



2010 Pacific Committee B/R/W Long Course Meet

Hosted by: Rose Bowl Aquatics

Meet Date: April 17-18, 2010

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, APRIL 7, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

Meet starts 9:00 am Saturday and Sunday
Warm up times: 7:30 am Saturday and Sunday

PLEASE ENTER BEST RECORDED METER TIMES FROM THIS OR THE PRECEEDING SEASON

If you are unsure of time to submit review SUBMITTED TIME paragraph on reverse side.

You may swim a total of 4 individual events per day plus relays

Saturday - Morning Session – April 17, 2010						Sunday - Morning Session – April 18, 2010					
Girls	Min	Event	Age	Min	Boys	Girls	Min	Event	Age	Min	Boys
		400 IM	11-12	6:32.30	1			200 IM	10&UN	3:31.20	53
2		100 Free	8&UN		3			200 IM	11-12		54
4	3:02.70	200 Free	10&UN	3:02.40	5	55		50 Breast	8&UN		56
		200 Free	11-12		6	57		50 Breast	10&UN		58
7		100 Breast	10&UN		8			50 Breast	11-12		59
		100 Breast	11-12		9	60		50 Fly	8&UP		61
10		50 Back	8&UN		11	62		50 Fly	10&UN		63
12		50 Back	10&UN		13			50 Fly	11-12		64
		50 Back	11-12		14	65	Deck	200 Free Relay	8&UN	Entered	66
15		50 Free	8&UN		16			200 Breast	11-12	3:31.20	67
17		50 Free	10&UN		18	68		100 Back	10&UN		69
		50 Free	11-12		19			100 Back	11-12		70
20		100 Fly	10&UN		21	71		100 Free	10&UN		72
		100 Fly	11-12		22			100 Free	11-12		73
23	Deck	200 Medley Relay	8&UN	Deck	24	74	Deck	200 Free Relay	10&UN	Deck	75
25	Entered	200 Medley Relay	10&UN	Entered	26		Entered	200 Free Relay	11-12	Entered	76
		200 Medley Relay	11-12		27	77	22:11.60	1500 Free	Open	22:10.90	78
28	5:47.30	400 Free	Open	5:46.60	29	79	3:05.70	200 Fly	Open	3:07.20	80
30	3:09.20	200 Back	Open	3:11.80	31						

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

Saturday - Afternoon Session						Sunday – Afternoon Session					
32		200 Free	11-12			81		50 Breast	11-12		
33		200 Free	13 & O		34	82	3:31.00	200 Breast	Open	3:31.20	83
35		100 Breast	11-12			84		200 IM	11-12		
36		100 Breast	13 & O		37	85		200 IM	13 & O		86
38		50 Back	11-12			87		50 Fly	11-12		
39		50 Free	13 & O		40	88		100 Back	13 & O		89
41		50 Free	11-12			90		100 Back	11-12		
42		100 Fly	13 & O		43	91		100 Free	13 & O		92
44		100 Fly	11-12			93		100 Free	11-12		
45	6:31.20	400 IM	Open	6:32.30	46	94	Deck	200 Free Relay	11-12	Deck	
47	Deck	200 Medley Relay	11-12			95	Entered	200 Free Relay	13 & O	Entered	96
48	Entered	200 Medley Relay	13 & O	Deck Ent	49						
50	5:47.30	400 Free	Open	5:46.60	51						

13 and Over events will be awarded 13-14 and 15 and Over (Blue-Red-White).

A swimmer must be at least 11 years old and meet the minimum time (Blue) standard to enter an OPEN event.
A swimmer may swim an OPEN event only once. Do not enter OPEN events with NT.

8 and under swimmers must choose to swim as 8 & under or 10 & under, not any combination thereof.

Swimmers in the 1500 Freestyle events must provide their own timers and lap counters.
The 1500 Freestyle events will swim fastest to slowest, alternating girls and boys.

Event Recap (Saturday)

8 & UN	10 & UN	11-12 Girls	11-12 Boys	13 & Over	OPEN
100 FR	200 FR	200 FR	400 IM	200 FR	400 FR
50 BK	100 BR	100 BR	200 FR	100 BR	200 BK
50 FR	50 BK	50 BK	100 BR	50 FR	400 IM
200 Med Rel	50 FR	50 FR	50 BK	100 FL	400 FR
	100 FL	100 FL	50 FR	200 Med Rel	
	200 Med Rel	200 Med Rel	100 FL		
			200 Med Rel		

(Sunday)

8&UN	10 & UN	11-12 Girls	11-12Boys	13 & Over	OPEN
50 BR	200 IM	50 BR	200 IM	200 IM	1500 FR
50 FL	50 BR	200 IM	50 BR	100 BK	200 FL
200 FR Rel	50 FL	50 FL	50 FL	100 FR	200 BR
	100 BK	100 BK	200 BR	200 FR Rel	
	100 FR	100 FR	100 BK		
	200 FR Rel	200 FR Rel	100 FR		
			200 FR Rel		



2010 Pacific Committee B/R/W Long Course Meet

April 17 – 18, 2010

Hosted by: Rose Bowl Aquatics

Sanctioned by: Southern California Swimming

Sanction No: 10-XXX

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, April 7, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

Warm Up: 7:30 am Saturday and Sunday

Meet start time: 9:00 am Saturday and Sunday

DIRECTIONS: 360 N. Arroyo Blvd., Pasadena, CA 91103. **From the 134 Freeway** to Pasadena, exit Orange Grove Blvd., turn north. Proceed to Rosemont, left on Rosemont down hill. to Seco left on Seco and left on Arroyo Blvd. **From 210 Freeways** – exit Seco and turn right, proceed down hill to Arroyo Blvd, make left on Arroyo Blvd.

From 110 Freeway to Pasadena, exit Orange Grove and turn left, proceed to Rosemont; turn left down hill, to Seco. Left on Seco to Arroyo, left on Arroyo Blvd. Pool at the far southeast end of the parking area past tennis courts. There are signs in the area directing you to the Rose Bowl. The Aquatic Center is 1000 yards directly south of the Rose Bowl.

COURSE: An outdoor 8 lane, 50 meter pool. Lanes for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 6' 7" and pool depth at turn end is 6' 7".

MEET REFEREE AND WARM UP RULES: 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. Swimmers warming up or down must be under 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 in effect 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 each session must check in 30 minutes prior to the start of the session. *You may swim four (4) individual events per day plus relays.* Swimmers may swim either 8 & UN or 10 & UN, but not both or any combination thereof. **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 the *best recorded meter times* from this or the preceding swim season. **Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times may lead to disciplinary action.**

AWARDS:
Blue Division – Medals 1st through 3rd places - Ribbons 4th through 8th.
Red Division – Ribbons 1st through 8th.
White Division – Ribbons 1st through 8th.
Relays – Ribbons 1st through 3rd places
Open events will not be awarded.
13 and Over events will be awarded 13-14 and 15 and Over (Blue-Red-White).

MISCELLANEOUS: Programs and vendor items will be on sale throughout the meet. Rose Bowl Boosters will provide hospitality and a full service concession stand.

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ELECTRONIC E-MAIL ENTRY PROCEDURE: 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 - xpgarcia@cox.net

Entry Fees: An entry fee of \$3.25 for each event and surcharge of \$7.00 per swimmer must be received with entry card. \$5.00 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. Entries received without fees will not be accepted.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Patty Garcia
2046 Azure Cove Unit 2
Chula Vista, CA 91915

Hand Delivery: Patty Garcia
10105 Pinehurst Avenue #C
South Gate, California 90280

For Information contact:

Rose Bowl Center - 626 564-0330 (jjulian@rosebowlaquatics.org) Or Patty Garcia - 323-337-6644 xpgarcia@cox.net

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

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