



Metro Swim Meet
September 17 & 18, 2022
Schurr High School

Sanctioned by USA Swimming & Southern California Swimming

Sanction No. S22-201

SPONSORED BY: Commerce Aquatics Swim Team & Metro Committee

Entry Due Date: Entries Must be Received by 5:00 pm on Wednesday, September 7, 2022

MEET DATES: September 17 & 18 (2 day meet; 4 sessions)

Meet Start Time: 8:30am **Warm up:** 7am

POOL ADDRESS: 820 N. Wilcox Ave, Montebello, CA 90640

DIRECTIONS: From 60 Freeway Westbound: Exit 6 – Garfield/Wilcox. Keep right onto Portero Grande. Continue straight onto Vail Ave. Turn Right onto Markland Dr.; From 60 Freeway Eastbound: Exit 6B – Garfield. Continue straight onto Via Campo. Turn Right onto Vial Ave. Turn Right onto Markland Dr.

COURSE: 25x35 yard outdoor pool. 10 lanes of competition. 3 lanes for warm-up

The competition course has not been certified in accordance with 104.2.2(C) on file with USA Swimming.

Pool depth at Start & Turn end: 6ft – 13ft

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7am-8:15am. 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

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 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 Start Date of the meet to enter. Timers are requested to be provided by each team. Swimmers competing in the event 500 & 1650 Free are requested to furnish their own timers for three heats and lap counters. Events will be swum fast to slow. Swimmer may swim a maximum of 3 events per day. 7-8 swimmers must choose to swim as 5-8 OR 7-10 not any combination thereof.

All coaches and officials on deck must complete the CDC or NFHS Concussion 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 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: Please see USA Swimming Rule 102.8 in the 2022 USA Swimming Rule Book (page 32-34). Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition

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 2022 or 2023 USA Swimming Registration. Registration application **must be received by the meet entry deadline** by 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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.

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**). 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: A Div: Medals 1-3 Place & Ribbons 4-8 Place; BB/B Div: Ribbons 1-8 Place; Relays: Medal 1st Place & Ribbons 2-3 Place. **None awarded** **Events in Session 1: 1-2-22-23-29-30 Session 2: 31-57-61 Session 3: 62-63-79-80-87-88 Session 4: 89-113-117.**

ENTRY FEES: Each individual event: \$5.50. Surcharge per swimmer: \$15.50. Relays \$10.00 Entry Fees 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. Prior to entry deadline 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 may be pre-entered or deck-entered, payable on entry.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5pm on **Wednesday, 9/7/22.**

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.)*

E-MAIL ENTRIES TO: ocpswim@hotmail.com

Mail checks and entries to: Make Checks payable to **City of Commerce.**

Mailing Address or Hand Deliver to 413 E. 212th St, Carson, CA 90745

QUESTIONS:

Meet Processor & Admin Referee: Carol Pena: ocpswim@hotmail.com Meet Director: Kevin Larsen (323) 887-4404x2848

Meet Referee: Kent Li: kli.0302@computerville.com

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 (MAAPP 2.0) govern this meet.

IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Concussion Informed Consent Acknowledgement: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement.

Individual, COVID Specific Waiver (see below): The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event.

MAAPP 2.0 Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

COVID 19 Acknowledgement: We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

COVID 19 Sanction Requirements: Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached) and release of liability (attached), which will remain in place through July 31, 2021. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.



Commerce Aquatics Swim Team

Short Course Swim Meet

September 17 & 18, 2022

ENTRIES DUE: Sept 7, 2022

Sanction No. S22-201

Saturday, September 17

Sunday, September 18

Warm Up Time 7:00am

Meet Start Time: 8:30am

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Saturday Morning Session 1						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
1	2:47.19	13-UP	200 Fly	11-UP	2:40.79	2
			200 Free	11-12		3
4		13-14	200 Free	13-14		5
6		15-UP	200 Free	15-UP		7
			100 IM	11-12		8
9		13-14	100 Breast	13-14		10
11		15-UP	100 Breast	15-UP		12
			100 Breast	11-12		13
14		13-14	50 Free	13-14		15
16		15-UP	50 Free	15-UP		17
			50 Free	11-12		18
19		13-UP	100 Fly	13-UP		20
			100 Fly	11-12		21
22	2:43.99	13-UP	200 Back	11-UP	2:39.69	23
24	Relays time	13-14	200 Fr Relay	13-14	Relays	25
26	Permitting	15-UP	200 Fr Relay	15-UP	Time	27
			200 Fr Relay	11-12	Permitting	28
29	23:07.29	13-UP	1650 Free	11-UP	22:37.49	30

Sunday Morning Session 3						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
61	3:06.59	13-UP	200 Breast	11-UP	3:00.19	62
			50 Breast	11-12		63
64		13-14	200 IM	13-14		65
			50 Fly	11-12		66
67		15-UP	200 IM	15-UP		68
			200 IM	11-12		69
70		13-14	100 Back	13-14		71
72		15-UP	100 Back	15-UP		73
			100 Back	11-12		74
75		13-UP	100 Free	13-UP		76
			100 Free	11-12		77
78	5:56.79	13-UP	400 IM	11-UP	5:46.39	79
			50 Back	11-12		80
81	Relays Time	15-UP	200 Med Relay	15-UP	Relays	82
83	Permitting	13-14	200 Med Relay	13-14	Time	84
			200 Med Relay	11-12	Permitting	85
86	6:38.19	13-UP	500 Freestyle	11-UP	6:27.49	87

MAXIMUM 3 INDIVIDUAL EVENTS PER DAY. COMMERCE WILL LIMIT THE MEET TO COMPLY WITH THE 4-HOUR RULE – MAIL EARLY
Afternoon warm-up begins immediately following AM session. Session 2 & 4 will start 45 minutes after the end of the AM session.

Saturday Afternoon Session 2						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
31	2:43.99	11-12	200 Back			
32	2:56.80	7-10	200 Free	7-10	2:56.50	33
34		11-12	200 Free			
35		5-8	100 Free	5-8		36
37		11-12	100 Breast			
38		7-10	100 Breast	7-10		39
40		5-8	25 Breast	5-8		41
42		11-12	50 Free	11-12		
43		7-10	50 Free	7-10		44
45		5-8	50 Free	5-8		46
47		7-10	100 Back	7-10		48
49		11-12	100 Back			
50		5-8	25 Back	5-8		51
52		11-12	100 IM			
53		7-10	100 IM	7-10		54
55		11-12	100 Fly			
56	5:56.79	11-12	400 IM			
57	Relays Time	5-10	200 Fr Relay	5-10	Relays Time	58
59	Permitting	11-12	200 Fr Relay	11-12	Permitting	
60	23:07.29	11-12	1650 Free			

Sunday Afternoon Session 4						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
88	2:47.19	11-12	200 Fly			
89	3:23.50	7-10	200 IM	7-10	3:24.50	90
91		11-12	200 IM			
92		5-8	100 IM	5-8		93
94		7-10	50 Breast	7-10		95
96		11-12	50 Breast			
97		5-8	25 Fly	5-8		98
99		7-10	50 Fly	7-10		100
101		11-12	50 Fly			
102		5-8	25 Free	5-8		103
104		7-10	100 Free	7-10		105
106		11-12	100 Free			
107		7-10	50 Back	7-10		108
109		11-12	50 Back			
110		7-10	100 Fly	7-10		111
112	3:06.59	11-12	200 Breast			
113	Relays Time	5-10	200 Med Relay	5-10	Relays Time	114
	Permitting	11-12	200 Med Relay		Permitting	115
116	6:38.19	11-12	500 Freestyle			

All Relays are deck entered

The 1650 will swim fastest to slowest alternating girls & boys. Swimmers in the 500 and 1650 Freestyle are requested to provide their own timers and lap counters. 11-12 Swimmers may only swim in one session per day.

Swimmers entering the following events must meet the listed Min time, events none awarded

Events in Session 1: 1-2-22-23-29-30 Session 2: 31-57-61 Session 3: 62-63-79-80-87-88 Session 4: 89-113-117.

11-12 Swimmers may only swim in one session per day.

7-8 swimmers must choose to swim as 5-8 OR 7-10 not any combination thereof.