



2010 Pacific Committee B/R/W Spring Championship

Hosted by: Rose Bowl Aquatics

Meet Date: March 5-7, 2010

Entry Due Date: Wednesday February 24, 2010

Walk-In Date: Wednesday February 24, 2010

- The 1000 and 1650 Freestyle events will be swum fastest to slowest, alternating Girls and Boys. All 1000 and 1650 swimmers must provide lap counters.
- Swimmers entering 11-12 400 IM, 1000 Freestyle and 1650 Freestyle **must have achieved Blue minimum time** to participate in these events.
- Swimmers entering 10 & UN 500 Freestyle, 13-14, 15-16 and 17-18 400IM, 1000 Freestyle and 1650 Freestyle **must have achieved Red minimum time** to participate in these events.
- The 400 IM, 1000 Free and 1650 Free for 13 and UP will be swum as a combined event. Awards and points will be given according to age group.
- Events for 15-16 and 17 & UP age groups will be swum combined by time but awarded and scored 15-16 and 17 & UP.
- You may swim four (4) individual events per day plus relays.
- Swimmers may swim 8 & UN or 10 & UN, but not both or any combination thereof.

This is a championship meet - All swimmers must have achieved a time for all events entered. No Time (NT) entries will not be accepted.

FRIDAY – March 5, 2010

3:30 PM WARM UP – 5:00 PM START

YOUNGERS						OLDERS					
Girls	Min Time	Age	Event	Min Time	Boys	Girls	Min Time	Age	Event	Min Time	Boys
1	5:48.20	11-12	400 IM	5:48.90	2	11	5:36.60	13-14	400 IM	5:48.60	12
3		10 & Un	100 IM		4	11	5:22.00	15-16	400 IM	5:34.80	12
5		11-12	100 IM		6	11	5:22.00	17 & Up	400 IM	5:34.80	12
7	7:39.49	10 & Un	500 FREE	7:35.19	8	13	12:37.00	13-14	1000 FREE	12:23.20	14
9	12:58.60	11-12	1000 FREE	13:09.80	10	13	12:17.70	15-16	1000 FREE	11:48.80	14
						13	12:17.80	17 & up	1000 FREE	12:53.50	14

SATURDAY – March 6, 2010 7:15 AM WARM UP - 9:00 AM START

15		11-12	200 BREAST		16	59		13-14	200 IM		60
17		11-12	50 BACK		18	61		15-16	200 IM		62
19		10 & Un	200 IM		20	61		17 & UP	200 IM		62
21		8 & UN	100 IM		22	63		13-14	100 FREE		64
23		11-12	200 IM		24	65		15-16	100 FREE		66
25		10 & Un	100 FREE		26	65		17 & UP	100 FREE		66
27		11-12	100 FREE		28	67	COACH	13-14	200 MED RLY	COACH	68
29		8 & UN	50 FREE		30	69	ENTER	15 & UP	200 MED RLY	ENTER	70
31		10 & Un	100 FLY		32	71	2:40.50	13-14	200 FLY	2:33.30	72
33		11-12	200 FLY		34	73		15-16	200 FLY		74
35		8 & UN	25 FLY		36	73		17 & UP	200 FLY		74
37		11-12	50 FLY		38	75		13-14	100 BREAST		76
39	COACH	10 & Un	200 MED RLY	COACH	40	77		15-16	100 BREAST		78
41	ENTER	11-12	200 MED RLY	ENTER	42	77		17 & UP	100 BREAST		78
43	RELAYS	8 & UN	200 MED RLY	RELAYS	44	79		13-14	200 BACK		80
45		10 & Un	50 BREAST		46	81		15-16	200 BACK		82
47		8 & UN	50 BREAST		48	81		17 & UP	200 BACK		82
49		11-12	100 BREAST		50	83	COACH	13-14	400 FREE RLY	COACH	84
51		10 & Un	100 BACK		52	85	ENTER	15 & UP	400 FREE RLY	ENTER	86
53		8 & UN	25 BACK		54	87		13-14	500 FREE		88
55	COACH	11-12	400 FREE RLY	COACH	56	89		15-16	500 FREE		90
57		11-12	500 FREE		58	89		17 & UP	500 FREE		90

SUNDAY – March 7, 2010 7:15 AM WARM UP - 9:00 AM START

91		11-12	200 BACK		92	133		13-14	200 FREE		134
93		11-12	50 BREAST		94	135		15-16	200 FREE		136
95		8 & UN	100 FREE		96	135		17 & UP	200 FREE		136
97		10 & UN	200 FREE		98	137		13-14	100 BACK		138
99		11-12	200 FREE		100	139		15-16	100 BACK		140
101		8 & UN	50 BACK		102	139		17 & UP	100 BACK		140
103		10 & Un	50 BACK		104	141		13-14	50 FREE		142
105		8 & UN	50 FLY		106	143		15-16	50 FREE		144
107		10 & Un	50 FREE		108	143		17 & UP	50 FREE		144
109		11-12	50 FREE		110	145	COACH	13-14	200 FREE RLY	COACH	146
111		8 & UN	25 FREE		112	147	ENTER	15 & UP	200 FREE RLY	ENTER	148
113	COACH	8 & UN	200 FREE RLY	COACH	114	149		13-14	200 BREAST		150
115	ENTER	10 & Un	200 FREE RLY	ENTER	116	151		15-16	200 BREAST		152
117	RELAYS	11-12	200 FREE RLY	RELAYS	118	151		17 & UP	200 BREAST		152
119		10 & Un	100 BREAST		120	153		13-14	100 FLY		154
121		11-12	100 BACK		122	155		15-16	100 FLY		156
123		10 & Un	50 FLY		124	155		17 & UP	100 FLY		156
125		8 & UN	25 BREAST		126	157	COACH	13-14	400 MED RLY	COACH	158
127		11-12	100 FLY		128	159	ENTER	15 & UP	400 MED RLY	ENTER	160
129	COACH	11-12	400 MED RLY	COACH	130	161	20:26.80	17 & UP	1650 FREE	19:44.40	162
131	21:32.10	11-12	1650 FREE	21:51.50	132	161	20:26.80	15-16	1650 FREE	19:44.40	162
						161	21:02.90	13-14	1650 FREE	20:42.80	162



2010 Pacific Committee B/R/W Spring Championship

March 5-7, 2010

Hosted by: Rose Bowl Aquatics

Sanctioned by: Southern California Swimming

Sanction No: 10-057

Entries due Date:

February 24, 2010 - -REGARDLESS OF DELIVERY METHOD

Warm Up:

Friday – 3:30 PM Saturday and Sunday – 7:15 AM

Meet start time:

Friday – 5:00 PM - Saturday and Sunday – 9:00 AM

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: A twenty-lane 25-yard outdoor pool. Based on meet entries the meet may be run in two courses – Male/Female or Younger/Older. 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 short course yard times* from this or the preceding swim season. **This is a championship meet. All swimmers must have achieved a time for all events entered. No Time (NT) entries will not be accepted. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times may lead to disciplinary action**

TEAM SCORING: This is a team-scoring meet. Points will be scored in divisions on the following basis:

Blue Division	27	25	24	23	22	21	20	19	Awards: Blue Division - Medals 1-3 Ribbons 4-8
Red Division	18	16	15	14	13	12	11	10	Red Division - Ribbons 1-8
White Division	9	7	6	5	4	3	2	1	White Division - Ribbons 1-8
Relays	40	38	37	36	35	34	33	32	Relay - Medals 1-3

NOTE: Awards will be given in Blue Division only for the following 11-12 events: 400 Ind. Medley, 1000 Freestyle and 1650 Freestyle

Team awards to be awarded 1st to 6th place-Gold and Silver Level. Teams will be divided into levels according to total number of splashes entered in the meet.

Teams will also be awarded "Team Top Scoring Awards" for Boys and Girls in age groups 8 & Un, 10 & Un, 11-12, 13-14, 15-16 and 17-18.

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

ENTRIES: Meet entry deadline shall be on a received by basis. Entry may be received electronically, USPS, delivery service or hand delivered. Meet deadline Wednesday February 24, 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.

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 \$4.25 for each event and surcharge of \$8.00 per swimmer must be received with entry card. \$12.00 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.