



Downey Dolphins Swim Team

Long Course Swim Meet

June 10-11, 2023

SANCTIONED BY: USA Swimming & Southern California Swimming
ENTRIES DUE: Wednesday, May 31, 2023

SANCTION NO: S23: 168
WARM-UP BEGINS 7:00 AM BOTH DAYS
STARTING TIME: 8:30 AM BOTH DAYS

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

**Downey Dolphins WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY
MAXIMUM 3 INDIVIDUAL AND 1 RELAY EVENT PER DAY Events will be swim fastest to slowest**

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

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to: **Kent Li - kli.0302@computerville.com**

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 **06/11/2023** to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 and 1500 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 3 individual events per day. Swimmers must be at least 11 years old and meet the minimum time std to enter open events. All coaches and officials on deck must complete the CDC or NFHS Concussion online course. All coaches and officials on deck must complete the CANRA Mandatory Reporting Course".

MAAPP 2.0 Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP2.0"), will govern this meet. ATHLETE PROTECTION TRAINING in order to compete All athletes 18 years or older must complete the free online training.

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 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 all Metro athletes who hold a 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry **deadline 6/31/23. No late or deck registration will be accepted.** In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Out-of-LSC entries will be accepted if space is available; please submit a copy of the registration with entries. In SCS age, all athletes 18 years or older must complete the free online **ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete**

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 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)**. After entries close, non-conforming times will be converted by Meet Administration for seeding purposes only. 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. 7-8 swimmers may choose to swim either "5-8" or "7-10" (or any combination of both).

AWARDS: Division: A, BB, B Ribbons 1st- 8th place

Relays: Medals 1st place, Ribbons 2nd- 3rd place Open events **will not** be awarded. Combined Events are awarded by age-group.

ENTRY FEES: \$ 5.50 for each individual event along with a **\$ 15.50** surcharge per swimmer *must accompany each individual entry card*. Relay teams will be entered on deck (if offered) for a **\$10.00** fee. **Make checks payable to Downey Dolphins Swim Team 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. 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, May 31, 2023. 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: Downey Dolphins Swim Team

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: Federico Ricketts (323) 823-3620

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



**Downey Dolphins Swim Team
Metro Long Course Swim Meet
June 10-11, 2023**

SANCTIONED BY SANCTIONED BY: USA Swimming & Southern California Swimming

SANCTION NO: S23:168

COVID-19 Assumption of Risk. It is understood and agreed that **Downey Dolphins Swim Team** and **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. In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Southern California Swimming LSC and the Downey Aquatic Club shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. We have taken enhanced health and safety measures for all swim meet attendees. You must follow all posted instructions at this venue. 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 individuals 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.

USA Swimming, Inc. cannot prevent you (or your child(ren)) 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.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS DOWNEY DOLPHINS SWIM TEAM AND 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 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.

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 August 31, 2022. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines. COVID-19 PROTOCOLS.

Note: COVID-19 Procedures are subject to change based on state and local guidance. Facility Protocols



Downey Dolphins Swim Team

Metro Committee LC Swim Meet

June 10-11, 2023

SANCTION NO: S23-168

ENTRIES DUE: Wednesday, May 31, 2022

Downey Dolphins will comply with the 4 Hour Rule

if 3 individual events and 1 relay per day

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

Saturday June 10, 2023

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	3:24.89	200 Fly	11-12		
2		100 Free	5-8		3
4		200 Free	7-10		5
6		200 Free	11-12		
7		100 Breast	7-10		8
9		100 Breast	11-12		
10		50 Back	5-8		11
12		50 Back	7-10		13
14		50 Back	11-12		
15		50 Free	5-8		16
17		50 Free	7-10		18
19		50 Free	11-12		
20		100 Fly	7-10		21
22		100 Fly	11-12		
23	3:24.49	200 Back	11-12		
24	Mixed	200 Medley Relay	5-8	Mixed	
25	Deck	200 Medley Relay	7-10	Deck	
26	Entered	400 Medley Relay	9-12	Entered	
27	25:45.79	1500 Freestyle	11-12		

Sunday June 11, 2023

Morning Session					
Girls	Min	Event	Age	Min	Boys
50		200 IM	11-12		
51		200 IM	7-10		52
53		50 Breast	11-12		
54		50 Breast	5-8		55
56		50 Breast	7-10		57
58	3:52.59	200 Breast	11-12		
59		50 Fly	5-8		60
61		50 Fly	7-10		62
63		50 Fly	11-12		
64		100 Back	7-10		65
66		100 Back	11-12		
67		100 Free	7-10		68
69		100 Free	11-12		
70	7:19.69	400 IM	11-12		
71	Mixed	200 Free Relay	5-8	Mixed	
72	Deck	200 Free Relay	7-10	Deck	
73	Entered	400 Free Relay	9-12	Entered	
74	6:23.89	400 Freestyle	11-12		

Afternoon Session will begin 45 minutes after the end of the AM Session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
28	3:24.49	200 Back	OPEN	3:19.49	29
		200 Free	11-12		30
31		200 Free	13-14		32
			15&O		
		100 Breast	11-12		33
34		100 Breast	13-14		35
			15&O		
		50 Back	11-12		36
37		50 Free	13-14		38
			15&O		
		50 Free	11-12		39
40		100 Fly	13-14		41
			15&O		
		100 Fly	11-12		42
43	3:24.89	200 Fly	OPEN	3:20.49	44
	Mixed	400 Medley Relay	11-18	Mixed	45
	Deck	400 Medley Relay	13-14	Deck	46
	Entered	400 Medley Relay	15&O	Entered	47
48	6:23.89	400 Freestyle	OPEN	6:15.49	49

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
75	3:52.59	200 Breast	OPEN	3:44.69	76
		100 Back	11-12		77
78		100 Back	13-14		79
			15&O		
		50 Fly	11-12		80
81		200 IM	15&O		82
		200 IM	11-12		83
84		200 IM	13-14		85
		50 Breast	11-12		86
87		100 Free	13-14		88
		100 Free	11-12		89
90		100 Free	15&O		91
92	7:19.69	400 IM	OPEN	7:09.89	93
	Mixed	400 Free Relay	11-18	Mixed	94
95	Deck	400 Free Relay	13-14	Deck	96
97	Entered	400 Free Relay	15&O	Entered	98
99	25:45.79	1500 Freestyle	OPEN	25:13.59	100

All events will swim fastest to slowest.

Relays will be swum time permitting.

Legal Mixed Relays are composed of 2 females and 2 males

Entry times will not be changed after the entry deadline.

11-12 swimmers may only swim in 1 session per day

7-8 swimmers may choose to swim either "5-8" or "7-10" or any combination of both.

Age groups: 5-8, 7-10, 11-12, 13-14 and 15-18. combined events placed.

Swimmers are requested to provide their own timers and lap counters in the 1500 Freestyle event..

The 1500 Freestyle events will swim alternating girls and boys