



**2025 Metro Committee Summer Championships**  
**hosted by Lakewood Aquatics**  
**July 12-13, 2025**

**Entries Due Wednesday, July 2nd by 8 PM**



Events		1st Session Saturday, July 15 Warmup 7:00-8:30AM Start 8:30 AM			Events	
Girls	Min				Min	Boys
1	6:57.99L	13-14	400	IM	6:30.69L	2
3	6:44.69L	15&up	400	IM	6:14.69L	4
5	1:21.19L	13-14	100	Freestyle	1:15.09L	6
7	1:18.39L	15&up	100	Freestyle	1:11.79L	8
9	3:40.29L	13-14	200	Breaststroke	3:22.79L	10
11	3:32.49L	15&up	200	Breaststroke	3:14.49L	12
13	1:29.69L	13-14	100	Backstroke	1:23.69L	14
15	1:26.89L	15&up	100	Backstroke	1:19.39:L	16
17	3:15.69L	13-14	200	Butterfly	2:59.69L	18
19	3:07.79L	15&up	200	Butterfly	2:51.69L	20
21	24:28.39L	13-14/15&Up	1500	Freestyle	23:04.59L	22
23	Pre Enter	13-14	400	Freestyle Relay	Pre Enter	24
25	Pre Enter	15&up	400	Freestyle Relay	Pre Enter	26

Events		3rd Session Sunday, July 16 Warmup 7:00-8:30AM Start 8:30 AM			Events	
Girls	Min				Min	Boys
53	3:17.19L	13-14	200	IM	3:02.89L	54
55	3:11.19L	15&up	200	IM	2:56.19L	56
57	2:55.29L	13-14	200	Freestyle	2:43.99L	58
59	2:49.19L	15&up	200	Freestyle	2:36.59L	60
61	1:42.39L	13-14	100	Breaststroke	1:33.89L	62
63	1:38.59L	15&up	100	Breaststroke	1:29.49	64
65	37.19L	13-14/15&Up	50	Freestyle	34:29L	66
67	3:13.29L	13-14	200	Backstroke	3:01.79L	68
69	3:06.79L	15&up	200	Backstroke	2:52.29L	70
71	1:27.19L	13-14	100	Butterfly	1:20.29L	72
73	1:24.29L	15&up	100	Butterfly	1:16.79L	74
75	6:08.09L	13-14/15&Up	400	Freestyle	5:48.39L	76
77	Pre Enter	13-14	400	Medley Relay	Pre Enter	78
79	Pre Enter	15&up	400	Medley Relay	Pre Enter	80

Events		2nd Session Saturday, July 15 Warmup after session 1			Events	
Girls	Min				Min	Boys
27	Pre Enter	5-8/9-10	200	Freestyle Relay	Pre Enter	28
29	Pre Enter	11-12	200	Freestyle Relay	Pre Enter	30
31	2:12.79L	9-10	100	Butterfly	2:09.49L	32
33	1:38.29L	11-12	100	Butterfly	1:35.09L	34
35	1:05.30L	5-8/9-10	50	Backstroke	1:03.80L	36
37	44.79L	11-12	50	Backstroke	44.49L	38
39	2:19.39L	9-10	100	Breastroke	2:12.89L	40
41	1:50.39L	11-12	100	Breastroke	1:47.79L	42
43	54.70L	5-8/9-10	50	Freestyle	53.30L	44
45	38.49L	11-12	50	Freestyle	37.39L	46
47	4:15.69L	9-10	200	IM	4:09.49L	48
49	3:30.59L	11-12	200	IM	3:24.39L	50
51	6:32.89L	11-12	400	Freestyle	6:21.09L	52

Events		4th Session Sunday, July 16 Warmup after session 3			Events	
Girls	Min				Min	Boys
81	Pre Enter	5-8/9-10	200	Medley Relay	Pre Enter	82
83	Pre Enter	11-12	200	Medley Relay	Pre Enter	84
85	3:50.99L	9-10	200	Freestyle	3:36.69L	86
87	3:06.39L	11-12	200	Freestyle	2:59.19L	88
89	1:02.40L	5-8/9-10	50	Butterfly	1:03.20L	90
91	41.79L	11-12	50	Butterfly	41.99L	92
93	1:10.30L	5-8/9-10	50	Breastroke	1:08.50L	94
95	49.79L	11-12	50	Breastroke	49.79L	96
97	1:59.30L	5-8/9-10	100	Freestyle	1:54.60L	98
99	1:25.59L	11-12	100	Freestyle	1:22.09L	100
101	2:01.59L	9-10	100	Backstroke	1:56.69L	102
103	1:40.59L	11-12	100	Backstroke	1:37.19L	104
105	7:28.89L	11-12	400	IM	7:17.89L	106

# 2025 Metro Committee Summer LC Championship

**SPONSORED BY: Lakewood Aquatics and SOUTHERN CALIFORNIA SWIMMING**

**Sanction Number: [S25-151]**

**Sponsored by: Lakewood Aquatics, Metro Committee**

**Entries Received by: 5 PM on Date: July 2, 2025**

**MEET DATES:** 07/12/2025 through 07/13/2025    **Warmup Time:** 7:00AM    **Meet Start Time:** 8:30AM

**POOL ADDRESS:** Los Alamitos High School pool, 3591 Cerritos Ave, Los Alamitos, CA 90720

**Directions:** From North or South 605 FWY Exit Katella Ave, head north on Katella Ave. Turn left onto Los Alamitos Blvd. Turn right onto Cerritos Ave. Turn left at first stoplight into Los Alamitos High School. Continue straight to back parking lot.

**COURSE:** Los Alamitos HS Aquatic Center is an outdoor 50-meter by 25-yard pool, with 8 lanes for competition and an additional 1 lane for warm-up/warm-down. The competition course has been certified in accordance with 104.2.2(C), and is on file with USA Swimming.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00AM and 8:20AM. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned. Dive lanes will open :20 minutes before the start of the meet. The pool will close :10 minutes before the start of each session. All swimmers must use 3-point, slide-in entries into the pool during warmup, no jumping or diving.

**MEET REFEREE:** Lisa Frederick will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee, **e-mail:** [charligirl88@yahoo.com](mailto:charligirl88@yahoo.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" for 12-Under swimmers, unless a Championship meet. 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 have 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 the Start Date of the meet to enter. Timers are required to be provided by each team. Swimmers competing in the following events 800/1500 are requested to furnish their own timers for three heats, and provide lap counters. Events will be swum fast-to-slow. Swimmers may swim a maximum of 6 individual events and 2 relays per day. All coaches and officials on deck must complete the CDC or NFHS Concussion course, and must complete the CANRA Mandatory Reporting course prior to the start of the meet.

**RECORDING DEVICES AND 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 or 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. Tech suits are NOT permitted at this meet for 12-Under swimmers. Please see the Tech Suit Policy on the SCS website: [www.socalswim.org](http://www.socalswim.org)

**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.

**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.

**ELIGIBILITY:** Open to athletes who hold 2025 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. 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 (APT) prior to the start of the meet 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.

**SUBMITTED TIMES:** Times submitted must be the best recorded times short course or long course from this or preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close, Meet Administration may 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:** This is a team-scoring meet. Points and awards will be given for 8 & under, 9-10, 11-12, 13-14, 15- UP age groups scoring in the finals session of the meet. Teams are allowed 3 scoring relays per event, age group and gender. The top 16 placing relays will be scored, and the top 3 awarded. Distance events (400/1500) will be awarded regardless of age. Scoring for individual events will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. Medals will be awarded for places 1-8. Relay scoring will be 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2.

**ENTRY FEES:** \$7.00 per individual event, 20.00 per relay, and \$20.00 surcharge per swimmer. Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries. E-mailed team entry (entry .zip file) will be accepted ONLY when received together with an attached PDF file, including electronic signature of coach, and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic entry, etc.). Full payment (SINGLE TEAM CHECK) for an e-mailed zip file entry must be postmarked within 48 hours of the e-mailed zip file entry. Failure to comply will be referred to the Board of Review. Team entry updates (added events) will be processed when received by the meet processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (including e-mail) ONLY. Prior to entry deadline new swimmers are accepted SPACE PERMITTING. DO NOT RE-SEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

**If entering individually, emailed or texted entries are not accepted. Please enter using the SCS Individual Meet Entry Form. 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 5PM, July 2, 2025. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry at the designated address, enclose a self-addressed, stamped envelope or postcard. Receipt of entries will NOT be verified by phone, email or text message.

- **E-MAIL ENTRIES TO:** Dawn Thornley, [dtblueb@gmail.com](mailto:dtblueb@gmail.com)
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- **OR HAND DELIVER TO:** 10278 Belcher St, Downey, CA 90242
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- **MAKE CHECKS PAYABLE TO:** Lakewood Aquatics
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- **Meet Director Jon Moore, 949-735-8967**
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- **Meet Processor Dawn Thornley, 562-324-8659**
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- **Meet Referee Lisa Frederick, 951-796-7668**

**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](http://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](http://www.usaswimming.org/report).

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 3.0 (MAAPP 3.0) govern this meet.

# SOUTHERN CALIFORNIA SWIMMING

## Emergency Action Plan (EAP)

EVENT: 2025 Metro Committee Summer Champs  
TEAM/HOST NAME: Lakewood Aquatics (LKWD)  
DATE: July 12-13, 2025 TIME (START 8:30 am /FINISH 5:30 pm):  
LOCATION: Los Alamitos High School Aquatic Center  
3591 Cerritos Ave, Los Alamitos, CA 90720  
  
Sanction by: USA Swimming and Southern California Swimming  
Sanction NO: S25-151  
Meet MANAGER ON EVENT DAY: Jon Moore  
MANAGER'S CELL PHONE: 949-735-8967  
HOST CONTACT PERSON: Jon Moore & CELL #: 949-735-8967  
EVENT ADMIN: email : dtblueb@gmail.com - Dauwn Thornley Head  
Meet REFEREE: Lisa Frederick cell #: 951-796-7668

### **MEDICAL RESPONSE:**

Emergency—Dial 911 Lifeguard at this meet. Medical assistance or first aid—Call 911/Control crowd around victim/Notify the Admin area/Await assistance from first responder

FIRE DEPT/PARAMEDIC UNIT: Dial 911  
Los Alamitos Fire Department  
4250 Constitution Ave  
Los Alamitos, CA 90720

Law Enforcement Emergency: Emergency---Dial 911  
Los Alamitos Police Department  
3191 Katella Ave  
Los Alamitos, CA 90720  
562-431-2255

Civil Disturbance—Dial 911/Notify Admin area/Separate uninvolved parties to a safe area.

Suspicious Person—Dial 911/Notify Admin area/maintain a safe distance until law enforcement responds.

Missing Person/Child---Notify the Admin area/Obtain description of the missing person/announce as appropriate for help in location the missing person/Contact law enforcement if needed to report a missing person.

Fires Emergencies---Dial 911/ Clear the Pool and deck area to the basketball courts/Contact all teams and request an accountability check. Await emergency response personnel.

Meet Marshalls: Meet Marshalls will be wearing a yellow vest and will assist athlete's coaches during pre-meet warm-up and warm downs during the meet. Meet Marshalls will serve as crowd control authority.

### **Life Safety:**

Earthquake: Adhere to facility EAP protocols. Notify all occupants to clear the pool immediately. Dial 911 if needed. Evacuate all persons to the basketball courts away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the pool deck for at least 30 minutes after the last lightning strikes the area.

Hazardous Materials Emergencies: Dial 911. Evacuate all persons in attendance to a safe area away from the upwind of any hazardous material. Open area after first responder or specialist reopens the facility.

### **CLOSEST HOSPITAL:**

Los Alamitos Medical Center  
3751 Katella Ave Los Alamitos CA 90720  
562-598-1311

### **CLOSEST URGENT CARE:**

Reddy Urgent Care  
4288 Katella Ave Los Alamitos CA 90720  
(562) 296-8514

GENERAL CHAIR: Smith, Stacy 818-665-6284

ADMINISTRATIVE VICE CHAIR: Cracchiolo, Carol 213-200-9410

OFFICIALS: \* Leanne Colvin (661-992-7625) \* Omar de Armas (805-522-4134)

LEAVE VOICEMAIL & TEXT:

SCS & YOUR NAME & INCIDENT \*DOCUMENT INCIDENT ASAP WITH WITNESS NAMES & STATEMENTS, TIMELINE, FACTS AS HAPPENED