 Breaststroke	11-12		94
43		100 Yard Butterfly	13-UP		44	95	2:40.50	200 Yard Butterfly	13-UP	2:33.30	96
		100 Yard Freestyle	11-12		45			50 Yard Freestyle	11-12		97
46		50 Yard Freestyle	13-UP		47	98		100 Yard Freestyle	13-UP		99
		100 Yard IM	11-12		48			200 Yard Med Relay	11-12		100
49		400 Yard IM	13-UP		50	101		400 Yard Med Relay	13-UP		102
		200 Yard Free Relay	11-12		51	103	12:37.00	1000 Yard Freestyle	13-UP	12:23.20	104
52		400 Yard Free Relay	13-UP		53						

All 13 & UP events will be swum by time, but awarded 13-14 and 15 & UP - All relays are deck entered and time permitting.

Event Recap:

5 - 8	7 - 10	11 - 12	13 & UP		5 - 8	7 - 10	11 - 12	13 & UP
25 Back	100 Free	200 Free	200 Free		100 IM	100 IM	200 IM	200 IM
25 Breast	100 Back	50 Back	100 Back		50 Back	50 Back	100 Back	200 Back
50 Fly	100 Breast	100 Breast	200 Breast		50 Breast	50 Breast	50 Breast	100 Breast
50 Free	50 Fly	50 Fly	100 Fly		25 Fly	100 Fly	100 Fly	200 Fly
100 Free	50 Free	100 Free	50 Free		25 Free	200 Free	50 Free	100 Freestyle
	200 IM	100 IM	400 IM			200 Medley Relay	500 Free	500 Freestyle
	200 Free Relay	200 Free Relay	1650 Free				200 Free	400 Medley Relay
		1650 Free	400 Free Relay				200 Medley Relay	1000 Freestyle



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January 11-12, 2014

Entries due date: Thursday, January 2, 2014
Sanctioned by: USA Swimming & Southern California Swimming
Sanction No: 14-015

Warm Up Times: 7:30 a.m. (Saturday/ Sunday)
Meet Start Time: 8:30 a.m. (Saturday/Sunday)
Afternoon Session will not start before 12 noon

ONLY THE FOLLOWING PACIFIC COMMITTEE TEAMS ARE ALLOWED TO COMPETE IN THIS MEET:
BHST/HOLY - CITI - HPSC - IASC - ROSE - RYL - TSM - VISN - WHG - WEST

DIRECTIONS: Maggie Gilbert Aquatic Center (Palisades Charter High School -15777 Bowdoin Street, Pacific Palisades, CA 90272-3586. Please use Google Maps, MapQuest or Thomas Guide directions.

COURSE: The meet will be contested using 10 competition lanes with three lanes for continuous warm-up and warm-down. This competition course has been certified in accordance with 104.2.2 (C). The start and turn depths are minimum depth of 7'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:15 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. Swimmers competing in the 1000 and 1650 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 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, 1/2/2014**. 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. 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. Requirements for 5-6 & 7-8 swimmers to enter 100 Back, 100 Breast, 100 Fly, 200 Free, 200 IM:

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- B) If a swimmer's time meets the 5-8 Blue standard for the 100 Free or the 100 IM, the swimmer may enter the 200 Free or 200 IM
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AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 8th place Red Division: Ribbons 1st - 8th place
White Division: Ribbons 1st - 8th place Relays: Medals 1st place, Ribbons 2nd - 3rd place
Meet will be awarded 5-8: 5-10; 11-12; 13-14 and 15 & UP
Open events are not scored or awarded.

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. Email for team electronic entries - blwswim@earthlink.net

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, THURSDAY, JANUARY 2, 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 83538
Los Angeles, CA 90083-0538

For Information call: Bettie Williams – 310 338-8776 (blwswim@earthlink.net)
Adam Blakis – 310 985-5308 (adamblakis@gmail.com)
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.