



# Pacific Committee Blue/Red/White Invitational



Hosted By Westside Aquatics

November 9-10, 2019

Entry Due Date: October 30, 2019

Entries will be limited to comply with 4-hour rule.

Warm Up Sat and Sunday 7:00 AM - Meet Start 8:30 AM

Sanction: #S19-336

**Clubs that will be accepted in this meet:**

**CITI – TSM – ALPHA – BRSC – BHST – VISN – JCA – HOLY – CULY – MBD – TCS – PLAC – SURF – WEST**

**POOL:** Maggie Gilbert Aquatic Center (Palisades Charter High School).

**DIRECTIONS:** 15777 Bowdoin St -Pacific Palisades, CA 90272-3586. Please use Google Maps, MapQuest or Thomas Guide for 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 7:00 – 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. The pool will close 15 minutes before the start of each session. **All swimmers must us a 3 point entry when entering the pool during warm up and warm down.** If entries require split warm-up all entered teams will be notified by Monday 11/04/2019.

**MEET REFEREE:** Will be in charge of the meet -[jcstipanov@sbcglobal.net](mailto:jcstipanov@sbcglobal.net). 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. Swimmers must be at least 5 years old on 11/9/19 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 IM are requested to furnish their own timers for three heats. Events will be contested fastest to slowest. Swimmer may swim a maximum of 3 events day. Registration application must be received, by meet processor or SCS Office no later than the meet entry due date, 10/30/19. Late applications will be considered "on-deck" subject to penalties. PLEASE ENTER BEST RECORDED TIME – YOU MAY SWIM A TOTAL OF 3 INDIVIDUAL EVENTS PER DAY. Swimmers competing in the 500 Freestyle are requested to furnish their own timers for three heats and lap counters. **All coaches and officials on deck must have completed the CDC or NFHS on line Concussion course.**

**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.

**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. Tech suits are not permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; please see the Tech Suit Policy on the SCS website: [www.socalswim.org](http://www.socalswim.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 Pacific Committee athletes who hold 2019 or 2020 USA Swimming Registration. 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete**

**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**). 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:** **Blue Division:** Medals 1<sup>st</sup> – 3<sup>rd</sup> place, Ribbons 4<sup>th</sup> – 8<sup>th</sup> place; **Red Division:** Ribbons 1<sup>st</sup> – 8<sup>th</sup> place; **White Division:** Ribbons 1<sup>st</sup> – 8<sup>th</sup> place. Meet will be awarded 5-8; 7-10; 11-12; 13-14 and 15 U UP. OPEN events not awarded.

**ENTRY FEES:** **\$4.00** for each individual event along with a **\$10.50** 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. SPECIAL NOTICE: IF THE MEET FILLS PRIOR TO THE DEADLINE, MEET ENTRY AND REJECTIONS ARE SUBJECT TO PACIFIC COMMITTEE ENTRY PROCEDURE (See Pacific Committee Resolution dated October 25, 2012).** ENTRIES MUST BE **RECEIVED BY** THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, October 30, 2019. To avoid concern regarding receipt of entry card at the designated address you are advised to enclose a stamped, self-addressed envelope or postcard. to be returned when entry is received. **(Receipt of entries will not be verified by phone or e-mail.)**

**Make Checks payable to Southern California Swimming**  
Email for team electronic entries only: Bettie Williams [blwswim@earthlink.net](mailto:blwswim@earthlink.net)

**MAIL ENTRIES TO:** Bettie Williams  
PO Box 83538  
Los Angeles, CA 90083

Hand deliver: 5405 W. Slauson Avenue, Los Angeles, CA 90056

For further meet information contact Bettie Williams [blwswim@earthlink.net](mailto:blwswim@earthlink.net) or Adam Blakis [adamblakis@gmail.com](mailto:adamblakis@gmail.com). Receipt of entry *will not* be verified by phone or email. **NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.**

**USA SWIMMING DISCLAIMER:** 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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.



# Pacific Committee Blue/Red/White Invitational

Date of Meet: November 9-10, 2019

**ENTRIES DUE BY 5:00 PM: OCTOBER 30, 2019 (WEDNESDAY)**

Event Limit - Maximum 3 events per day. ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.  
 Enter achieved times – All non-conforming times will be converted by meet admin after entry for seeding purposes only.  
 10/Under swimmers may swim 8/U or 10/U, **NOT BOTH** or any combination.

**Clubs that will be accepted in this meet:**

**CITI – TSM – ALPHA – BRSC – BHST – VISN – JCA – HOLY – CULV – MBD –TCS – PLAC - SURF – WEST**

All attending clubs will be responsible for timing in their assigned lanes for the entire meet.

Saturday - Morning Session - Warm-up 7:00am - Meet start 8:30am						Sunday - Morning Session - Warm-up 7:00am - Meet start 8:30am					
	Gender	Event	Age	Min Time	MAX		Gender	Event	Age	Min Time	Max
1	Girls	200 Freestyle	11-12			36	Mixed	200 Freestyle	10/Un	Red for gender	
2	Mixed	100 Freestyle	10 /Un	Red for gender		37	Girls	100 Freestyle	11-12		
3	Mixed	100 Freestyle	8/Un	Red for gender		38	Mixed	100 Individual Medley	8/Un		
4	Girls	50 Backstroke	11-12			39	Mixed	100 Individual Medley	10/Un		
5	Mixed	25 Backstroke	8/Un			40	Girls	100 Individual Medley	11-12		
6	Mixed	50 Backstroke	10/Un			41	Mixed	50 Backstroke	8/Un		
7	Girls	100 Breaststroke	11-12			42	Mixed	100 Backstroke	10/Un	Red for gender	
8	Mixed	25 Breaststroke	8/Un			43	Girls	100 Backstroke	11-12		
9	Mixed	100 Breaststroke	10/Un	Red for gender		44	Mixed	50 Breaststroke	8/Un		
10	Girls	200 Individual Medley	11-12	3:01.30Y		45	Mixed	50 Breaststroke	10/Un		
11	Mixed	200 Individual Medley	10/Un	Red for gender		46	Girls	50 Breaststroke	11-12		
12	Mixed	50 Butterfly	8/Un			47	Mixed	25 Butterfly	8/Un		
13	Mixed	50 Butterfly	10/Un			48	Mixed	100 Butterfly	10/Un	Red for gender	
14	Girls	50 Butterfly	11-12			49	Girls	100 Butterfly	11-12		
15	Mixed	50 Freestyle	8/Un			50	Mixed	25 Freestyle	8/Un		
16	Mixed	50 Freestyle	10/Un			51	Girls	50 Backstroke	11-12		
17	Girls	50 Freestyle	11-12			52	Boys	400 Individual Medley	OPEN	5:48.90Y	
18	Boys	500 Freestyle	OPEN	6:29.80Y		53	Girls	400 Individual Medley	OPEN	5:48.20Y	
19	Girls	500 Freestyle	OPEN	6:24.60Y							

AFTERNOON SESSION, BOTH DAYS, WILL NOT BEGIN BEFORE 12:00 PM –

AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION

Saturday - Afternoon Session						Sunday - Afternoon Session					
	Gender	Event	Age	Min Time	Max Time		Gender	Event	Age	Min Time	Max Time
20	Boys	200 Freestyle	11-12			54	Boys	200 Individual Medley	11-12	3:01.70Y	Boys
21	Girls	100 Backstroke	13-UP			55	Girls	200 Freestyle	13-UP		Girls
22	Boys	100 Backstroke	13-UP			56	Boys	200 Freestyle	13-UP		Boys
23	Boys	100 Breaststroke	11-12			57	Boys	100 Backstroke	11-12		Boys
24	Girls	200 Backstroke	13-UP	Red for age group		58	Girls	200 Breaststroke	13-UP	Red for age group	Girls
25	Boys	200 Backstroke	13-UP	Red for age group		59	Boys	200 Breaststroke	13-UP	Red for age group	Boys
26	Boys	50 Backstroke	11-12			60	Boys	50 Breaststroke	11-12		Boys
27	Girls	100 Butterfly	13-UP			61	Girls	100 Breaststroke	13-UP		Girls
28	Boys	100 Butterfly	13-UP			62	Boys	100 Breaststroke	13-UP		Boys
29	Boys	50 Butterfly	11-12			63	Boys	100 Butterfly	11-12		Boys
30	Girls	200 Individual Medley	13-UP			64	Girls	200 Butterfly	13-UP	Red for age group	Girls
31	Boys	200 Individual Medley	13-UP			65	Boys	200 Butterfly	13-UP	Red for age group	Boys
32	Boys	100 Individual Medley	11-12			66	Boys	50 Freestyle	11-12		Boys
33	Girls	50 Freestyle	13-UP			67	Girls	100 Freestyle	13-UP		Girls
34	Boys	50 Freestyle	13-UP			68	Boys	100 Freestyle	13-UP		Boys
35	Boys	100 Freestyle	11-12								

### Event Recap:

8/UN	10/UN	11-12 Girls	11-12 Boys	13/UP	8/Un	10/UN	11-12 Girls	11-12 Boys	13/UP
100 Free	100 Free	200 Free	200 Free	100 Back	100 IM	200 Free	100 Free	400 IM	400 IM
25 Back	50 Back	50 Back	50 Back	200 Back	50 Back	100 IM	100 IM	200 IM	200 Free
25 Breast	100 Breast	100 Breast	100 Breast	100 Fly	50 Breast	100 Back	100 Back	100 Back	200 Breast
50 Fly	200 IM	200 IM	50 Fly	200 IM	25 Fly	50 Breast	50 Breast	50 Breast	100 Breast
50 Free	50 Fly	50 Fly	100 Free	50 Free	25 Free	100 Fly	100 Fly	100 Fly	200 Fly
	50 Free	50 Free	100 IM	500 Free			50 Back	50 Free	100 Free
			500 Free				400 IM		

Meet format WEST Pacific Committee BRW (November 9-10, 2019):

**8 and Under / 10 and Under** - All events offered

- 200 Free, 100 of strokes – Must have achieved RED min at that distance offered.

**11 and 12** - Events / **OPEN** Events

- 11-12 girls will compete in AM session. 11-12 Boys will complete in PM session