



South Gate Aqua Coalition
April LC Meet
Sponsored by Pacific Committee and SGAC
April 13, 2024

Sanctioned by: Southern California Swimming and USA Swimming
Sanction Number: #S24-XXX

Warm Up: Sun. - 7:00 AM
Start Time: Sun. - 8:30 AM Morning Session
Afternoon Session: TBD

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WEDNESDAY, 4/3/2024. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

POOL: The Downey Community Aquatics Center is located on the campus of Downey High School at 11040 Brookshire Avenue, Downey 90241.

DIRECTIONS: Exit the 605 freeway at Firestone Blvd; go west to Brookshire Ave.; turn right to the pool. Ample free parking, lots of deck and grass space for set up of canopies.

COURSE: Outdoor 50 meter by 25-yard pool, with up to 7 long course competition lanes and an area for warm up/down during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 13.0 ft. at the start end and 4. ft. at the turn end.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 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 as requested at the discretion of the Meet Referee. The pool will close 15 minutes before the start of each session. If split-session warm-ups are necessary, coaches will be contacted by Meet Referee prior to meet.

All swimmers must use a 3-point entry when entering the pool.

MEET REFEREE: Will be 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: Current USA Swimming Rules, including the Minor Athlete Protection Policies (MAAPP 2.0), will govern the meet. All Coaches and Officials must complete the CDC or NFHS concussion online course. "All Coaches and Officials must complete the CANRA course." 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 swim in their actual Age Group as determined by their age on the first day of the meet. Timers are requested to be provided by each team. All events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events. If more than 4 events are entered only the first 4 events of the day will be accepted. No exceptions or refunds.

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.

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 for 13 and over swimmers. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.

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 athletes who hold 2024 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete prior to the start of the meet.

CHANGE OF AFFILIATION: Club Transfers (unattached 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 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: Events: Ribbons 1st - 8th place

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of 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 (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 email entry. **Failure to comply will be referred to the SCS 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.
Electronic entries are to be sent to – xpgarcia@cox.net **Entry on an SCS consolidated entry card will be accepted. Card must be filled out completely including USA Swimming registration number. No individual meet entry accepted via email. NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED. RECEIVE OF ENTRY WILL NOT BE VERIFIED BY PHONE OR EMAIL.**

ENTRY FEES: An entry fee of \$5.50 for each event PLUS surcharge of \$15.50 per swimmer must be received with entry card. Per SCS policy there will be a service charge for all returned checks. 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.

MAKE CHECKS PAYABLE TO – SOUTH GATE AQUA COALITION (PLEASE NOTE NEW NAME)

Please bring your entry checks to the swim meet (please do not mail them).

Mail entries: Patty Garcia
2046 Azure Cove Unit 2
Chula Vista, CA 91915

For Information, contact: Patty Garcia – xpgarcia@cox.net

Meet Hand Delivery – Bettie Williams, 5405 W. Slauson Avenue,
Los Angeles, CA 90056

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.



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MAXIMUM ENTRY TIME STANDARD IS “BB” FOR AGE AND GENDER

Girls Event #	Age Groups	Event	Boys Event #
1	10 & Under	100 Freestyle	2
3	13 & Over	200 Freestyle	4
5	10 & Under	50 Freestyle	6
7	13 & Over	50 Freestyle	8
9	10 & Under	50 Breast	10
11	13 & Over	100 Breast	12
13	13 & Over	200 Backstroke	14
15	13 & Over	100 Butterfly	16
17	10 & Under	50 Butterfly	18
19	10 & Under	50 Backstroke	20
21	13 & Over	100 Backstroke	22
23	13 & Over	200 Breaststroke	24

The second session will start 60 minutes after the end of the first session.

Event #	Age Groups	Event	Event #
25	Open	200 IM	26
27	11-12	200 Freestyle	28
29	11-12	100 Backstroke	30
31	11-12	50 Freestyle	32
33	11-12	100 Butterfly	34
35	11-12	100 Breaststroke	36
37	11-12	100 Freestyle	38
39	11-12	200 Breaststroke	40

PLEASE NOTE – 10 AND OVER EVENTS WILL BE SWUM COMBINED, BUT SCORED AND
AWARDED 5-8 AND 9-10
13 AND OVER EVENTS WILL BE SWUM COMBINED, BUT AWARDED
AND SCORED 13-14, 15 & OVER.