



Cerritos Aquatic Club
Metro Committee B, R, W, Long Course Swim Meet
April 06-07, 2019

ENTRIES DUE: Wednesday, March 27, 2019

SANCTIONED BY: USA Swimming & Southern California Swimming
SANCTION NO: S19- 106
DAYS

WARM-UP BEGINS 7:30 AM BOTH DAYS
STARTING TIME: 9:00 AM BOTH

Afternoon Session will begin no sooner than 45 minutes after the end of the AM Session

CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY
MAXIMUM 3 INDIVIDUAL AND 1 RELAY EVENT PER DAY, 8 FOR THE MEET

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 indoor, 50-meter, pool with seven (7) competition lanes. Water depth is 13.0 ft. at the start end and 4. ft. at the turn end. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming

MEET REFEREE: Kent Li: kli0302@computerville.com 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 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 4/6/19 to enter this meet.** Timers are requested to be provided by each team. Swimmers competing in the 500 and 1500 Freestyle events are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 individual events per day. Swimmers must be at least 11 years old and meet the minimum time std to enter open events. In events 3-4 and 51-52, Swimmers must meet the minimum (RED) time standard LC or SC to enter. All coaches and officials on deck must complete the CDC or NFHS Concussion online 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 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.

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” are prohibited at this competition. See SCS ‘Tech Suit’ Policy at www.scs.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.

WARM-UP RULES: 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 30 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 warm up, no jumping or diving. Swimmers misusing the warm-up lane will be removed at the discretion of the Marshal. Warm-up rules will be announced, posted and enforced. **If split warm-up for both the morning and afternoon sessions are required information will be emailed to participating teams. Am Session #1 730-810 #2 810-850 (40 minute warm-ups). Teams that have a preference of warm-up time (early/late) to contact Kent Li at email : kli0302@computerville.com. Teams not submitting a preference will be assigned by the host team.**

ELIGIBILITY: Open to Metro Committee athletes who hold a 2019 USA Swimming Registration. Registration application must be received by **Wednesday 3/27/2019** 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.**

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the SCS 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.

High School swimmers are responsible for making sure they are UNATTACHED for this meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** long course or short course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, non-conforming times will be converted by Meet Administration for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter at minimum (see SCS Swim Guide for exceptions). **In events 3-4, 51 and 52 Swimmers must meet the minimum (RED) time standard LC or SC to enter.**

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

ENTRY PROCEDURE: **\$4.00** for each individual event PLUS **\$10.50** surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a **\$7.00** fee. Make checks payable to "**SOUTHERN CALIFORNIA SWIMMING**". There are no refunds. **RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.** Entries will be rejected if a check does not accompany the entry card. **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, March 27, 2019. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). NO ON-DECK ENTRIES.** **Entry times will not be changed after the entry deadline.** **Submit one white SCS entry card for each swimmer. The card must be filled out including the entire USA Swimming registration number. SCS policy for electronic entry:** Electronic entries files are to be sent to (**ocpswim@hotmail.com**) #1 E-mail entry (entry. zip file) will be accepted ONLY when received with an attached Word or .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). #2 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. #3 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. #4 DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

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 WALKIN 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 Metro Committee B, R, W, Long Course Swim Meet

April 06-07, 2019

SANCTION NO: S19-106

ENTRIES DUE: Wednesday, March 27, 2019

Cerritos will comply with the 4 Hour Rule

You may swim a total of 3 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

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Saturday April 06, 2019

Sunday April 07, 2019

Morning Session					
Girls	Min	Event	Age	Min	Boys
1		100 Free	5-6		2
3	3:19.30	200 Free	7-10	3:19.00	4
5		200 Free	11-12		
6		100 Breast	7-10		7
8		100 Breast	11-12		
9		50 Back	5-6		10
11		50 Back	7-10		12
13		50 Back	11-12		
14		50 Free	5-6		15
16		50 Free	7-10		17
18		50 Free	11-12		
19		100 Fly	7-10		20
21		100 Fly	11-12		
22	Deck	200 Medley Relay	5-8	Deck	23
24	Entered	200 Medley Relay	9-10	Entered	25
26		400 Medley Relay	11-12		
27	3:05.70	200 Fly	OPEN		

Morning Session					
Girls	Min	Event	Age	Min	Boys
51	3:49.30	200 IM	7-10	3:50.40	52
53		50 Breast	11-12		
54		50 Breast	5-6		55
56		50 Breast	7-10		57
58		200 IM	11-12		
59		50 Fly	5-6		60
61		50 Fly	7-10		62
63		50 Fly	11-12		
64		100 Back	7-10		65
66		100 Back	11-12		
67		100 Free	7-10		68
69		100 Free	11-12		
70		200 Free Relay	5-8		71
72	Deck	200 Free Relay	7-10	Deck	73
74	Entered	400 Free Relay	11-12	Entered	
75	6:31.20	400 IM	OPEN		

Afternoon Session will begin 45 minutes after the end of the AM Session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
28	3:09.20	200 Back	OPEN	3:11.80	29
		200 Free	11-12		30
31		200 Free	13-14		32
			15-Up		
		100 Breast	11-12		33
34		100 Breast	13-14		35
			15-Up		
		50 Back	11-12		36
37		50 Free	13-14		38
			15-Up		
		50 Free	11-12		39
40		100 Fly	13-14		41
			15-Up		
		100 Fly	11-12		42
		200 Fly	OPEN	3:07.20	43
	Deck	400 Medley Relay	11-12	Deck	44
45	Entered	400 Medley Relay	13-14	Entered	46
47		400 Medley Relay	15&O		48
49	5:47.30	400 Freestyle	OPEN	5:46.60	50

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
76	3:31.00	200 Breast	OPEN	3:31.20	77
		100 Back	11-12		78
79		100 Back	13-14		80
			15-Up		
		50 Fly	11-12		81
82		200 IM	15-Up		83
		200 IM	11-12		84
85		200 IM	13-14		86
		50 Breast	11-12		87
88		100 Free	13-14		89
		100 Free	11-12		90
91		100 Free	15-Up		92
		400 IM	OPEN	6:32.30	93
	Deck	400 Free Relay	11-12	Deck	94
95	Entered	400 Free Relay	13-14	Entered	96
97		400 Free Relay	15&O		98
99	22:11.60	1500 Freestyle	OPEN	22:10.90	100

All events will swim fastest to slowest.

Relays will be swum time permitting.

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

In events 3-4 and 51-52 Swimmers must meet the minimum (RED) time standard LC or SC to enter.

Swimmers are requested to provide their own timers and lap counters in the 1500 Freestyle event..

The 1500 Freestyle events will swim alternating girls and boys