

Pacific Committee "JO Max" LC Championship

Sanctioned by: USA Swimming and Southern California Swimming
Sponsored by: Pacific Committee
Date of Meet: July 12-14, 2019

Sanction No. S19-178
Received by deadline: July 3rd - 5:00 pm
Start of Meet: 8:30am - Fri-Sat-Sunday

Prelim Session Warm-up: TBD based on meet entries -
Final Session warm-up: One hour prior to start of final session.

Pacific Committee swimmers ages 9-18 who have achieved RED times OR FASTER as of July 3rd are to attend the Pacific Committee Championship at El Toro High School Pool (SET), July 12-14 . All other Pacific Committee swimmers are to attend the Season Finale Meet, on July 20, 2019.

POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA. From the North: Take I-5 or I-405 South, exit Lake Forest Drive. Go left to Serrano, turn Right, Parking and Pool on right hand side.

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50 meter pool with eight (8) swimming lanes and 1 LC warm-up lane. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start end is 8'6" and Turn end is 4'. All 50 events will start at the deep end.

WARM-UP Procedures: There will be designated **TEAM** warm-up times for Prelim session. Team warm-up will be sent to all teams Tuesday prior to start of the meet. There will be a split warm up with specified times for each team. Team warm-ups are allowed in the competition pool only during the assigned time. Continuous warm-up will be allowed in lane 9 during the entire meet. You may only warm up in the competition pool during the designated team time. If you are unattached, you must warm up with the team with whom you practice, or you will be assigned to the SET team warm up time. If you miss your team warm up in the competition pool, you may only use the warm up lane. Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a 2019 certified USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under a member USA Swimming coach supervision). Swimmers misusing the warm-up pool will be removed at the discretion of the Marshal. Warm-up rules will be announced and posted. The warm-up lane is closed to all except those athletes entered in the meet and under the direct supervision of a certified 2019 USA-Swimming member coach. Any violation will result in closure of the warm up lane. Use of the handicapped pool area is prohibited. All swimmers must use a 3-point slide-in entry into the pool, for warm-up and warm down, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Referee, Paul Szuskiewicz, e-mail: pszsz@hotmail.com

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF THE PRELIM SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Timers are requested to be provided by each team. All individual events must be check-in by participant only. Deck entered relays may be entered by team coach or designated representative. All coaches on deck Must have completed the CDC or NFHS Concussion course.

RECORDING DEVICES & MEDIA NOTICE: The use of audio-visual recording devices, including cell phones, are not permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment and consent to this fact.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

SWIMWEAR: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or mesh seams are not permitted at this competition.

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: Open to Pacific Committee and SET Swim Team athletes who hold 2019 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

MEET START TIMES: Preliminary sessions will begin at 8:30 a.m. Finals sessions will begin at stated times or no sooner than 2 hour after the completion of the final heat of the preliminary session whichever is sooner. **All preliminary sessions will be conducted FASTEST to SLOWEST (With the exception of the 800/1500 timed final-which are defined under Distance Events; all other events will be championship seeded.**

DISTANCE EVENTS: The 800 / 1500 meter freestyle events are 13-14; 15 and UP are combined "timed finals" events and will close at 11:00 am for seeding. The fastest 8 swimmers in each event will be seeded in the final session. All other heats will be swum in the prelim session. Events will be swum fastest to slowest alternating girls & boys heats. Swimmers competing in the 800 and 1500 Freestyle are requested to furnish their own lap counters.

EVENT: Swimmers may swim a **MAXIMUM of THREE (3)** individual events per day plus relays but may swim **NO MORE than EIGHT (8)** individual events for the meet. The 13-14 and 15 & UP events (Except 50 and 100 Freestyle) will be swum combined for PRELIMS. Bonus, consolation and finals for these events will be swum, scored, and awarded by age group 13-14 and 15 & UP. Exception: The 400 Free and 400 IM will have only consolation and finals.

FINALS: Championship, consolation and bonus final (top 24 swimmers per event) will be offered for individual events except 400 Free and 400 IM which will be offered championship and consolation final only (top 16 swimmers per event). The 800 & 1500 Freestyle and relays are timed final events. **The national finals' scratch rule will be used. A swimmer must scratch or place intent on an event within 30 minutes of announcement of preliminary results. A finals "no-show" (original top 16 places only) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last finals event of the meet.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

SUBMITTED TIMES: Submit ACTUAL times achieved for each event. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". Do not submit estimated times or workout time trials. **This is a championship meet.** All swimmers must have achieved a **MIN RED** time for all events entered. No Times (NT) entries will not be accepted. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in the submitted times can lead to disciplinary action. 11-12 year old swimmers wishing to enter the 800 and 1500 Free must have achieved the Red level standard in the next shorter distance (i.e. 800 and 1500-meter freestyle must have achieved Red level in 400 Free). Enter these events at the minimum published time standards. The 800 and 1500 Freestyle will be swum combined all ages fastest to slowest, alternating girls and boys but awarded and scored within age groups 11-12, 13-14, 15 & UP. **Relays – A swimmer "Summer JO" at 200 yards/meters or longer of a stroke, but not "Summer JO" in the 50 or 100 yard/meter of that stroke may swim that stroke in a relay. 13 & up Summer JO swimmers for the 100 yard/meter of a stroke (Butterfly, Backstroke, Breaststroke) may not swim that stroke in a 200 yard/meter medley relay. NOTE: All entry times will be verified through the USA Swims database. All entered times must have been achieved on or after 9/1/2017.**

SCORING: This is a team-scoring meet. Points and awards will be given for 7-10; 11-12; 13-14; 15-UP age groups scoring in final session of the meet. Teams are allowed 2 scoring relays per event, age group and gender. The top 16 placing relays will be scored and top 8 awarded.

	Scoring														Awards: __			
Individual Events	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1	Individual events - Medals 1-8 Ribbons 9-16	
Relays	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2	Relays - Medals 1-3 Ribbons 4-8	

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

ENTRY FEES: \$5.50 for each individual event along with a \$14.50 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. Relays will be deck-entered at \$20.00 each, payable on entry. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .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 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 AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.** Electronic team entries are to be sent to – divanj@cox.net. **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, 7/10/2019.** **No individual meet entry accepted via email.** To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received. .

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED

Make Checks payable to Southern California Swimming

Mail entries: Judi Divan
33561 Calle Miramar
San Juan Capistrano, CA 92675
Email entries: divanj@cox.net

For Information contact: Tim Teeter, e-mail: coachteeter@gmail.com
Hand Delivery – 33561 Calle Miramar
San Juan Capistrano, CA 92675

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

PACIFIC COMMITTEE "JO-MAX" LONG COURSE CHAMPIONSHIP

SPONSORED BY: Pacific Committee

July 12-14, 2019

Pacific Committee swimmers ages 9-18 who have achieved RED times OR FASTER as of July 3rd are to attend the Pacific Committee Championship at El Toro High School Pool (SET), July 12-14. All other Pacific Committee swimmers are to attend the Season Finale Meet, on July 20, 2019.

Final sessions will begin at stated times or 2 hours following last heat of preliminary sessions, whichever is later.

Friday: July 12, 2019 Warm Up TBD - Start 8:30 am							
Girls	Max	Min			Max	Min	Boys
1	****	****	400 IM	11- 12,13- 4,15&UP	****	****	2
3	1:33.91	1:50.30	100 Back	9- 10	1:34.91	1:50.50	4
5	1:22.01	1:37.60	100 Back	11- 12	1:22.81	1:39.00	6
7	****	****	200 Back	13- 4,15&UP	****	****	8
9	49.11	56.00	50 Breast	9- 10	50.21	56.00	10
11	42.71	50.20	50 Breast	11- 12	43.31	49.80	12
13	****	****	100 Breast	13- 14, 15&UP	****	****	14
15	36.21	41.90	50 Free	9- 10	36.01	41.50	16
17	32.11	38.00	50 Free	11- 12	32.01	37.60	18
19	29.61	35.80	50 Free	13- 14	29.01	33.00	20
21	30.11	37.00	50 Free	15&UP	26.61	32.50	22
23	1:38.31	1:49.70	100 Fly	9- 10	1:38.71	1:49.80	24
25	1:20.51	1:35.30	100 Fly	11- 12	1:21.41	1:36.10	26
27	****		100 Fly	13- 14, 15&UP	****		28
29	### See chart		800 Free	OPEN	### See chart		30

The 800 Freestyle (Events #29 and 30) IS A TIMED FINALEVENT and will close at 11:00 am for seeding. The fastest 8 swimmers in each event will be seeded in the final session. All other heats will be swum in the prelim session.

****Min - Red Standard for age group ~ Max - Sum JO Standard for age group

Finals - Friday July 12, 2019 Warm up 3:00 pm Start 4:00 pm			
Girls			Boys
1	400 IM	11- 12, 13- 14, 15&UP	2
3	100 Back	9- 10	4
5	100 Back	11- 12	6
7	200 Back	13- 14, 15&UP	8
9	50 Breast	9- 10	10
29	800 Free		
11	50 Breast	11- 12	12
13	100 Breast	13- 14	14
	100 Breast	15&UP	
15	50 Free	9- 10	16
17	50 Free	11- 12	18
	800 Free		30
19	50 Free	13- 14	20
21	50 Free	15&UP	22
23	100 Fly	9- 10	24
25	100 Fly	11- 12	26
27	100 Fly	13- 14	28
	100 Fly	15&UP	
31	400 Free Relay	11- 12	32
33	400 Free Relay	13- 14	34
35	400 Free Relay	15&UP	36

Saturday: July 13, 2019 Warm-up TBD- Start 8:30 am							
Girls	Max	Min			Max	Min	Boys
37	2:54.91	3:19.30	200 Free	9- 10	2:55.21	3:19.00	38
39	2:32.31	2:57.70	200 Free	11- 12	2:31.11	2:58.40	40
41	****	****	200 Free	13- 14, 15&UP	****	****	42
43	41.21	47.20	50 Fly	9- 10	41.51	47.00	44
45	35.41	41.90	50 Fly	11- 12	35.51	42.70	46
47	****	****	200 Fly	13- 14,15&UP	****	****	48
49	43.41	50.60	50 Back	9- 10	43.71	50.50	50
51	38.11	45.40	50 Back	11- 12	38.41	45.80	52
53	****		100 Back	13- 14, 15&UP	****		54
55	****	****	400 Free	11- 12,13- 4,15&UP	****	****	56

Finals - Saturday July 13, 2019 Warm up 3:00 pm Start 4:00 pm			
Girls			Boys
37	200 Free	9- 10	38
39	200 Free	11- 12	40
41	200 Free	13- 14	42
	200 Free	15&UP	
43	50 Fly	9- 10	44
45	50 Fly	11- 12	46
47	200 Fly	13- 14, 15&UP	48
49	50 Back	9- 10	50
51	50 Back	11- 12	52
53	100 Back	13- 14	54
	100 Back	15&UP	
55	400 Free	11- 12,13- 14,15&UP	56
57	400 Med Relay	11- 12	58
59	400 Med Relay	13- 14	60
61	400 Med Relay	15&UP	62

****Min - Red Standard for age group ~ Max - Sum JO Standard for age group

PACIFIC COMMITTEE "JO-MAX" LONG COURSE CHAMPIONSHIP

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Sunday: July 14, 2019 Warm-up TBD Start 8:30 am							
Girls	Max	Min			Max	Min	Boys
63	3:17.11	3:49.30	200 IM	9- 10	3:17.31	3:50.40	64
65	2:52.01	3:25.00	200 IM	11- 12	2:52.61	3:25.30	66
67	****	****	200 IM	13- 14, 15&UP	****	****	68
69	1:46.51	2:02.40	100 Breast	9- 10	1:48.61	2:03.10	70
71	1:32.41	1:49.10	100 Breast	11- 12	1:33.41	1:49.20	72
73	****	****	200 Breast	13- 4,15&UP	****	****	74
75	1:20.11	1:32.00	100 Free	9- 10	1:20.51	1:31.60	76
77	1:10.01	1:22.40	100 Free	11- 12	1:09.81	1:22.00	78
79	1:06.21	1:18.50	100 Free	13- 14	1:03.31	1:14.00	80
81	1:04.31	1:17.80	100 Free	15&UP	58.21	1:10.30	82
83	### See Chart		1500 Free	Open	### See Chart		84

Finals - Sunday July 14, 2019 Warm up 3:00 pm Start 4:00 pm			
Girls			Boys
63	200 IM	9- 10	64
65	200 IM	11- 12	66
67	200 IM	13- 14	68
	200 IM	15&UP	
83	1500 Free		
69	100 Breast	9- 10	70
71	100 Breast	11- 12	72
73	200 Breast	13- 14, 15&UP	74
	1500 Free		84
75	100 Free	9- 10	76
77	100 Free	11- 12	78
79	100 Free	13- 14	80
81	100 Free	15&UP	82
81	1500 Free	13- 14, 15 & UP	82

The 1500 Freestyle (Events #83 and 84) **IS A TIMED FINALEVENT** and will close at 11:00 am for seeding. The fastest 8 swimmers in each event will be seeded in the final session. All other heats will be swum in the prelim session.

****Min - Red Standard for age group ~ Max - Sum JO Standard for age group

Meet Time Standard Chart for 800 and 1500 Freestyle Events

800 FREE			1500 FREE		
### Event 29 - Girls			### Event 83 - Girls		
	Max	Min		Max	Min
13- 14	10:36.81	12:31.70	13- 14	20:25.31	23:13.30
15- up	10:20.61	12:04.70	15- up	20:09.11	22:54.80
### Event 30 - Boys			### Event 84 - Boys		
13- 14	10:12.21	12:01.30	13- 14	19:48.41	22:51.70
15- up	9:42.61	11:28.00	15- up	18:56.11	21:49.00

NOTES

- Relay entries are due at the end of the prelim session.
- The national finals' scratch rule will be used.
- Final session will begin at stated time or **2 hours** following last heat of preliminary session whichever is earlier. Warm ups will begin **1 hour** prior to start of finals.
- Events #29 and 30 (800 Freestyle) and Events #91 and 92 (1500 Freestyle) **are timed finals events** and will close for seeding at 11:00 am on their respective swim days. The fastest 8 swimmers will be seeded in the final session. All other heats will be swum in the prelim session.
- Event # 1 & 2; 7 & 8; 47 & 48; 55 & 56 and 73 & 74 (400 IM - 200 Backstroke - 200 Butterfly, 400 Free and 200 Breaststroke) will be swum combined in prelims