



BLAST Pacific Committee Championships

July 14-16, 2023

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: BLAST and Pacific Committee
Date of Meet: July 14-16, 2023
am

Sanction No. S23-198
Received by: 5:00 pm, July 5, 2023
Start of Meet: 8:30 am; Warm-up: 7:00

POOL: George Mannon Aquatic Center, 2320 Crenshaw Blvd, Torrance, CA 90501

DIRECTIONS: From the 405 Freeway North/South, EXIT at Crenshaw Blvd, and go South. Just past the Honda Service Center and before Sepulveda Blvd, turn left into the driveway to the parking lot. The traffic circle is for drop-off only. NO PARKING IN THE TRAFFIC CIRCLE. Make sure to park only in marked spaces.

COURSE: George Mannon Aquatic Center is an outdoor 50-meter by 25-yard pool, with 8 lanes for competition and an additional 6 lanes for warm-up/warm-down in a 25-yard pool. There are an additional 3 25-yard lanes on the opposite of the bulkhead in the competition pool that can be used to warm up/down. The competition course has been certified in accordance with 104.2.2(C), and is on file with USA Swimming.

WARM-UP PROCEDURES: Assigned warm-ups will begin each day at 7:00 a.m. in the competition pool. The competition pool will be closed at 8:30 a.m. with supervised warm-up/warm-down available in the adjoining pool. There will be assigned warm-up times and lanes. The number of warm-up sessions will be determined based on entries. Swimmers must be under the supervision of a USA Swimming member coach during warm-ups. All swimmers must use a 3-point slide-in entry into the pool for warm-up, with 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: Scott Ranslem scotranslem@discover.com

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete. All coaches and officials must be current USA Swimming members. There will be separate restrooms for athletes and coaches/officials. Events will swim FASTEST TO SLOWEST. Swimmers may swim a maximum of 3 events per day and no more than 8 individual events for the meet. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO EACH SESSION'S START FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. No deck entries will be allowed. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on July 14, 2023 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 800/1500 freestyle (prelims) and 400 free relay, 200 free relay and 400 medley relay (finals) are required to furnish their own timers and lap counters. Team timing assignments will be given based on the number of swimmers entered in the meet. Double-ending (chase starts) is a possibility depending on entries. Swimmers 5-8 years old will be marked as exhibition and awarded as a timed final from prelims. Swimmer's must have times for each event entered. NT entries will not be accepted even for events with no time standards. All coaches and officials on deck must complete the CDC or NFHS Concussion course and the CANRA reporting course.

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. The media may cover this meet, including photographs, video, webcasting, and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment 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. For 5-12 year olds, “tech” suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet. For the “tech” suit policy, see SCS Swim Guide, Appendix G at socialswim.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 all Pacific Committee athletes who hold 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Out-of-LSC entries will be accepted if space is available; please submit a copy of the registration with entries.

CHANGE OF AFFILIATION: Club transfers (unattached or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as “unattached” but is responsible for completing the Club Transfer process online in SWIMS 3.0.

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). For seeding purposes only, meet Admin may convert non-conforming times after entries close. 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. If qualification time is achieved in LONG COURSE METERS, enter the event with LCM time, TIMES: indicated on entry by “L”. If Standard is achieved in SHORT COURSE YARDS, enter the event with SHORT COURSE YARD time, indicated on entry by “Y”. Swimmer’s must have times for each event entered. NT entries will not be accepted even for events with no time standards.

As a reminder: No updated times will be accepted after the meet-entry deadline!

Distance Events: The 800/1500 meter Freestyle events are OPEN (11 & Up) combined “timed finals” events and will close at 11:00 am for seeding. The fastest 8 swimmers in each event will be seeded in the finals session. All other heats will swim in the prelim session. Events will be swum from fastest to slowest, alternating girls/boys heats. Swimmers competing in the 800 and 1500 Freestyle (in prelims) are requested to furnish their own timers and lap counters. Distance events will be awarded regardless of age.

Relays: It is preferable for relays to be pre-entered. Relays can also be deck-entered and will swim as timed-final events. 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. **13 & OVER 200 MEDLEY RELAY MUST BE ENTERED USING 400 MEDLEY RELAY TIMES. Note: Teams swimming the 400 free, 200 free and 400 medley relays in finals will need to provide their own timers.**

FINALS: Championship and consolation finals (top 16 swimmers per event) will be offered for individual events except 400 Free and 400 IM, which will be offered championship final only (top 8 swimmers per event per age group). 5-8 age group will be timed finals (no heats in finals for this age group). The 800 & 1500 Freestyle and relays are timed-final events. The national finals’ scratch rule will be used. A swimmer must scratch or place intent on an event within 30 minutes of the announcement of preliminary results. A finals “no-show” (original top 16 places only) except the 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 finals event of the meet.

SCORING: This is a team-scoring meet. Points and awards will be given for 8 & under, 9-10, 11-12, 13-14, 15-UP age groups scoring in the finals session of the meet. Teams are allowed 2 scoring relays per event, age group and gender. The top 16 placing relays will be scored, and the top 3 awarded. Distance events (800/1500) will be awarded regardless of age. Scoring for individual events will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Medals will be awarded for places 1-8. Ribbons will be awarded 9-16. Relay scoring will be 40-34-32-30-28-26-24-22-14-12-10-8-6-4-2. Medals will be award for relays for places 1-3.

ENTRY FEES: Team electronic entry is recommended. \$6.50 for each individual event, along with a \$25.00 surcharge and \$20.00 per relay team. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached PDF file including the electronic signature of the coach, and will be dated as official at that time. (5:00 PM postmark would queue before a 10 PM 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. If entering by individual entry card, payment must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. 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. Prior to the entry deadline, 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. Swimmers may swim a maximum of 3 individual events per day and no more than 8 total individual events for the meet.

For further meet information, email Coach Peter Lambert (Peter@BlastSwimming.org)
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.

Make Checks payable to: BLAST Swimming	Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) govern this meet.
MAIL ENTRIES TO: Pacific Championship c/o Erica Johnson 321 Cuyler Harbor Drive Camarillo, CA 93012	
Email for team electronic entries only: ericajohnson.swim@gmail.com	

Session 1 (Prelims)- Friday July 14, 2023							
Warm-Ups start at 7:00 AM				Meet start at 8:30 AM			
Event #	Qualifying Time		Age	Event	Qualifying Time		Event #
Girls	SCY	LCM			SCY	LCM	Boys
1	5.56.79	6.48.29	11-12	400 IM	5.46.39	6.39.19	2
	5.37.59	6.25.89	13-14		5.17.09	6.04.69	
	5.30.49	6.18.79	15-18		5.03.69	5.47.29	
3			5-10	50 Backstroke*			4
			11-12				
5	2.56.59	3.24.49	11-12	200 Backstroke	2.51.99	3.19.49	6
	2.46.79	3.12.39	13-14		2.36.29	3.02.09	
	2.42.99	3.08.39	15-18		2.27.99	2.53.79	
7	1.58.09	2.14.79	5-10	100 Breaststroke	1.53.39	2.05.59	8
	1.34.09	1.48.89	11-12		1.31.39	1.46.59	
9	1.27.99	1.42.09	13-14	100 Breaststroke	1.21.29	1.34.89	10
	1.25.89	1.39.49	15-18		1.16.49	1.29.89	
11			5-10	50 Freestyle*			12
			11-12				
13			13-14	50 Freestyle*			14
			15-18				
15	1.53.99	2.09.99	5-10	100 Butterfly	1.51.39	2.07.09	16
	1.24.39	1.36.19	11-12		1.22.89	1.33.99	
17	1.16.39	1.26.59	13-14	100 Butterfly	1.11.19	1.21.29	18
	1.14.69	1.25.39	15-18		1.07.49	1.17.39	
19	13.44.69	12.26.69	11-12	800 Freestyle	13.30.19	12.15.19	20
	13.01.79	11.41.99	13-14		12.23.89	11.13.99	
	12.49.99	11.28.39	15-18		11.57.79	10.50.09	

Session 2: Friday Finals: Start Time – no earlier than 2 hours after the end of prelims			
Girls	Event	Age-Group	Boys
1	400 IM	11-12/13-14/15-18	2
3	50 Backstroke	5-10/11-12	4
19	800 Freestyle	11-12/13-14/15-18	
5	200 Backstroke	11-12/13-14/15-15	6
7	100 Breaststroke	5-10/11-12	8
9	100 Breaststroke	13-14/15-18	10
11	50 Freestyle	5-10/11-12	12
13	50 Freestyle	13-14/15-18	14
	800 Freestyle	11-12/13-14/15-18	20
15	100 Butterfly	5-10/11-12	16
17	100 Butterfly	13-14/15-18	18
21	400 Free Relay	11-12	22
23	400 Free Relay	13-14/15-18	24

Session 3 (Prelims)- Saturday July 15, 2023							
Warm-Ups start at 7:00 AM				Meet start at 8:30 AM			
Event #	Qualifying Time		Age	Event	Qualifying Time		Event #
Girls	SCY	LCM			SCY	LCM	Boys
29	3.18.99	3.45.79	5-10	200 Freestyle	3.06.69	3.33.49	30
	2.40.39	3.02.29	11-12		2.34.59	2.57.49	
31	2.32.09	2.54.29	13-14	200 Freestyle	2.22.99	2.44.09	32
	2.29.39	2.50.49	15-18		2.16.49	2.37.39	
33			5-10	50 Butterfly*			34
			11-12				
35	2.59.99	3.24.89	11-12	200 Butterfly	2.53.19	3.20.49	36
	2.48.99	3.12.99	13-14		2.38.19	3.00.89	
	2.45.29	3.07.29	15-18		2.31.29	2.52.29	
37	1.43.99	2.01.19	5-10	100 Backstroke	1.39.79	1.55.09	38
	1.24.79	1.38.69	11-12		1.22.19	1.35.49	
39	1.16.69	1.29.99	13-14	100 Backstroke	1.11.49	1.23.89	40
	1.14.69	1.27.29	15-18		1.08.09	1.20.19	
41	6.38.19	5.56.49	11-12	400 Freestyle	6.27.49	5.48.69	42
	6.18.69	5.40.59	13-14		5.58.99	5.24.09	
	6.11.19	5.32.89	15-18		5.44.09	5.09.89	

Session 4: Saturday Finals: Start Time – no earlier than 2 hours after the end of prelims				
Girls	Event	Age-Group	Boys	
25	200 Medley Relay	5-10/11-12	26	
27	200 Medley Relay	13-14/15-18	28	
29	200 Freestyle	5-10/11-12	30	
31	200 Freestyle	13-14/15-18	32	
33	50 Butterfly	5-10/11-12	34	
35	200 Butterfly	11-12/13-14/15-18	36	
37	100 Backstroke	5-10/11-12	38	
39	100 Backstroke	13-14/15-18	40	
41	400 Freestyle	11-12/13-14/15-18	42	
43	200 Free Relay	5-10/11-12	44	
45	200 Free Relay	13-14/15-18	46	

Session 5 (Prelims)- Sunday July 16, 2023							
Warm-Ups start at 7:00 AM				Meet start at 8:30 AM			
Event #	Qualifying Time		Age	Event	Qualifying Time		Event #
Girls	SCY	LCM			SCY	LCM	Boys
47	3.38.49	4.09.39	5-10	200 IM	3.35.49	4.06.19	48
	3.00.19	3.26.09	11-12		2.57.29	3.23.79	
49	2.49.79	3.15.79	13-14	200 IM	2.39.99	3.04.59	50
	2.46.79	3.11.89	15-18		2.31.69	2.56.59	
51			5-10	50 Breaststroke*			52
			11-12				
53	3.20.89	3.52.59	11-12	200 Breaststroke	3.14.09	3.44.69	54
	3.10.89	3.39.69	13-14		2.56.59	3.25.49	
	3.05.99	3.35.89	15-18		2.48.19	3.15.39	
55			5-10	100 Freestyle*			56
			11-12				
57			13-14	100 Freestyle*			58
			15-18				
59	23.07.29	23.55.39	11-12	1500 Freestyle	22.37.49	23.25.49	60
	21.43.19	22.23.09	13-14		20.43.19	21.27.39	
	21.26.19	22.02.19	15-18		20.02.89	20.33.99	

Session 6: Sunday Finals: Start Time – no earlier than 2 hours after the end of prelims			
Girls	Event	Age-Group	Boys
47	200 IM	5-10/11-12/	48
49	200 IM	13-14/15-18	50
59	1500 Freestyle	11-12/13-14/15-18	
51	50 Breaststroke	5-10/11-12	52
53	200 Breaststroke	11-12/13-14/15-18	54
	1500 Freestyle	11-12/13-14/15-18	60
55	100 Freestyle	5-10/11-12/13-14	56
57	100 Freestyle	13-14/15-18	58
61	400 Medley Relay	11-12	62
63	400 Medley relay	13-14/15-18	64

* NOTE – SWIMMERS MUST HAVE A TIME TO ENTER THESE EVENTS, NT'S WILL NOT BE ACCEPTED

TIME TRIALS:

SANCTION NO #S23-199 - Friday, Saturday, and Sunday during the break, time permitting, not hour, for athletes entered in and participating in the 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 and total 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.