



PACIFIC COMMITTEE – HOLIDAY SURPRISE

Hosted by: Rose Bowl Aquatics

Meet Date: December 5-6, 2009

Entry Due Date: Monday - November 23, 2009

Walk-In Date: Tuesday – November 24, 2009

Two Courses:

- Older Session (13&UP - Boys and girls) start at 9:00 a.m.
- Younger Girls' Session (12 & Under) start at 9:00 a.m. Younger Boys' Session (12 & Under) start at 12:00 p.m. (or 30 minutes after finish of girls). If entries do not warrant two sessions for 12& Under the boys and girls will be combined into one session. The combined sessions will be swum as follows:
 - Saturday :1, 21, 2, 22, 3, 23, 4, 24, 5, 25, 6, 26, 7, 27, 8, 28, 9,29, 10, 30, 11, 31, 12, 32, 13, 33, 14, 34, 15, 35, 16, 36, 17, 37, 18, 38, 19, 39, 20, 40

PLEASE ENTER BEST RECORDED SHORT COURSE YARD TIMES

12 & Under: You may swim a total of 4 individual events per day plus relays

13&UP: You may swim a total of 5 individuals per day plus relays

SATURDAY SESSIONS:

Saturday – Younger Girls Session				
Girl	Min	Event	Age	
1		200 IM	11-12	
2		200 IM	10&UN	
3		100 IM	8&UN	
4		50 Breaststroke	11-12	
5		50 Backstroke	10&UN	
6		25 Backstroke	8&UN	
7		100 Backstroke	11-12	
8		100 Freestyle	10&UN	
9		50 Freestyle	8&UN	
10		50 Butterfly	11-12	
11		50 Breaststroke	10&UN	
12		25 Breaststroke	8&UN	
13		100 Freestyle	11-12	
14		100 Butterfly	10&UN	
15		50 Butterfly	8 & UN	
16	Deck	200 Freestyle Relay	11-12	
17	Entered	200 Freestyle Relay	10&UN	
18		100 Freestyle Relay	8 & UN	
19	2:42.00	500 Freestyle	10&UN	
20	6:32.30	500 Freestyle	11-12	

Saturday – Younger Boys Session					
		Event	Age	Min	Boy
		200 IM	11-12		21
		200 IM	10&UN		22
		100 IM	8&UN		23
		50 Breaststroke	11-12		24
		50 Backstroke	10&UN		25
		25 Backstroke	8&UN		26
		100 Backstroke	11-12		27
		100 Freestyle	10&UN		28
		50 Freestyle	8&UN		29
		50 Butterfly	11-12		30
		50 Breaststroke	10&UN		31
		25 Breaststroke	8&UN		32
		100 Freestyle	11-12		33
		100 Butterfly	10&UN		34
		50 Butterfly	8 & UN		35
		200 Freestyle Relay	11-12	Deck	36
		200 Freestyle Relay	10&UN	Entered	37
		100 Freestyle Relay	8 & UN		38
		500 Freestyle	10&UN	2:41.80	39
		500 Freestyle	11-12	6:20.30	40

⚡ Swimmers may swim 8 and Under OR 10 and Under, but not both or any combination.

⚡ 10 and Under swimmers entering the 500 Free should enter their achieved 200 Freestyle. Their achieved time should be equal to or better than the minimum standards stated on meet form.

Saturday – Older Session					
Girl	Min	Event	Age	Min	Boy
41		200 IM	13& UP		42
43		100 Freestyle	13& UP		44
45	2:55.10	200 Butterfly	OPEN	2:47.30	46
47		100 Breaststroke	13& UP		48
49	2:54.50	200 Backstroke	OPEN	2:45.10	50
51	Deck Entered	200 Freestyle Relay	13 & UP	Deck Entered	52
53		500 Freestyle	13 & UP		54



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 - Sunday: 55 ,76, 56, 77, 57, 78 , 58, 79, 59, 80, 60, 81, 61, 82, 62, 83, 63, 84, 64, 85, 65, 86, 66, 87, 67, 88, 68, 89, 69, 90, 70, 91, 71, 92 ,72, 93, 73, 94, 74 , 95, 75, 96

PLEASE ENTER BEST RECORDED SHORT COURSE YARD TIMES

12 & Under: You may swim a total of 4 individual events per day plus relays

13&UP: You may swim a total of 5 individuals per day plus relays

SUNDAY SESSIONS:

Sunday – Younger Girls Session				
Girl	Min	Event	Age	
55		200 Freestyle	11-12	
56	2:56.80	200 Freestyle	10&UN	
57		100 Freestyle	8&UN	
58		50 Backstroke	11-12	
59		50 Butterfly	10&UN	
60		25 Butterfly	8 & UN	
61		100 Breaststroke	11-12	
62		100 Backstroke	10 & UN	
63		50 Breaststroke	8&UN	
64		100 IM	11-12	
65		100 IM	10 & UN	
66		100 IM	8 & UN	
67		50 Freestyle	11-12	
68		50 Freestyle	10 & UN	
69		25 Freestyle	8 & UN	
70		100 Butterfly	11-12	
71		100 Breaststroke	10 & UN	
72		50 Breaststroke	8 & UN	
73	Deck	100 Medley Relay	8&UN	
74	Entered	200 Medley Relay	10&UN	
75		200 Medley Relay	11-12	

Sunday – Younger Boys Session					
		Event	Age	Min	Boy
		200 Freestyle	11-12		76
		200 Freestyle	10&UN	2:56.50	77
		50 Butterfly	8&UN		78
		50 Butterfly	11-12		79
		50 Butterfly	10&UN		80
		200 Butterfly	11-12		81
		25 Breaststroke	8&UN		82
		100 Breaststroke	11-12		83
		100 Breaststroke	10&UN		84
		50 Freestyle	8&UN		85
		50 Freestyle	11-12		86
		50 Freestyle	10&UN		87
		25 Backstroke	8&UN		88
		100 Backstroke	11-12		89
		100 Backstroke	10&UN		90
		100 IM	8&UN		91
		100 IM	11-12		92
		100 IM	10&UN		93
		100 Medley Relay	8&UN	Deck	94
		200 Medley Relay	10&UN	Entered	95
		200 Medley Relay	11-12		96

✚ Swimmers may swim 8 and Under OR 10 and Under, but not both or any combination.

Sunday - Older Session					
Girl	Min	Event	Age	Min	Boy
97		200 Freestyle	13 & UP		98
99		100 Butterfly	13 & UP		100
101	3:18.20	200 Breaststroke	OPEN	3:06.40	102
103		100 Backstroke	13 & UP		104
105		50 Freestyle	13 & UP		106
107	6:07.30	400 IM	OPEN	5:47.30	108
109	Deck Entered	200 Medley Relay	13 & UP	Deck Entered	110
111	22:57.70	1650 Freestyle	OPEN	22:35.80	112



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Hosted by: Rose Bowl Aquatics

Sanctioned by: Southern California Swimming
Sanction No: 09-XXX
Entries due Date: November 23, 2009
Walk In date: November 24, 2009

Warm Up: Saturday and Sunday - 6:30 AM
Meet Starts: Younger Girls and Older sessions 9:00am – Younger Boys
session 12 pm or 30 minutes following younger girls' session

ROSE BOWL AQUATICS WILL LIMIT ENTRIES TO MEET THE "4-HOUR" RULE FOR EACH SESSION

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.

All entered clubs will be assigned lanes for timing based on the number of swimmers entered per session. Clubs are responsible for timing assignments for the entire session with the exception of OPEN 1650 yd Freestyle (events 129 and 130). This meet will be run using two courses per session.

COURSE: A twenty-lane 25-yard outdoor pool. The meet will be run using two courses – Older and Younger. Lanes for warm up and warm down will be available throughout the meet. This competition course has been certified in accordance with 104.2.2 (C).

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 must be under direct supervision of a 2009/2010 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 2009/2010 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 in the 12 and Under events and 5 events per day in the 13 and Up events.* **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 2009/2010 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 completing the Club Transfer Form 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 or long course times from this or the proceeding swim season. Do not submit estimated or work out times. All non-conforming times will be seeded last. All "NO TIMES" will be entered in "White" division. Swimmers must have achieved time standard listed for an event. Swimmers entering the open events must be at least 11 years of age. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action. If a swimmer does not have a recorded time, but is otherwise qualified, he/she may enter at minimum (see 2009 Swim Guide for exceptions).

SPECIAL RESTRICTIONS: 8 and UN swimmers may swim 10 and UN **OR** 8 and UN, but not both or a combination thereof. Open events are not awarded or scored

Awards: "Blue" Division Medals 1-3 Ribbons 4-8
"Red" Division Ribbons 1-8
"White" Division Ribbons 1-8
Relay Ribbons 1-3

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: Submit one Southern California Consolidated entry card "white card" for each swimmer. Card must be completely filled out including USA Swimming registration number. Entry cards must be postmarked no later than November 23, 2009. Hand delivered entries will be accepted, at the address listed below, until 8:00PM November 24, 2009. NO EXCEPTIONS. Late entries will be rejected. Note: Entries posted by post office meter will be accepted if dated correctly, but will not be accepted if received more than two days after November 23, 2009.

Entry Fees: An entry fee of \$2.75 for each event and surcharge of \$5.50 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.

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. (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 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. Email address for electronic entries blswim@earthlink.net.

MAKE CHECKS PAYABLE TO – SOUTHERN CALIFORNIA SWIMMING

Mail entries to: Bettie Williams
P. O. Box 83538
Los Angeles, CA 90083-0538

Hand delivery: Bettie Williams
5405 W. Slauson Avenue
Los Angeles, CA 90056-1046

ELECTRONIC ENTRY FILE (entry. zip):
blswim@earthlink.net
(you must include signed Word or .pdf file)

For Information contact: Jeff Julian @ Rose Bowl Center 626 564-0330 (jjulian@rosebowlaquatics.org) or
Bettie Williams - 310 338-8776 (blswim@earthlink.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.