



Cerritos Aquatic Club
B, R, W Short Course Swim Meet
November 21 & 22, 2015

SANCTIONED BY: USA Swimming & Southern California Swimming
SANCTION NO: S15-300

ENTRIES DUE: **Thursday, November 12, 2015**
WARM-UP BEGINS 7:30 AM BOTH DAYS
STARTING TIME: 9:00 AM BOTH DAYS

Afternoon Session will begin no sooner than 12:00 pm or 45 minutes after the end of the Morning Session

CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY Events will be swim fastest to slowest

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: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. 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 45 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

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 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. Swimmers must be at least 5 years old on 11/21/2015 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and 1000 Freestyle events are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmers may swim a maximum of 4 events per day.** Swimmers must be at least 11 years old and meet the minimum time std to enter open events. 5-6, 7-8, and 9-10 swimmers must have achieved the minimum time to enter Events with a listed min time. Swimmers in events 96 - 97 enter 200 Free time.

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 during 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.

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.

DECK CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is 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 all athletes who hold a 2015 or 2016 USA Swimming Registration. Registration application must be received by **Thursday November 12, 2015** by the 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. 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.

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: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). After entries close, all non-conforming times will be converted by meet administration for seeding purposes only. 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: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 8th place Red Division: Ribbons 1st - 8th place
White Division: Ribbons 1st - 8th place Relays: Medals 1st place, Ribbons 2nd - 3rd place OPEN events **will not** be awarded.

ENTRY FEES: \$ 3.75 for each individual event along with a \$ 10.00 surcharge per swimmer *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. 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.** Relays will be deck-entered at \$7.00 each, payable on entry. **Entry times will not be changed after the entry deadline.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, THURSDAY, November 12, 2015. 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.

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

Make Checks payable to Southern California Swimming

Questions: Mark Johnson (714) 374-6345

Email for team electronic entries only: ocpswim@hotmail.com

MAIL AND WALK IN ENTRIES TO: Carol Peña 413 E 212 Th St Carson CA 90745

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



Cerritos Aquatic Club
B, R, W Short Course Swim Meet
November 21 & 22, 2015

Enter Short Course Times

ENTRIES DUE: Thursday, November 12, 2015

SANCTION NO: S15-300

Saturday, November 21, 2015

Sunday, November 22 2015

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
			200 Freestyle	11-12		1
2	2:56.80		200 Freestyle	7-8 / 9-10	2:56.50	3
			100 Breaststroke	11-12		4
5			100 Breaststroke	9-10		6
7	1:49.10		100 Breaststroke	7-8	1:49.70	8
			50 Freestyle	11-12		9
10			50 Freestyle	5-6 / 7-8		11
12			50 Freestyle	9-10		13
14			25 Breaststroke	5-6 / 7-8		15
			50 Backstroke	11-12		16
17			50 Backstroke	5-6 / 7-8		18
19			50 Backstroke	9-10		20
21			25 Fly	5-6 / 7-8		22
			100 IM	11-12		23
24			100 IM	9-10		25
26	2:01.40		100 IM	5-6 / 7-8	1:58.20	27
28			100 Fly	9-10		29
30	1:37.40		100 Fly	7-8	1:37.60	31
32	MIXED		200 Free Relay	5-8	MIXED	32
33	Relays Time		200 Free Relay	9-10	Relays Time	34
	Permitting		200 Free Relay	11-12	Permitting	35
36	2:46.20	OPEN	200 Backstroke	OPEN	2:51.40	37

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
			200 IM	11-12		68
69	3:23.50		200 IM	7-8 / 9-10	3:24.50	70
			50 Breaststroke	11-12		71
72			50 Breaststroke	5-6 / 7-8		73
74			50 Breaststroke	9-10		75
76			25 Freestyle	5-6 / 7-8		77
			50 Fly	11-12		78
79			50 Fly	5-6 / 7-8		80
81			50 Fly	9-10		82
83			25 Backstroke	5-6 / 7-8		84
			100 Freestyle	11-12		85
86			100 Freestyle	9-10		87
88	1:46.10		100 Freestyle	5-6 / 7-8	1:42.00	89
			100 Backstroke	11-12		90
91			100 Backstroke	9-10		92
93	1:36.80		100 Backstroke	7-8	1:37.00	94
			100 Fly	11-12		95
96	2:56.80		500 Freestyle	9-10	2:56.50	97
98	MIXED		200 Med Relay	5-8	MIXED	98
99	Relays Time		200 Med Relay	9-10	Relays Time	100
	Permitting		200 Med Relay	11-12	Permitting	101
102	5:48.20		400 IM	OPEN	5:48.90	103

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY. CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE - MAIL EARLY

Afternoon Session will begin no sooner than 12:00 pm or 45 minutes after the end of the Morning Session

Afternoon warm-up will begin immediately after AM session. All Relays are deck entered.

Afternoon Session 2						
38	2:43.20		200 Fly	OPEN	2:47.40	39
40			200 IM	11-12		
41			200 IM	13-14		42
43			200 IM	15-UP		44
45			50 Fly	11-12		
46			100 Fly	13-14		47
48			100 Fly	15-UP		49
50			100 Backstroke	11-12		
51			100 Backstroke	13-14		52
53			100 Backstroke	15-UP		54
55			100 Freestyle	11-12		
56			100 Freestyle	13-14		57
58			100 Freestyle	15-UP		59
60			50 Breaststroke	11-12		
61	Relays		200 Med Relay	11-12	Relays	
62	Time		200 Med Relay	13-14	Time	63
64	Permitting		200 Med Relay	15-UP	Permitting	65
66	6:24.60	OPEN	500 Freestyle	OPEN	6:29.80	67

Afternoon Session 4						
104	3:08.80		200 Breaststroke	OPEN	3:09.00	105
106			200 Freestyle	11-12		
107			200 Freestyle	13-14		108
109			200 Freestyle	15-UP		110
111			100 IM	11-12		
112			100 Breaststroke	13-14		113
114			100 Breaststroke	11-12		
115			100 Breaststroke	15-UP		116
117			50 Freestyle	11-12		
118			50 Freestyle	13-14		119
120			50 Backstroke	11-12		
121			50 Freestyle	15-UP		122
123			100 Fly	11-12		
124	Relays		200 Free Relay	11-12	Relays	
125	Time		200 Free Relay	13-14	Time	126
127	Permitting		200 Free Relay	15-UP	Permitting	128
129	12:58.60	OPEN	1000 Free Open	OPEN	13:09.80	130

Note Requirements for 5-6 year olds

5-6 swimmers meeting the listed time standard or the following conditions may enter 7-8 events.

A swimmer may swim "up" (not "down") one distance:

- (a) If swimmer's time meets 5-8 Red standard for 50 of stroke, may enter 100 of stroke.
- (b) If swimmer's time meets 5-8 Blue standard for 100 free or 100 IM, may enter 200 free or 200 IM
- (c) If swimmer has equaled or bettered 5-8 Red standard in three events, may enter 100 back, breast and or fly
- (d) If swimmer has equaled or bettered 5-8 Blue standard in three events may enter 200 free or 200 IM

5-6, 7-8, and 9-10 swimmers must have achieved the minimum time to enter Events with a listed min time.

Swimmers in events 96 - 97 enter 200 Free time

Entry times will not be changed after the entry deadline.

The 1000 will swim fastest to slowest alternating girls and boys. Swimmers in the Open 500 and 1000 Freestyle events are requested to provide their own timers and lap counters.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.