



Pacific Committee Day of Sprints SC Yard Meet

Meet Date: May 15, 2010

Hosted by: Bruin Swim Club

Sanctioned by: Southern California Swimming

Warm Up Time: 7:30 a.m.

Sanction No: 10-101

Meet Start Time: 9:00 a.m.

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, May 5, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

Notice: 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.

POOL: UCLA Spieker Aquatics Center, 114 Easton Drive, Los Angeles, CA 90095. Go to: <http://www.ucla.edu/map/ucla-campus-map.pdf> for directions. Spieker Aquatics Center is located at "C3" on the map. You may also call 310-825-3671 for directions. . Parking will be at PSV (Parking Sunset Village) just south of the aquatics center. You can locate it on the map. Parking cost \$10.00 per day.

COURSE: The meet will be contested using 10 competition lanes and 8 lanes for warm up and warm down. **The competition course has been certified in accordance with 104.2.2© The start and turn depth is 8'0".**

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person.

WARM UP RULES: Swimmers warming up or down before, during or after the meet must be under the direct supervision of a 2010 USA Swimming member coach. Practice starts, diving from the starting blocks or from the deck will be in designated sprint lanes only and under the direct supervision of a 2010 USA Swimming member coach. Spring lanes are one way only. **Warm up rules will be posted, announced, and enforced.**

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and will take precedence over any errors/omissions on this entry form. See SCS Swim Guide. Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed a swimmer 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. Swimmers in the first four (4) events of the session must check in 30 minutes prior to the start of the session. You may swim four (4) events per day. **If you enter more than four events, the first four will be entered, NO REFUNDS.** Swimsuits for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

ELIGIBILITY: Open to Pacific Committee athletes who are 2010 USA Swimming registered. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS office. Late application will be considered "on deck" and subject to penalties in SCS Swim Guide. Part One, III, B. In SCS age group meets, swimmers 18 and younger must prove birth dates prior to competition.

CHANGE OF AFFILIATIONS: Before the meet, a swimmer may change his/her affiliation by submitting a Club Transfer Form and the appropriate fee to the Swim Office. At the meet, a swimmer may UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach or re-attach at a meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or the preceding season. No workout times. All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action.

AWARDS: Blue Division – Ribbons 1st through 8th.
Red Division – Ribbons 1st through 8th.
White Division - Ribbons 1st through 8th.

Awards will be given in the following age groups: 8&UN, 9-10, 11-12, 13-14, and 15 and UP.

SNACK BAR: Food and equipment vendors will be available outside pool area.

ENTRY PROCEDURE: Swimmers may enter up to four (4) events per day. If you enter more than four (4) events only the first four will be entered. No refunds. Submit one Southern California Consolidated Entry Card for each swimmer. Card must be completely filled out including USA Swimming registration number. **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, May 5, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic 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 electronic entry must be postmarked within 48 hours of the e-mail 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 ANY 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 FEES: \$3.25 for each individual event plus a \$7.00 surcharge for each swimmer must accompany each entry. NO REFUNDS. Entries will be rejected if not accompanied by a check. Returned checks will receive a penalty per SCS policy.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Bettie Williams

P. O. Box 83538

Los Angeles, CA 90083-0538

For Information call: Steve Najera 310.206.1787 or snajera@recreation.ucla.edu

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

IF YOU NEED ENTRY CONFIRMATION – PLEASE SEND A SELF ADDRESSED STAMPED REPLY ENVELOPE – RECEIPT OF ENTRY WILL NOT BE VERIFIED BY PHONE OR EMAIL.

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



Pacific Committee Day of Sprints SC Yard Meet

Meet Date: Saturday May 15, 2010

Hosted by: Bruin Swim Club

Meet starts at 9:00 a.m. Warm-up opens at 7:30 a.m.

- All clubs will be assigned lanes for timing based on number of swimmers entered. Clubs are responsible for timing in the assigned lanes for the entire meet.

Saturday Morning

Girls	TIME	AGE - EVENT	TIME	Boys
1	B/R/W	13-UP 200 YD IM	B/R/W	2
		11-12 200 YD IM	B/R/W	3
4	B/R/W	13-UP 100 YD Backstroke	B/R/W	5
		11-12 50 YD Backstroke	B/R/W	6
7	B/R/W	13-UP 200 YD Breaststroke	B/R/W	8
		11-12 100 YD Breaststroke	B/R/W	9
10	B/R/W	13-UP 100 YD Butterfly	B/R/W	11
		11-12 50 YD Butterfly	B/R/W	12
13	B/R/W	13-UP 100 YD Freestyle	B/R/W	14
		11-12 100 YD Freestyle	B/R/W	15
16	B/R/W	13-UP 100 YD Breaststroke	B/R/W	17
		11-12 50 YD Breaststroke	B/R/W	18
19	B/R/W	13-UP 200 YD Backstroke	B/R/W	20
		11-12 100 YD Backstroke	B/R/W	21
22	B/R/W	13-UP 50 YD Freestyle	B/R/W	23
		11-12 50 YD Freestyle	B/R/W	24
25	B/R/W	13-UP 200 YD Butterfly	B/R/W	26
		11-12 100 YD Butterfly	B/R/W	27
28	B/R/W	13-UP 200 YD Freestyle	B/R/W	29
		11-12 200 YD Freestyle	B/R/W	30

Saturday Afternoon

Afternoon Session will not start before 12:00 p.m.

31	B/R/W	10 & UN 200 YD IM	B/R/W	32
33	B/R/W	11-12 200 YD IM		
34	B/R/W	10 & UN 50 YD Backstroke	B/R/W	35
36	B/R/W	11-12 50 YD Backstroke		
37	B/R/W	10 & UN 100 YD Breaststroke	B/R/W	38
39	B/R/W	11-12 100 YD Breaststroke		
40	B/R/W	10 & UN 50 YD Butterfly	B/R/W	41
42	B/R/W	11-12 50 YD Butterfly		
43	B/R/W	10 & UN 100 YD Freestyle	B/R/W	44
45	B/R/W	11-12 100 YD Freestyle		
46	B/R/W	10 & UN 50 YD Breaststroke	B/R/W	47
48	B/R/W	11-12 50 YD Breaststroke		
49	B/R/W	10 & UN 100 YD Backstroke	B/R/W	50
51	B/R/W	11-12 100 YD Backstroke		
52	B/R/W	10 & UN 50 YD Freestyle	B/R/W	53
54	B/R/W	11-12 50 YD Freestyle		
55	B/R/W	10 & UN 100 YD Butterfly	B/R/W	56
57	B/R/W	11-12 100 YD Butterfly		
58	B/R/W	10 & UN 200 YD Freestyle	B/R/W	59
60	B/R/W	11-12 200 YD Freestyle		

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**MAXIMUM 4 EVENTS PER SWIMMER
ENTRIES WILL BE LIMITED TO MEET THE 4 HOUR RULE**