



# Lakewood Aquatics

## BRW SC

March 9-11, 2018

**SANCTIONED BY:** USA Swimming and SOUTHERN CALIFORNIA SWIMMING  
**SPONSORED BY:** Lakewood Aquatics and Metro Committee

**SANCTION NO:** S18-064  
**FRIDAY WARM UP:** 4:30 PM / Start 5:30 PM  
**SAT and SUN WARM-UP BEGINS:** 7:00 AM  
**MEET START TIME:** 9:00 AM

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**Lakewood Aquatics WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE  
MAXIMUM 8 INDIVIDUAL EVENTS, 3 EVENTS PER DAY. All events will swim fastest to slowest**

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**POOL:** Cerritos College Aquatic Center, is located on the campus of Cerritos College, 11110 Alondra Blvd Norwalk, CA 90650

**DIRECTIONS:** Exit the 605 freeway exit at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd and Studebaker Road in the City of Norwalk. The Aquatic Center faces North on Alondra Blvd. \$2 parking permit can be bought at the kiosk, lots of deck space and grass area.  
<http://cms.cerritos.edu/uploads/CampusGuide/Aug2015CCMasterMap.pdf>

**COURSE:** Outdoor 25-yard pool with up to 10 short course competition lanes with a separate 6 lane warm-up pool and Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 7 ft. at the start end and 7 ft. at the turn end.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:45 am. Depending on number of entries warmup may be 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 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 is in charge of the meet (Omar de Armas, omarswimref@gmail.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 FOUR 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 March 9, 2018, to enter this meet. **Swimmers must be at least 11 years old and meet the minimum time std. to enter open events. 7-8 swimmers must choose to swim as 5-8 OR 7-10 not any combination thereof.** Timers are requested to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 3 events per day.

**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:** 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 not permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; 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.

**ELIGIBILITY:** Open to Metro Committee athletes who hold a 2018 USA Swimming Registration. Registration application must be received by Wednesday, February 28, 2018, 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**). 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.

**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 FEES:** \$4.50 for each individual event along with a \$10.00 surcharge **per swimmer must accompany each individual entry card.** Relays will be deck-entered at \$8.00 each, payable on entry. 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 CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, February 28, 2018. 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).**

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**Make checks payable to: SOUTHERN CALIFORNIA SWIMMING MAIL entries to: Alina de Armas P.O. Box 63 Simi Valley, CA 93062-0063**

**Email for team electronic entries only: [alsoswim@gmail.com](mailto:alsoswim@gmail.com) FOR FURTHER INFORMATION CALL: Lucy Moore (949)735-8914**

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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.

# Lakewood Aquatics BRW SC Meet March 9-11, 2018



March 9, 2018  
Friday PM Session 1

Warm Up time: 4:30 PM				Meet Start Time: 5:30 PM			
No.	Girls Min	Age	Level	Distance	Stroke	Boys Min	No.
1		15-up	BRW	200 yd.	IM		2
3		13-14	BRW	200 yd.	IM		4
5		11-12	BRW	200 yd.	IM		6
7	3:23.50	7-10	BR	200 yd.	IM	3:24.50	8
9		15-up	BRW	100 yd.	Breaststroke		10
11		13-14	BRW	100 yd.	Breaststroke		12
13		11-12	BRW	100 yd.	Breaststroke		14
15		7-10	BRW	100 yd.	Breaststroke		16
17	21:32.10	OPEN		1650 yd.	Freestyle	21:51.50	18

Sanction No.: S18-064

ENTRIES DUE: Wednesday, February 28, 2018

LAKEWOOD WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

MAXIMUM 3 INDIVIDUAL EVENTS MAY BE SWUM PER DAY

MAXIMUM 8 INDIVIDUAL EVENTS MAY BE SWUM FOR THE MEET

Relays will be swum time permitting

**Team Canopies in designated areas only**

**POOL GATES WILL NOT OPEN UNTIL 3:00 PM ON FRIDAY**

March 10, 2018  
Saturday AM Session 2

Warm Up time: 7:00 AM				Meet Start Time: 9:00 AM			
No.	Girls Min	Age	Level	Distance	Stroke	Boys Min	No.
		11-12	BRW	200 yd.	Freestyle		19
20	2:56.80	7-10	BR	200 yd.	Freestyle	2:56.50	21
22		5-8	BRW	100 yd.	Freestyle		23
		11-12	BRW	50 yd.	Butterfly		24
25		7-10	BRW	50 yd.	Butterfly		26
27		5-8	BRW	25 yd.	Breaststroke		28
		11-12	BRW	50 yd.	Freestyle		29
30		7-10	BRW	50 yd.	Freestyle		31
32		5-8	BRW	50 yd.	Freestyle		33
		11-12	BRW	100 yd.	Backstroke		34
35		7-10	BRW	100 yd.	Backstroke		36
37		5-8	BRW	25 yd.	Backstroke		38
39	Relays	5-8		100 yd.	Freestyle Relay	Relays	40
41	Time	7-10		200 yd.	Freestyle Relay	Time	42
	Permitting	11-12		200 yd.	Freestyle Relay	Permitting	43
44	2:46.20	OPEN		200 yd.	Backstroke	2:51.40	45

March 11, 2018  
Sunday AM Session 4

Warm Up time: 7:00 AM				Meet Start Time: 9:00 AM			
No.	Girls Min	Age	Level	Distance	Stroke	Boys Min	No.
66		7-10	BRW	100 yd.	IM		67
		11-12	BRW	100 yd.	IM		68
69		5-8	BRW	100 yd.	IM		70
71		7-10	BRW	50 yd.	Breaststroke		72
		11-12	BRW	50 yd.	Breaststroke		73
74		5-8	BRW	25 yd.	Butterfly		75
76		7-10	BRW	100 yd.	Butterfly		77
		11-12	BRW	100 yd.	Butterfly		78
79		5-8	BRW	25 yd.	Freestyle		80
81		7-10	BRW	100 yd.	Freestyle		82
		11-12	BRW	100 yd.	Freestyle		83
84		7-10	BRW	50 yd.	Backstroke		85
		11-12	BRW	50 yd.	Backstroke		86
87	Relays	5-8		100 yd.	Medley Relay	Relays	88
89	Time	7-10		200 yd.	Medley Relay	Time	90
	Permitting	11-12		200 yd.	Medley Relay	Permitting	91
92	5:48.20	OPEN		400 yd.	IM	5:48.90	93

Afternoon session will not begin before 12:30 PM. Afternoon warm-up will begin immediately after AM Session

Saturday PM Session 3

No.	Girls Min	Age	Level	Distance	Stroke	Boys Min	No.
46	3:08.80	OPEN		200 yd.	Breaststroke	3:09.00	47
48		11-12	BRW	200 yd.	Freestyle		
49		13-14	BRW	200 yd.	Freestyle		50
51		11-12	BRW	100 yd.	Backstroke		
52		15-up	BRW	200 yd.	Freestyle		53
54		11-12	BRW	50 yd.	Butterfly		
55		13-14	BRW	100 yd.	Butterfly		56
57		11-12	BRW	50 yd.	Freestyle		
58		15-up	BRW	100 yd.	Butterfly		59
60		11-12	BRW	50 yd.	Breaststroke		
61	Relays	11-12		200 yd.	Freestyle Relay	Relays	
62	Time	13-14		200 yd.	Freestyle Relay	Time	63
64	Permitting	15-up		200 yd.	Freestyle Relay	Permitting	65

Sunday PM Session 5

No.	Girls Min	Age	Level	Distance	Stroke	Boys Min	No.
94	2:43.20	OPEN		200 yd.	Butterfly	2:47.40	95
96		11-12	BRW	100 yd.	Freestyle		
97		13-14	BRW	100 yd.	Freestyle		98
99		15-up	BRW	100 yd.	Freestyle		100
101		11-12	BRW	100 yd.	IM		
102		13-14	BRW	100 yd.	Backstroke		103
104		15-up	BRW	100 yd.	Backstroke		105
106		11-12	BRW	100 yd.	Butterfly		
107		13-14	BRW	50 yd.	Freestyle		108
109		15-up	BRW	50 yd.	Freestyle		110
111		11-12	BRW	50 yd.	Backstroke		
112	Relays	11-12		200 yd.	Medley Relay	Relays	
113	Time	13-14		200 yd.	Medley Relay	Time	114
115	Permitting	15-up		200 yd.	Medley Relay	Permitting	116
117	6:24.60	OPEN		500 yd.	Freestyle	6:29.80	118

The 1650 Freestyle will be swum fastest to slowest alternating girls and boys.

Swimmers in the OPEN 500 and 1650 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.

7-8 swimmers must choose either "5-8" or "7-10" (not any combination)

Note Requirements for 5-6-year-old swimmers:

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.