



**Pacific Committee B/R/W "Spring Fling" Long Course Meet  
Hosted by Team Santa Monica  
May 1-2, 2010**

**Entry Due Date: April 21, 2010**

**Warm-up 7:30 AM ~ Meet Start time 9:00 AM**

Entries will be limited to comply with 4-hour rule and meet entry shall be on a RECEIVED BY basis.

**PLEASE ENTER BEST RECORDED LONG COURSE TIME – YOU MAY SWIM A TOTAL OF 4 INDIVIDUAL EVENTS PER DAY PLUS RELAYS**

Warm-Up 7:30 AM      Meet starts 9:00 AM						Warm-Up 7:30 AM      Meet Starts 9:00 AM					
Saturday - Morning Session						Sunday - Morning Session					
Girl	Min Time	Event	Age	Min Time	Boy	Girl	Min Time	Event	Age	Min Time	Boy
1	6:37.70	400 IM	15&UP	6:12.80	2	67	5:52.80	400 Freestyle	15&UP	5:26.40	68
3		200 IM	10&UN		4	69		200 Freestyle	10&UN		70
5		200 IM	15&UP		6	71		200 Freestyle	15&UP		72
7		100 Freestyle	8 & UN		8	73		100 Backstroke	10&UN		74
9		200 Butterfly	15&UP		10	75		100 Backstroke	15&UP		76
11		100 Freestyle	10&UN		12	77		50 Freestyle	8&UN		78
13		100 Freestyle	15&UP		14	79		50 Freestyle	10&UN		80
15		50 Butterfly	8&UN		16	81		50 Freestyle	15&UP		82
17		50 Butterfly	10&UN		18	83		50 Breaststroke	8&UN		84
19	3:12.70	200 Backstroke	15&UP	3:00.70	20	85		50 Breaststroke	10&UN		86
21		50 Backstroke	10&UN		22	87	3:41.90	200 Breaststroke	15&UP	3:20.40	88
23		50 Backstroke	8&UN		24	89		100 Butterfly	10&UN		90
25		100 Breaststroke	15&UP		26	91		100 Butterfly	15&UP		92
27		100 Breaststroke	10&UN		28	93	Deck	200 Medley Relay	8&UN	Deck	94
29	Deck	400 Freestyle Relay	15&UP	Deck	30	95	Entered	200 Medley Relay	10&UN	Entered	96
31	Entered	200 Freestyle Relay	8 & UN	Entered	32	97		400 Medley Relay	15&UP		98
33		200 Freestyle Relay	10&UN		34	99	22:54.80	1500 Freestyle	15&UP	22:08.60	100
35	12:06.20	800 Freestyle	15&UP	11:28.00	36						

AFTERNOON SESSION, BOTH DAYS, WILL NOT BEGIN BEFORE 12:30 PM  
AFTERNOON WARMUP BEGINS IMMEDIATELY FOLLOWING MORNING SESSION

Saturday - Afternoon Session						Sunday - Afternoon Session					
Girl	Min Time	Event	Age	Min	Boy	Girl	Min	Event	Age	Min	Boy
37		50 Backstroke	11-12		38	101	6:18.80	400 Freestyle *	11-12	6:18.10	102
39	6:55.10	400 IM *	13-14	6:33.00	40	101	5:55.80	400 Freestyle *	13-14	5:44.30	102
39	6:31.20	400 IM *	11-12	6:32.30	40	103		200 Butterfly	11-12		104
41		200 Freestyle	11-12		42	105		200 Butterfly	13-14		106
43		200 Freestyle	13-14		44	107		50 Butterfly	11-12		108
45		100 Butterfly	11-12		46	109		50 Freestyle	13-14		110
47		100 Butterfly	13-14		48	111		50 Freestyle	11-12		112
49		100 Freestyle	11-12		50	113		200 IM	13-14		114
51		100 Freestyle	13-14		52	115		200 IM	11-12		116
53		100 Breaststroke	11-12		54	117		100 Backstroke	13-14		118
55		100 Breaststroke	13-14		56	119		100 Backstroke	11-12		120
57	3:26.50	200 Backstroke	11-12	3:29.40	58	121	3:43.00	200 Breaststroke	13-14	3:33.00	122
59	3:19.60	200 Backstroke	13-14	3:09.20	60	123	3:50.20	200 Breaststroke	11-12	3:50.40	124
61	Deck	400 Freestyle Relay	11-12	Deck	62	125		50 Breaststroke	11-12		126
63	Entered	400 Freestyle Relay	13-14	Entered	64	127	Deck	400 Medley Relay	13-14	Deck	128
65	11:44.20	800 Freestyle *	11-12	11:43.70	66	129	Entered	400 Medley Relay	11-12	Entered	130
65	12:31.70	800 Freestyle *	13-14	12:01.30	66	131	22:11.60	1500 Freestyle *	11-12	22:10.90	132
						131	23:13.30	1500 Freestyle *	13-14	22:51.70	132

\* = Will swim combined, but awards will be given 11-12 and 13-14 age groups.

- (1.) Swimmers in the 800 and 1500 Freestyle events must provide timers and lap counters. The 800 and 1500 Freestyle events will be swum fastest to slowest alternating girls and boys.
- (2.) 400 IM, 800 Freestyle and 1500 Freestyle events will be swum combined, but awarded per age group.
- (3.) 8 & UN swimmers may swim 10 & UN **OR** 8 & UN not both or a combination thereof.
- (4.) All relays are deck entered and time permitting.

All attending clubs will be responsible for timing in their assigned lanes for the entire meet with the exception of the 800 and 1500 Freestyle events.

**Event Recap:**

8 and UN	10 and UN	11-12	13-14	15& UP	8 and UN	10 and UN	11-12	13-14	15 & UP
100 Free	200 IM	50 Back	50 Back	400 IM	50 Free	200 Free	400 Free	400 Free	400 Free
50 Butterfly	100 Free	400 IM	400 IM	200 IM	50 Breast	100 Back	200 Fly	200 Fly	200 Free
50 Back	50 Butterfly	200 Free	200 Free	200 Butterfly	200 M	50 Free	50 Fly	50 Free	100 Back
200 Free RI	50 Back	100 Fly	100 Fly	100 Freestyle	200 Med RI	50 Breast	50 Free	200 IM	50 Free
	100 Breast	100 Free	100 Free	200 Back		100 Fly	200 IM	100 Back	200 Breast
	200 Free RI	100 Breast	100 Breast	100 Breast		200 Med RI	100 Back	200 Breast	100 Fly
		200 Back	200 Back	400 Free RI			200 Breast	400 Med RI	400 Med RI
		400 Relay	400 Relay	800 Free			50 Breast	1500 Free	1500 Free
		800 Free	800 Free				400 Med RI		



**Pacific Committee B/R/W "Spring Fling" Long Course Meet**  
**Hosted by: TEAM SANTA MONICA**  
**May 1-2, 2010**

**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 12:30 p.m.**  
**Entries due date: April 21 2010, 5:00pm - 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.**

**DIRECTIONS:** Santa Monica City College: West on 10 fwy to Santa Monica. Exit Clover field and turn left. Go to Pico and turn right. Go to 17<sup>th</sup> street and turn left into parking structure. There are two parking structures adjacent to the pool. Be careful to observe all campus parking restrictions.

**COURSE:** The Santa Monica City College pool is 50 m X 25 yd. With 7 competition lanes and 1 continuous warm up and warm down lane available. If entries warrant this meet will be run double ended. **The competition course has not been certified in accordance with 104.2.2©. The start and turn pool depth on the south side of the pool is 13ft and 6.5ft respectively - north side start depth 6.5ft and turn depth 13ft..**

**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. 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. The first four individual events of the day entered will be accepted. 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, except for the 800 and 1500 Freestyle events.**

**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 times*. 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.

**8 AND UNDER SWIMMERS MAY SWIM 10 & UNDER OR 8 & UNDER EVENTS, BUT NOT BOTH OR A COMBINATION THEREOF.**

**AWARDS:** Awards will be awarded to age groups 8 & UN and 10 & UN, 11-12, 13-14, 15 and UP.

Blue Division – Medals 1<sup>st</sup> through 3<sup>rd</sup>, Ribbons 4<sup>th</sup> through 8<sup>th</sup>.

Red Division – Ribbons 1<sup>st</sup> through 8<sup>th</sup>.

Relays – Ribbons 1<sup>st</sup> through 3<sup>rd</sup>.

**SNACK BAR:** A full service snack bar will be located outside the pool area.

**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

**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](mailto: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. \$7.000 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

Hand Delivery: B. Williams  
5405 West Slauson Ave  
Los Angeles, CA 90056

For Information call: Bettie Williams (310) 338-8776  
[blwswim@earthlink.net](mailto:blwswim@earthlink.net) or  
Derek Gipson ([derek.gipson@gmail.com](mailto:derek.gipson@gmail.com)).

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.**