



2026 METRO COMMITTEE SUMMER FESTIVAL



DATE OF MEET: Sunday, June 28th, 2026
Sanctioned by: Southern California Swimming
Meet Warm-up: 7:30 AM

ENTRIES DUE: Wednesday, June 17th, 2026
Sanction #: S26-116
Meet Start: 08:30 AM

**TRIDENT WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY
MAXIMUM 5 INDIVIDUAL EVENTS
All events will swim fastest to slowest**

POOL: The Rowland High School Aquatic Center is located on the campus of John A Rowland High School, 2000 South Otterbein, Rowland Heights, CA 91748.

DIRECTIONS: Exit the 60 freeway at Nogales and go south. Turn Left on Killian and a right on Otterbein. The parking lot entrance will be on your left.

COURSE: Outdoor 25-yard pool with up to 10 short course competition lanes and an area for warm up/down during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. The pool is 7 feet 5 inches at the start end and at the turn end.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:20 am. Warm-up assignments will be published, divided into two sessions with times and lanes assigned. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open at the discretion of the Meet Referee. The pool will close 15 min. before the start of each session.

MEET REFEREE: The meet referee is in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Sandy Comer scomer1@mac.com

RULES: USA swimming rules, including the Minor Athlete Protection Policies (MAAP 2.0) will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will limit entries to meet the “4 Hour” rule.** MEET will be pre-seeded. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Swimmers must be at least 5 years old on June 28, 2026 to enter this meet. Timers are required to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 5 individual events per day. All USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), govern this meet. **All coaches and officials on deck must complete the CDC or NFHS Concussion course, CA Safe Sport Reporting course and Athlete Protection Training.**

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, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement 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 AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition for 13 and over swimmers. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.

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 Metro Committee athletes who hold a 2026 USA Swimming Registration. Outside LSC swimmers are allowed to enter if there is availability. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Out of committee entries will be accepted, space permitting; please submit a copy of the registration with entry. Athletes 18 and up must complete the free online Athlete Protection Training (APT) prior to the start of the meet to compete.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible to complete the Club Transfer process in SWIMS 3.0

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). All nonconforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. Swimmers should not be faster than the qualifying times.

OUTREACH: Coaches entering any qualified Outreach athletes in this meet, must provide their team outreach registration roster from SWIMS/USA Swimming to the Meet Admin, when sending their team entry report and file, listing the outreach athletes' name. The Outreach athlete entry fee is a \$15.00 flat fee.

AWARDS: Only 12 and Unders will be awarded. Custom Medal 1-3 Ribbons 4-12 will be awarded for each event. Relays Ribbons Top 3 places. Trophies will be awarded to Top 3 finishers in each 12 and under age group based on total number of points.

ENTRY FEES: \$6.00 for each individual event along with a \$15.50 surcharge per swimmer. \$10.00 Relay Fee. NO REFUNDS. Returned checks will incur a service fee. 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.** Entries are accepted, SPACE PERMITTING, when the entry is received TOGETHER with a check, money order or cash, by the meet processor.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, **WEDNESDAY, June 17, 2026.** IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. *(Receipt of entries will not be verified by phone or e-mail).*

Make checks payable to: Trident Swim Club MAIL entries to Mike Cody 1256 Bannon Ave, La Puente, CA 91744 or bring to meet.

Email for team electronic entries only: omarswimref@gmail.com

FOR FURTHER INFORMATION CALL: Ian Legarda(626) 674-9598

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



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SANCTION: # S26-116

This meet has **MAX** Qualifying times

Session 1

Warm Up Time: 7:30 am

Meet Start Time: 8:30 am

No.	Girls Max	Age		Distance	Stroke		Boys Max	No.
1	1:07.20	13-14		100 yd	MIXED Butterfly		1:01.80	1
	1:04.10	15-18		100 yd	MIXED Butterfly		56.20	
2	1:08.80	13-14		100 yd	MIXED Backstroke		1:06.00	2
	1:06.00	15-18		100 yd	MIXED Backstroke		1:00.10	
3	1:18.00	13-14		100 yd	MIXED Breaststroke		1:12.20	3
	1:14.90	15-18		100 yd	MIXED Breaststroke		1:05.80	
4	58.70	13-14		100 yd	MIXED Freestyle		54.90	4
	56.30	15-18		100 yd	MIXED Freestyle		51.50	
5	2:25.90	13-14		200 yd	MIXED Individual Medley		2:16.60	5
	2:20.30	15-18		200 yd	MIXED Individual Medley		2:07.00	
6		13-14	Girls	200 yd	Freestyle Relay	Boys		7
8		15-18	Girls	200 yd	Freestyle Relay	Boys		9

Session 2

PM Session will not start before 11:00 AM

No.	Girls Max	Age		Distance	Stroke		Boys Max	No.
10	31.50	11-12		50 yd	MIXED Butterfly		31.70	10
	37.90	9-10		50 yd	MIXED Butterfly		38.10	
11		5-8		25 yd	MIXED Butterfly			11
12	34.10	11-12		50 yd	MIXED Backstroke		34.20	12
	39.40	9-10		50 yd	MIXED Backstroke		39.20	
13		5-8		25 yd	MIXED Backstroke			13
14	38.00	11-12		50 yd	MIXED Breaststroke		38.20	14
	44.20	9-10		50 yd	MIXED Breaststroke		45.60	
15		5-8		25 yd	MIXED Breaststroke			15
16	28.60	11-12		50 yd	MIXED Freestyle		28.40	16
	32.30	9-10		50 yd	MIXED Freestyle		32.00	
17		5-8		25 yd	MIXED Freestyle			17
18	1:13.70	11-12		100 yd	MIXED Individual Medley		1:13.60	18
	1:26.00	9-10		100 yd	MIXED Individual Medley		1:25.00	
19		5-8		50 yd	MIXED Freestyle			19
20		11-12	Girls	200 yd	Freestyle Relay	Boys		21
22		9-10	Girls	200 yd	Freestyle Relay	Boys		23
24		5-8	Girls	100 yd	Freestyle Relay	Boys		25

NOTE: If the meet is small in numbers, sessions may be combined into ONE session.

Coaches will be notified of change.

Rowland High School Pool will be a **closed deck**. Parents/spectators can view their child's race from the designated spectator area only. No Parent chairs, canopies, set up on deck.



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All participating athletes and clubs are registered only with Southern California Swimming. This meet will be pre-seeded, and no deck entries will be allowed. 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.

MAAPP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

Supervised Meet WARM- UP GUIDELINES

Lanes that are designated DIVE ONLY by meet ref will allow athletes to swim one direction only. Warmdown pool will be monitored by the Meet Marshals who will be wearing yellow vests.

NOTE: Entry fee for each OUTREACH registered swimmer is \$15 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS.

Coaches entering any qualified Outreach athletes in this meet, must provide their team outreach registration roster from SWIMS/USA Swimming to the Meet Admin, when sending their team entry report and file, listing the outreach athletes' name. The Outreach athlete entry fee is a \$15.00 flat fee.

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership. During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands. Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming. A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition. Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report

Concussion Informed Consent Acknowledgement: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

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

Bonus Times: "Swimmers who have fewer than 5 qualifying individual events may enter up to 2 bonus event(s) at BB max time standard"Swimmers may enter up to 2 events with B times (no faster than BB). Of the 5 events entered, up to 2 events can be entered with a B time.