



# Pacific Committee Red/White Short Course Finale

February 22, 2015

Warm Up Time: 7:15 am

Entries due Wednesday, February 11, 2015

Meet Start Time: 8:30 am

SWIMMERS MAY SWIM 5 INDIVIDUAL EVENTS AND 2 RELAYS • The Afternoon session will begin no sooner than 11:00am or 45 min after the conclusion of the morning session.

GIRLS	MIN	MAX	AGE		EVENT	MAX	MIN	BOYS	
1		2:42.01	7-10	RW	200 Yard Freestyle	2:41.81		2	
3		18.11	5-8	RW	25 Yard Freestyle	17.61		4	
5		38.31	7-10	RW	50 Yard Butterfly	38.21		6	
7		21.31	5-8	RW	25 Yard Butterfly	21.31		8	
9		40.51	7-10	RW	50 Yard Backstroke	40.41		10	
11		22.21	5-8	RW	25 Yard Backstroke	21.61		12	
13		45.61	7-10	RW	50 Yard Breaststroke	45.61		14	
15		24.01	5-8	RW	25 Yard Breaststroke	23.31		16	
17		1:14.71	7-10	RW	100 Yard Freestyle	1:14.31		18	
19		1:28.41	5-8	RW	100 Yard Freestyle	1:25.01		20	
21		1:26.61	7-10	RW	100 Yard I.M.	1:26.91		22	
23		1:41.21	5-8	RW	100 Yard I.M.	1:38.51		24	
25		33.91	7-10	RW	50 Yard Freestyle	34.11		26	
27		40.51	5-8	RW	50 Yard Freestyle	39.41		28	
29			7-10	RW	200 Yard Medley Relay			30	
31			5-8	RW	100 Yard Medley Relay			32	
33			7-10	RW	200 Yard Freestyle Relay			34	
35			5-8	RW	200 Yard Freestyle Relay			36	
			Session 2	PM session will not start before 11:00 am					
37A		2:24.11	11-12	RW	200 Yard Freestyle	2:24.61		38A	
37B		2:16.11	13& Up	RW	200 Yard Freestyle	2:10:91		38B	
39A		34.31	11-12	RW	50 Yard Butterfly	34.51		40A	
39B			13& Up	RW	50 Yard Butterfly			40B	
41A		1:16.11	11-12	RW	100 Yard Butterfly	1:18.21		42A	
41B		1:11.01	13& Up	RW	100 Yard Butterfly	1:07.71		42B	
43A		36.21	11-12	RW	50 Yard Backstroke	36.61		44A	
43B			13& Up	RW	50 Yard Backstroke			44B	
45A		1:17.91	11-12	RW	100 Yard Backstroke	1:20.51		46A	
45B		1:14.11	13& Up	RW	100 Yard Backstroke	1:11.31		46B	
47A		40.81	11-12	RW	50 Yard Breaststroke	41.01		48A	
47B			13& Up	RW	50 Yard Breaststroke			48B	
49A		1:28.91	11-12	RW	100 Yard Breaststroke	1:29.01		50A	
49B		1:23.41	13& Up	RW	100 Yard Breaststroke	1:19.11		50B	
51A		1:06.71	11-12	RW	100 Yard Freestyle	1:06.21		52A	
51B		1:03.41	13& Up	RW	100 Yard Freestyle	59.61		52B	
53		1:17.71	11-12	RW	100 Yard I.M.	1:17.71		54	
55A		2:36.61	13& Up	RW	200 Yard I.M.	2:29.01		56A	
55B		2:46.21	11-12	RW	200 Yard I.M.	2:46.51		56B	
57A		29.31	13& Up	RW	50 Yard Freestyle	27.51		58A	
57B		30.71	11-12	RW	50 Yard Freestyle	30.81		58B	
59A	6:32.30	5:59.61	13&up	RW	500 Yard Freestyle			60A	
59A	6:59.50	6:24.61	11-12	RW	500 Yard Freestyle	6:29.81	7:05.30	60B	
61A			13&up	RW	200 yd. Medley Relay			62A	
61B			11-12	RW	200 yd. Medley Relay			62B	
63A			13&up	RW	200 yd. Freestyle Relay			64A	
63B			11-12	RW	200 yd. Freestyle Relay			64B	

If numbers of entries warrant (based on the estimated timeline once entries are processed) ZAP will combine sessions and run a single session meet. In this instance, the groups of events will remain the same and the events will be contested in the following age group order: 11-12, 13&Up, 7-10, 5-8.



# Pacific Committee Red/White Short Course Finale

Hosted by ZAP  
February 22, 2015

**SANCTION NO:** #S15-040

**SANCTIONED BY:** Southern California Swimming and USA Swimming

**SPONSORED BY:** Pacific Committee and ZAP

**ENTRIES DUE:** Wednesday, February 11, 2015

**MEET WARM-UP BEGINS:** 7:15 AM

**MEET STARTING TIME:** 8:30 AM

**POOL:** East Los Angeles College Swim Stadium -1301 Avenida Cesar Chavez, Monterey Park, CA 91754-6099; **Directions:** From the 710 Fwy, take the 60 Fwy East and exit at Atlantic. Go left on Atlantic and left on Cesar Chavez. Campus is on your right; turn into the parking structure at Schoolsides Ave; PARK IN THE STRUCTURE (**\$5/day collected by ELAC; not ZAP**).

**COURSE:** The ELAC Swim Stadium has an indoor 8-lane, 25-yard competition pool, with a separate 8-lane warmup and cooldown pool. The competition course has been certified in accordance with 104.2.2C (4). A copy of such certification is on file with USA Swimming. Start end is 11 feet and turn end is 13 ft. deep. 25-yard events will start from the deck.

**WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be NO DIVING into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:15 – 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 (See 2015 SCS Swim Guide). **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. The afternoon session (session 2) will not begin before 11:00 am or 45 minutes after the completion of the morning 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. Swimmers must be at least 5 years old on February 22, 2015 to enter this meet. Timers are requested to be provided by each team. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 5 individual events per day plus 2 relays.** Swimmers age 5-8 may enter 5-8 or 7-10 events but not a combination. If entry numbers warrant, ZAP will combine sessions for a single session meet; In this instance, the groups of events will remain the same and the events will be contested in the following age group order: 11-12, 13&Up, 7-10, 5-8.

**ENTRY RESTRICTIONS:** Swimmers may swim a maximum of FIVE (5) individual events per day. 7-8 swimmers may compete in 5-8 or 7-10 events, but not a combination. Swimmers must not exceed the RED Maximum standards listed for the events entered in three or more events. Swimmers with three or more RED times (or BLUE) must compete in the Pacific Committee Championship meet (February 28- March 2). Swimmers entered in relays may NOT have exceeded the "RED" Maximum time standard for the stroke they swim in the relay, prior to this meet. \*11/12 events will be swum combined with 13/14 and 15 & Up events but scored separately. The 500 Freestyle will be swum, alternating girls and boys. Swimmers in the 500 are asked to provide timers for three heats and their own lap counters. All Teams are asked to provide timers. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

**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:** Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 or unattached who hold 2015 USA Swimming Registration and have two or fewer RED times as verified in SWIMS. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties 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.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

**QUALIFYING TIMES:** Swimmers must not have exceeded the time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2015 Swim Guide for exceptions). Swimmers must have achieved the stated minimum time standard to enter that event.

**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.

**AWARDS:** INDIVIDUAL EVENTS: 5-6, 7-8, 7-10, 11/12, 13/14 and 15 & Up: WHITE Division RIBBONS 1– 8, RED Division – MEDALS 1– 3, ribbons 4-8th  
RELAYS: RIBBONS 1– 3. Team points will be awarded as follows: WHITE: 9,7,6,5,4,3,2,1. RED: 19,17,16,15,14,13,12,11. RELAYS: 38,34,32,30,28,26,24,22.

**ENTRY FEES:** **\$3.25** for each individual event along with a **\$7.00** 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 \$5.00 each, payable on entry.

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, February 11, 2015. 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.)**

Make Checks payable to Southern California Swimming

MAIL ENTRIES TO: Latha and Sathish Chandrasekaran

1200 W Jasmine Walk, Torrance, CA 90502

Attn: ZAP meet entries

Email for team electronic entries only: [zapmeet.entries@gmail.com](mailto:zapmeet.entries@gmail.com)

Questions: SCS Office (800) 824-6206

**This meet will be a "CLOSED DECK" competition meaning swimmers, coaches, officials and timers are allowed on deck only; Parents, siblings, and other spectators may observe from the upstairs gallery. Per ELAC policy and Fire code, the aisle must be kept clear. Swimmers may also choose to sit in the "Swimmer Only" area on the patio designated by the large white canopy.**

**IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASONS OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.**