



2022 Metro Committee Long Course Championships

Hosted by Lakewood Aquatics

July 8-10, 2022

Entries Due June 29, 2022 by 5:00 PM



Date of Meet: July 8-10, 2022

Received by deadline: 5:00 pm, June 29, 2022

Sanctioned by: CAS22-179

USA Swimming & Southern California Swimming

Sponsored by: Lakewood Aquatics

Warm-up:

Friday @ 2:00 pm

AM Session Saturday/Sunday 7:30 AM

PM Session Saturday/Sunday conclusion of AM session

Start of Meet:

Friday @ 3:30 PM

AM Session Saturday/Sunday 9:00

POOL:

DIRECTIONS; From North or South 605 FWY. Exit Katella, head north on Katella Ave. Turn left onto Los Alamitos Blvd. Turn right onto Cerritos Ave. Turn left at first stoplight into Los Alamitos High School. Continue straight to back parking lot.

COURSE: Los Alamitos High School Pool is an outdoor 25-yards by 50-meter facility. Competition course has been certified in accordance with 104.22.2 (C), on file with USA Swimming. Pool depth: ranges from 4.5' to 12'. 7 lanes for competition and the 8th lane will be used for continuous warmup/warm down during the sessions.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 - 8:45 am. There will be two warm-up sessions. Teams will be assigned and notified prior to the meet. 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: Leanne Colvin, will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Referee. Ltc5@hotmail.com

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN** with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 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 July 8, 2022 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 800, 400 and 1500 are requested to furnish their own timers for three heats and lap counters Events will be swum fastest to slowest. 6 individual events + 2 relays max for the meet (max of 3 events + 1 relay per day). All coaches 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: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with EINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. **"TECH" SUITS ARE NOT PERMITTED AT THIS MEET.**

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 2019 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 ISC entries will be accepted space available; please submit a copy of registration with entry. Current USA Swimming Rules, including the Minor Abuse Prevention Policy ("MAPP"), will govern this meet.

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 nonconforming times. Coaches and swimmers should be prepared to verify all submitted times. Swimmers must have achieved time standards listed for an event. NO NT's (no times) will be accepted. Discrepancies in submitted times could lead to disciplinary action.

AWARDS

Team Trophies 1st – 3rd Single Division.

Distinctive custom medals will be awarded for 1-8 places in individual events and 1-3 places in relay events
30, 27, 26, 25, 24, 23, 22, 21 Relays are double points

ENTRY FEES: \$5.00 for each individual event along with a \$10.50 surcharge per swimmer must accompany each individual entry card. RELAYS are \$15.00 per relay. 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. 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, June 29, 2022. 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.)

Make Checks payable to Lakewood Aquatics
Team electronic entries to: meetprocessor@gmail.com

MAIL ENTRIES TO:

Omar de Armas

P.O. Box 63

Simi Valley, CA 93062-0063

Hand Delivered to:

2724 Loraine Place

Simi Valley, CA 93065

Teams that are entering the meet electronically are requested (not required) to submit relays in advance to expedite processing at the meet. You can still change or scratch relays at the meet - fees refunded for scratches.

For further information, contact: Lucy Moore (949) 735-8914

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. 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 guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19: USA Swimming, Inc., cannot prevent participants from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

COVID-19: 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 SOUTHERN CALIFORNIA SWIMMING 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 MEET.

PROTOCOLS: This meet will follow all State, Local and Facility guidelines as they pertain to Covid-19. Meet Check-in may or may not be available depending on the site's guidelines.

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 of 6 Individual and 2 Relays. 3 Individual + 1 relay per day Maximum of 6 Individual and 2 Relays. 3 Individual + 1 relay

Warmups 2:00pm			Start 3:30pm			
Events			Friday, July 8	Events		
Girls	SCY	LCM		SCY	LCM	Boys
1	1:10.89	1:20.39	13-14 100 Fly	1:06.09	1:15.49	2
3	1:09.39	1:19.29	15 - up 100 Fly	1:02.69	1:11.79	4
5	3:15.59	3:43.19	9-10 200 IM	3:13.19	3:40.79	6
7	2:47.29	3:11.39	11-12 200 IM	2:43.99	3:08.49	8
9	1:21.69	1:34.79	13-14 100 Breast	1:15.49	1:28.09	10
11	1:19.69	1:32.39	15&O 100 Breast	1:11.09	1:23.49	12
13	2:57.19	3:20.99	9-10 200 Free	2:47.99	3:12.09	14
15	2:28.99	2:49.19	11-12 200 Free	2:23.49	2:44.89	16
17	13:01.7	11:41.99	13-14 800 Free	12:23.89	11:13.99	18
19	12:49.9	11:28.39	15&O 800 Free	11:57.79	10:50.09	20

Warmups 7:30am			AM SESSION 13-14 & 15&O			Start 9:00am	
Events			Saturday, July 9	Events			
Girls	SCY	LCM		SCY	LCM	Boys	
21	2:37.59	3:01.79	13-14 200 IM	2:28.49	2:51.39	22	
23	2:34.89	2:58.19	15&O 200 IM	2:20.89	2:43.99	24	
25	1:05.49	1:14.79	13-14 100 Free	1:00.89	1:09.89	26	
27	1:03.99	1:13.49	15&O 100 Free	57.89	1:06.89	28	
29	2:57.29	3:23.99	13-14 200 Breast -	2:43.99	3:10.79	30	
31	2:52.79	3:20.49	15&O 200 Breast	2:36.19	3:01.39	32	
33	2:34.89	2:58.69	13-14 200 Back	2:25.09	2:49.09	34	
35	2:31.39	2:54.99	15&O 200 Back	2:17.49	2:41.39	36	
37	6:18.69	5:40.59	13-14 400 Free	5:58.99	5:24.09	38	
39	6:11.99	5:32.89	15&O 400 Free	5:44.09	5:09.89	40	
41	PRE-ENTERED		13-14 400 Free Relay	PRE-ENTERED		42	
43			15&O 400 Free Relay			44	

PM SESSION 12 & UN			Warmups begin at the conclusion of the AM session			
Events			Saturday, July 9	Events		
Girls	SCY	LCM		SCY	LCM	Boys
45	PRE-ENTERED		5-8 200 Medley Relay	PRE-ENTERED		46
47			9-10 200 Medley Relay			48
49			11-12 200 Medley Relay			50
51	53.49	1:00.19	5-6 50 Free	51.99	58.59	52
53	53.49	1:00.19	7-8 50 Free	51.99	58.59	54
55	35.19	39.89	9-10 50 Free	34.49	39.49	56
57	31.29	35.69	11-12 50 Free	30.29	34.69	58
59	1:03.59	1:11.79	5-6 50 Back	1:01.79	1:10.19	60
61	1:03.79	1:11.79	7-8 50 Back-	1:01.79	1:10.19	62
63	41.89	48.89	9-10 50 Back	42.29	49.19	64
65	35.39	40.79	11-12 50 Back	34.99	40.39	66
67	1:44.99	1:59.79	9-10 100 Breast	1:41.69	1:55.99	68
69	1:27.19	1:40.89	11-12 100 Breast	1:24.49	1:38.39	70
71	1:39.09	1:52.99	9-10 100 Fly	1:37.09	1:50.79	72
73	1:17.59	1:28.49	11-12 100 Fly	1:16.09	1:26.29	74



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Warmups 7:30am			AM SESSION 13-14 & 15&O	Start 9:00am		
Events			Sunday, July 10	Events		
Girls	SCY	LCM		SCY	LCM	Boys
75	2:21.29	2:41.79	13-14 200 Free	2:12.79	2:32.29	76
77	2:18.69	2:38.29	15&O 200 Free	2:06.79	2:26.09	78
79	1:11.19	1:23.59	13-14 100 Back	1:06.39	1:17.89	80
81	1:09.39	1:21.09	15&O 100 Back	1:03.19	1:14.39	82
83	2:36.89	2:59.19	13-14 200 Fly	2:26.89	2:47.99	84
85	2:33.49	2:53.99	15&O 200 Fly	2:20.49	2:39.99	86
87	30.19	34.49	13-14 50 Free	27.79	31.99	88
89	29.49	33.79	15&O 50 Free	26.39	30.19	90
91	5:37.59	6:25.89	13-14 400 IM	5:17.09	6:04.69	92
93	5:30.49	6:18.79	15&O 400 IM	5:03.69	5:47.29	94
95	21:43.19	22:23.09	13-14 1500 Free	20:43.19	21:27.39	96
97	21:26.19	22:02.19	15&O 1500 Free	20:02.89	20:33.99	98
99	PRE-ENTERED		13-14 400 Medley Relay	PRE-ENTERED		100
101			15&O 400 Medley Relay			102

PM SESSION 12 & UN			Warmups begin at the conclusion of the AM session			
Events			Sunday, July 10	Events		
Girls	SCY	LCM		SCY	LCM	Boys
103	PRE-ENTERED		5-8 200 Free Relay	PRE-ENTERED		104
105			9-10 200 Free Relay			106
107			11-12 200 Free Relay			108
109	1:01.19	1:08.59	5-6 50 Fly	1:01.99	1:09.49	110
111	1:01.19	1:08.59	7-8 50 Fly	1:01.99	1:09.49	112
113	41.79	47.09	9-10 50 Fly	40.49	45.99	114
115	33.89	38.29	11-12 50 Fly	34.19	38.59	116
117	1:09.09	1:17.29	5-6 50 Breast	1:07.29	1:14.39	118
119	1:09.09	1:17.29	7-8 50 Breast	1:07.29	1:14.39	120
121	47.49	53.99	9-10 50 Breast	46.59	53.29	122
123	39.99	45.49	11-12 50 Breast	39.49	45.19	124
125	1:56.69	2:11.09	5-6 100 Free	1:52.19	2:06.09	126
127	1:56.69	2:11.09	7-8 100 Free	1:52.29	2:06.09	128
129	1:19.99	1:31.19	9-10 100 Free	1:18.79	1:30.19	130
131	1:08.29	1:18.09	11-12 100 Free	1:05.89	1:15.49	132
133	1:30.69	1:45.99	9-10 100 Back	1:29.29	1:43.09	134
135	1:18.09	1:30.99	11-12 100 Back	1:15.69	1:27.99	136

The 400/800/1500 and the 400 IM will alternate girls and boys.

All events will be swum fastest to slowest.

* Swimmers need to supply their own timers and lap counters for the 400 and 1500 Free