



Cerritos Aquatic Club
B, R, W Short Course Swim Meet
November 23 & 24, 2019

SANCTIONED BY: USA Swimming & Southern California Swimming
SANCTION NO: S19-332

ENTRIES DUE: Wednesday, November 13, 2019

WARM-UP BEGINS 7:30 AM BOTH DAYS

STARTING TIME: 9:00 AM BOTH DAYS

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

CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY

MAXIMUM 4 INDIVIDUAL AND 1 RELAY EVENT PER DAY, Events will be swim fastest to slowest

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 indoors 50-meter by 25 yard, pool with (10) competition lanes. Water depth at Start end is 13.0 ft. in lane 1 to 6.5 ft in lane 10 the turn end is the same depth. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C)

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. **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. 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.**

MEET REFEREE: Kent Li: kli.0302@computerville.com Any questions regarding the conduct of the meet should be directed to the referee

RULES: Current USA Swimming will govern, including Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. 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 **11/23/2019** to enter this meet. **Swimmers 7-8 years olds may swim 5-8 events or 7-10 events, not any combination thereof.** Swimmers must be at least 11 years old and meet the minimum time std to enter open events. Timers are requested to be provided by each team. Swimmers competing in the 500 and 1650 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 4 individual events per day. All coaches and officials on deck must complete the CDC or NFHS Concussion online course. **All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete.**

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.

ELIGIBILITY: Open to all athletes who hold a 2019 or 2020 USA Swimming Registration. Registration application must be received by **Wednesday November 13, 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 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 OPEN events **will not** be awarded.

ENTRY FEES: \$ 4.00 for each individual event along with a **\$ 10.50** surcharge per swimmer *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. 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 will be deck-entered at **\$7.00** each, payable on entry. **Entry times will not be changed after the entry deadline.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 13, 2019. 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.

NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

Make Checks payable to Southern California Swimming

Email for team electronic entries only: ocpswim@hotmail.com

MAIL AND WALK IN ENTRIES TO: Carol Peña 413 E 212 Th St Carson CA 90745

Questions: Mark Johnson (714) 374-6345

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

B, R, W Short Course Swim Meet

November 23 & 24, 2019

Enter Short Course Times

ENTRIES DUE: Wednesday, November 13, 2019

SANCTION NO: S19-332

Saturday, November 23, 2019

Sunday, November 24, 2019

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

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Meet Start Time: 9:00 am

Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
			200 Freestyle	11-12		1
2	2:56.80		200 Freestyle	7-10	2:56.50	3
4			100 Freestyle	5-8		5
			100 Breaststroke	11-12		6
7			100 Breaststroke	7-10		8
9			25 Breaststroke	5-8		10
			50 Freestyle	11-12		11
12			50 Freestyle	7-10		13
14			50 Freestyle	5-8		15
16			100 Backstroke	7-10		17
			100 Backstroke	11-12		18
19			25 Backstroke	5-8		20
			100 IM	11-12		21
22			100 IM	7-10		23
			100 Fly	11-12		24
25	MIXED	Relays	100 Free Relay	5-8	MIXED	25
26	MIXED	Time	200 Free Relay	9-12	MIXED	26
27	single gender	Permitting	200 Free Relay	7-10	single gender	28
	single gender		200 Free Relay	11-12	single gender	29
30	2:46.20	OPEN	200 Backstroke	OPEN	2:51.40	31

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
63	3:23.50		200 IM	7-10	3:24.50	64
			200 IM	11-12		65
66			100 IM	5-8		67
68			50 Breaststroke	7-10		69
			50 Breaststroke	11-12		70
71			25 Fly	5-8		72
73			50 Fly	7-10		74
			50 Fly	11-12		75
76			25 Freestyle	5-8		77
78			100 Freestyle	7-10		79
			100 Freestyle	11-12		80
81			50 Backstroke	7-10		82
			50 Backstroke	11-12		83
84	2:56.80		500 Freestyle	9-10	2:56.50	85
86			100 Fly	7-10		87
88	MIXED	Relays	100 Med Relay	5-8	MIXED	88
89	MIXED	Time	200 Med Relay	9-12	MIXED	89
90	single gender	Permitting	200 Med Relay	7-10	single gender	91
	single gender		200 Med Relay	11-12	single gender	92
93	5:48.20	OPEN	400 IM	OPEN	5:48.90	94

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY. CERRITOS 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

Afternoon Session 2						
32	2:43.20		200 Fly	OPEN	2:47.40	33
34			200 IM	11-12		
35			200 IM	13-14		36
37			200 IM	15-UP		38
39			50 Fly	11-12		
40			100 Fly	13-14		41
42			100 Fly	15-UP		43
44			100 Backstroke	11-12		
45			100 Backstroke	13-14		46
47			100 Backstroke	15-UP		48
49			100 Freestyle	11-12		
50			100 Freestyle	13-14		51
52			100 Freestyle	15-UP		53
54			50 Breaststroke	11-12		
55	MIXED		200 Med Relay	11-UP	MIXED	55
56	single gender	Relays	200 Med Relay	11-12	single gender	
57	single gender	Time	200 Med Relay	13-14	single gender	58
59	single gender	Permitting	200 Med Relay	15-UP	single gender	60
61	6:24.60		500 Freestyle	OPEN	6:29.80	62

Afternoon Session 4						
95	3:08.80		200 Breaststroke	OPEN	3:09.00	96
97			200 Freestyle	11-12		
98			200 Freestyle	13-14		99
100			200 Freestyle	15-UP		101
102			100 IM	11-12		
103			100 Breaststroke	13-14		104
105			100 Breaststroke	11-12		
106			100 Breaststroke	15-UP		107
108			50 Freestyle	11-12		
109			50 Freestyle	13-14		110
111			50 Backstroke	11-12		
112			50 Freestyle	15-UP		113
114			100 Fly	11-12		
115	MIXED		200 Med Relay	11-UP	MIXED	115
116	single gender	Relays	200 Free Relay	11-12	single gender	
117	single gender	Time	200 Free Relay	13-14	single gender	118
119	single gender	Permitting	200 Free Relay	15-UP	single gender	120
121	21:32.10	OPEN	1650 Free Open	OPEN	21:51.50	122

All Relays are deck entered.

Relays may be entered as mixed or single gender,

Legal Mixed Relays are composed of 2 females and 2 males

Swimmers 7-8 years olds may swim 5-8 events or 7-10 events, not any combination thereof.

7-8, and 9-10 swimmers must have achieved the minimum time to enter Events with a listed min time.

*** Swimmers in events 84 - 85 enter 200 Free time

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.

Swimmers in the Open 500 and 1650 Freestyle events are requested to provide their own timers and lap counters.

The 1650 will swim fastest to slowest alternating girls and boys.

Entry times will not be changed after the entry deadline.