



Cerritos Aquatic Club Swim Meet October 15 & 16, 2022

Sanctioned by USA Swimming & Southern California Swimming

Sanction No. S22- 236

MEET DATE: October 15 & 16 (2 Day/4 Sessions)

Meet Start Time: 8:30am Warm up: 7am

Entry Due Date: Team Electronic Entries Must be Received by 5:00 pm on Wednesday, October 5, 2022

SPONSORED BY: Cerritos Aquatic Club & Metro Committee

Directions: CERRITOS OLYMPIC SWIM CENTER, 13150 EAST 166th STREET, Cerritos, CA. From the 91 Freeway: Exit at Carmenita and go North to 166th. From the Santa Ana Freeway (5): Exit at Carmenita and go south to 166th. In both cases, go west on 166th a quarter mile to the pool. Parking is at the rear of the building. Additional parking available at Whitney High School Gymnasium, 16800 Shoemaker Ave., ¼ mile west then ¼ mile south of the pool.

COURSE: CERRITOS OLYMPIC SWIM CENTER is an indoors 50-meter by 25-yard, pool with (10) competition lanes. Water depth at Start end is 13.0 ft. in lane 1 to 6.5 ft in lane 10 the turn end is the same depth. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C)

WARM-UP PROCEDURES: Teams will be assigned lanes for warm-up. USA Swimming Member Coach must supervise warm-up. 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 30 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Kent Li - kli.0302@computerville.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. This meet will limit entries to meet the "4 Hour" rule. Swimmers must check in with the clerk of course 30 minutes prior to the start of each session for the first 6 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. Swimmers must be at least 5 years old on Start Date of the meet to enter. **Timers are requested to be provided by each team.** Events will be swum fast to slow. Swimmer may swim a maximum of 6 individual events (3 each day). **All coaches and officials on deck must complete 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 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: Please see USA Swimming Rule 102.8 in the 2022 USA Swimming Rule Book (page 32-34). Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved 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 Metro Committee athletes who hold a 2022-2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.** Out of LSC entries will be accepted space available; please submit a copy of registration with entry. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order 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 online in SWIMS 3.0

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**). For seeding purposes only, after entries close Meet Administration will convert non-conforming times. 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.

AWARDS: Awards will be given: "A" Div – Medals 1-3; Ribbons 4-8; "BB" Div & "B" Divisions – Ribbons 1-8. Relays will be awarded medals 1 place 2-3 place Ribbons. Events 1-2, 27-28, 92-93 are none awarded.

ENTRY PROCEDURE: \$5.50 for each individual event PLUS \$15.50 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck (if offered) for a \$10.00 fee. **Make checks payable to Cerritos Aquatic Club.** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, **WEDNESDAY, October 5, 2022.** Entry Fees must accompany each individual entry card. 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. Prior to entry deadline 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. Entry times will not be changed after the entry deadline.

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.*

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

E-MAIL ENTRIES TO: ocpswim@hotmail.com

Mailing Address or Hand Deliver to 413 E. 212th St, Carson, CA 90745

QUESTIONS: Meet Processor & Admin Referee: Carol Pena: ocpswim@hotmail.com

Meet Director: Mark Johnson – skrudz@aol.com

Meet Referee: Kent Li - kli.0302@computerville.com

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.

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) govern this meet.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

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.

Individual, COVID Specific Waiver (see below): The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event.

MAAP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

COVID 19 Acknowledgement: We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached) and release of liability (attached), which will remain in place through July 31, 2021. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.



Cerritos Aquatic Club
Short Course Swim Meet
October 15 -16, 2022

ENTRIES DUE: Wednesday, October 5 , 2022

Sanction No. S22-236

Saturday, October 15, 2022

Sunday, October 16, 2022

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

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Meet Start Time: 8:30 am

Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
1	5:56.79		400 IM	13-UP	5:46.39	2
3			100 Backstroke	13-14		4
5			100 Backstroke	15-Up		6
7			200 Freestyle	13-14		8
9			200 Freestyle	15-UP		10
11			200 Breaststroke	13-14		12
13			200 Breaststroke	15-Up		14
15			50 Freestyle	13-14		16
17			50 Freestyle	15-Up		18
19			100 Fly	13-14		20
21			100 Fly	15-Up		22
23	Relays Time		200 Medley Relay	13-14	Relays Time	24
25	Permitting		200 Medley Relay	15-UP	Permitting	26
27	6:38.19		500 Freestyle	13-UP	6:27.49	28

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
68			200 Fly	13-14		69
70			200 Fly	15-Up		71
72			100 Breaststroke	13-14		73
74			100 Breaststroke	15-Up		75
76			200 IM	13-14		77
78			200 IM	15-UP		79
80			100 Freestyle	13-14		81
82			100 Freestyle	15-Up		83
84			200 Backstroke	13-14		85
86			200 Backstroke	15-Up		87
88	Relays Time		200 Free Relay	13-14	Relays Time	89
90	Permitting		200 Free Relay	15-UP	Permitting	91
92	23:07.29		1650 Free	13-UP	22:37.49	93

MAXIMUM 3 INDIVIDUAL EVENTS & 1 RELAY PER DAY. CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

Session 2-4 warm-up begins immediately following Session 1-3.

Session 2-4 will start 45 minutes after the end of the Session 1-3.

NO.	GIRLS MIN		Afternoon Session 2	AGE	BOYS MIN	NO.
29	3:06.59	11-12	200 Breaststroke	11-12	3:00.19	30
31			200 Freestyle	11-12		32
33	2:57.19		200 Freestyle	7-10	2:47.99	34
35			100 Freestyle	5-6		36
37			100 Breaststroke	11-12		38
39			100 Breaststroke	7-10		40
41			25 Breaststroke	5-6		42
43			50 Freestyle	11-12		44
45			50 Freestyle	7-10		46
47			50 Freestyle	5-6		48
49			100 Backstroke	7-10		50
51			100 Backstroke	11-12		52
53			25 Backstroke	5-6		54
55			100 IM	11-12		56
57			100 IM	7-10		58
59			100 Fly	11-12		60
61	6:38.19	11-12	500 Freestyle	11-12	6:27.49	62
63	MIXED		200 Medley Relay	5-8	MIXED	63
64	Relays Time		200 Medley Relay	7-10	Relays Time	65
66	Permitting		200 Medley Relay	11-12	Permitting	67

NO.	GIRLS MIN		Afternoon Session 4	AGE	BOYS MIN	NO.
94	2:47.19	11-12	200 Fly	11-12	2:40.79	95
96	3:15.59		200 IM	7-10	3:13.19	97
98			200 IM	11-12		99
100			100 IM	5-6		101
102			50 Breaststroke	7-10		103
104			50 Breaststroke	11-12		105
106			25 Fly	5-6		107
108			50 Fly	7-10		109
110			50 Fly	11-12		111
112			25 Freestyle	5-6		113
114			100 Freestyle	7-10		115
116			100 Freestyle	11-12		117
118			50 Backstroke	7-10		119
120			50 Backstroke	11-12		121
122			100 Fly	7-10		123
124	2:43.99	11-12	200 Backstroke	11-12	2:39.69	125
126	MIXED		200 Free Relay	5-8	MIXED	126
127	Relays Time		200 Free Relay	7-10	Relays Time	128
129	Permitting		200 Free Relay	11-12	Permitting	130

Age groups: 5-6, 7-10, 11-12, 13-14 and 15-18. combined events placed.

Relays will be swum time permitting.

The 1650 will swim fastest to slowest alternating girls and boys. Swimmers in the Open 500 and 1650 Freestyle events are requested to provide their own lap counters and timers.

Swimmers entering an event with a Min Time must have a time equal to or faster than the Time Listed for that event.

Legal Mixed Relays are composed of 2 females and 2 males

Entry times will not be changed after the entry deadline.

Events 1-2,27-28,92-93 are none awarded