



**PACIFIC COMMITTEE - MARCH MADNESS - B-R-W LONG
COURSE MEET**

HOSTED BY: SWIM TORRANCE

MARCH 20-21, 2010

Entry due date: March 10, 2010 5:00pm - Regardless of method of delivery
Swimmers may compete in four (4) events per day plus relays

Entries will be limited to comply with 4-hour rule - Meet entry shall be on a received by basis.

Meet starts 9:00 am both days
Warm-up both days 7:30 am
If meet entries require allotted team warm-up times. Times will be assigned based on team entries. All teams will be notified of team warm-up times on 3/17/10

Saturday Morning- March 20, 2010

Sunday Morning – March 21, 2010

Girls Event	Age	Min Time	Event	Min Time	Boys Event
1	11-12		200 M Freestyle		2
3	7-10	3:19.30	200 M Freestyle	3:19.00	4
5	11-12		50 M Butterfly		6
7	7-8		50 M Butterfly		8
9	7-10		50 M Butterfly		10
11	11-12		100 M Breaststroke		12
13	7-10		100 M Breaststroke		14
15	7-8		50 M Breaststroke		16
17	7-10		50 M Breaststroke		18
19	11-12		50 M Freestyle		20
21	7-8		50 M Freestyle		22
23	7-10		50 M Freestyle		24
25	11-12		100 M Freestyle		2
27	7-8		200 M Medley Relay		28
29	7-10		200 M Medley Relay		30
31	11-12		200 M Medley Relay		32
33	11-12	6:18.80	400 M Freestyle	6:18.10	34

Girls Event	Age	Min Time	Event	Min Time	Boys Event
63	7-10	3:49.30	200 M IM	3:50.40	64
65	11-12		200 M IM		66
67	7-8		200 M IM		68
69	11-12		50 M Breast		70
71	7-10		100 M Back		72
73	11-12		100 M Back		74
75	11-12	6:31.20	400 M IM	6:32.30	76
77	7-8		100 M Free		78
79	7-10		100 M Free		80
81	11-12		50 M Backstroke		82
83	7-10		50 M Backstroke		84
85	7-8		50 M Backstroke		86
87	7-10		100 M Butterfly		88
89	11-12		100 M Butterfly		90
91	7-8		200 M Free Relay		92
93	11-12		200 M Free Relay		94
95	7-10		200 M Free Relay		96

A swimmer must be at least 7 years of age to compete in this competition per Los Angeles City Recreation and Parks regulations

Swimmers may swim 7-8 or 7-10 – Not both or a combination thereof.

AFTERNOON SESSION WILL START NO EARLIER THAN 11:30 am. WARM-UP WILL BEGIN IMMEDIATELY FOLLOWING THE END OF MORNING SESSION.

Saturday Afternoon

Sunday Afternoon

Girls Event	Age	Event	Boys Event
35	13-14	50 M Freestyle	36
37	15& UP	50 M Freestyle	38
39	13-14	200 M Breaststroke	40
41	15& UP	200 M Breaststroke	42
43	13-14	200 M Freestyle	44
45	15& UP	200 M Freestyle	46
47	13-14	100 M Butterfly	48
49	15& UP	100 M Butterfly	50
51	13-14	100 M Backstroke	52
53	15& UP	100 M Backstroke	54
55	13-14	400 M IM	56
57	15& UP	400 M IM	58
59	13-14	200 M Medley Relay	60
61	15& UP	200 M Medley Relay	62

Girls Event	Age	Event	Boys Event
97	13-14	200 M IM	98
99	15& UP	200 M IM	100
101	13-14	400 M Freestyle	102
103	15& UP	400 M Freestyle	104
105	13-14	100 M Freestyle	106
107	15& UP	100 M Freestyle	108
109	13-14	200 M Backstroke	110
111	15& UP	200 M Backstroke	112
113	13-14	100 M Breaststroke	114
115	15& UP	100 M Breaststroke	116
117	13-14	200 M Butterfly	118
119	15& UP	200 M Butterfly	120
121	13-14	200 M Freestyle Relay	122
123	15& UP	200 M Freestyle Relay	124

Event Recap – Saturday

Event Recap - Sunday

7-8	7-10	11-12	13-14	15& UP
50 FL	200 FR	200 FR	50 FR	50 FR
50 BR	50 FL	50 FL	200 BR	200 BR
50 FR	50 BR	100 BR	200 FR	200 FR
200 Med Rel	100 BR	50 FR	100 FL	100 FL
	50 FR	100 FR	100 BK	100 BK
	200 Med Rel	200 Med Rel	400 IM	400 IM
		400 FR	200 Med Rel	200 Med Rel

7-8	7-10	11-12	13-14	15 & UP
200 IM	200 IM	200 IM	200 IM	200 IM
100 FR	100 BK	50 BR	400 FR	400 FR
50 BK	100 FR	100 BK	100 FR	100 FR
200 FR Rel	50 BK	400 IM	200 BK	200 BK
	100 FL	50 BK	100 BR	100 BR
	200 FR Rel	100 Fly	200 FL	200 FL
		200 FR Rel	200 FR Rel	200 FR Rel



**PACIFIC COMMITTEE "MARCH MADNESS" B-R-W
LONG COURSE MEET
March 20-21, 2010
Hosted by: Swim Torrance**

Sanctioned by: Southern California Swimming

Warm Up Times: 7:30 a.m. (Sat/ Sun)

Sanction No: 10-XXX

Meet Start Time: 9:00 a.m. (Sat/Sun) Afternoon Session will not start before 11:30am

Entries due date: March 10, 2010, 5 PM- Regardless of method of delivery. Entries will be limited to comply with the 4-hour rule and meet entry shall be on a RECEIVED BY basis.

POOL: John C. Argue Swim Stadium – 3980 Menlo Avenue, Los Angeles, CA 90037 Harbor Fwy (110) to Martin Luther King Blvd. West on Martin Luther King Blvd to Menlo Avenue. North on Menlo Avenue to Parking lot 1. Pool is directly across from the parking lot. Please enter pool complex through the side entrance. The entrance will be clearly marked.

COURSE: Swim Stadium is a 25-yard by 50-meter facility. We will be running an 8-lane 50-meter fully automated competition course with a separate 5-lane warm-up warm-down pool. **The competition course has not been certified in accordance with 104.2.2© Start and turn depth on south end of pool 5'6" and 16' respectively. Start and turn depth on north side of pool 16' and 5'6" respectively.**

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 2008 USA Swimming member coach. Sprint 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 for that event. 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 plus relays. If more than 4 events are entered only the first four will be accepted and 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.

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

A swimmer must be at least 7 years of age to compete in this competition per Los Angeles City Recreation and Parks regulations

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 the best recorded long course meter times from this or the preceding swim season. Do not submit estimated or work out times. If a swimmer has achieved an ability level in yards, that swimmer must compete in the same ability level in meters. In this case you MUST enter at the minimum time standard for that ability level. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action.

8 & UNDER SWIMMERS MAY SWIM 7-10 OR 7-8 NOT BOTH OR A COMBINATION THEREOF.

AWARDS: "Blue" Division – Medals 1st through 3rd, Ribbons 4th through 8th. "Red" Division – Ribbons 1st through 8th.
"White" Division - Ribbons 1st through 8th. Relays – Ribbons 1st through 3rd.

SNACK BAR: A full service snack bar will be available.

ENTRY PROCEDURE: Meet entry deadline shall be on a received by basis. Entry may be received electronically, USPS, delivery service or hand delivered. Meet entry deadline Wednesday March 10, 2010, 5PM for all methods of entry. Submit one Southern California Consolidated entry card "white card" for each swimmer. Card must be completely filled out including USA Swimming registration number. Or the preferred method of entry

ELECTRONIC E-MAIL ENTRY PROCEDURE: E-mail 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 received. Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the meet 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. **This policy will be strictly enforced as of February 1, 2010** Email address for electronic entries – blwswim@earthlink.net.

ENTRY FEES: An entry fee of \$3.25 for each event PLUS surcharge of \$7.00 per swimmer must be received with entry card. \$7.00 per relay team is due when the relay is entered on deck. Per SCS policy there will be a service charge for all returned checks.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Bettie Williams
P.O. Box 83538
Los Angeles, CA 90083

For information call: 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.**

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