



Cerritos Aquatic Club Swim Meet October 14 & 15, 2023

Sanctioned by USA Swimming & Southern California Swimming

Sanction No. S23-287

MEET DATE: October 14 & 15 (2 Day/4 Sessions)

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

Entry Due Date: Team Electronic Entries Must be received by 5:00 pm on Wednesday, October 4, 2023

SPONSORED BY: Cerritos Aquatic Club & Metro Committee

Swimmers may swim a maximum of 4 individual events and 1 Relay per day.

POOL ADDRESS: CERRITOS OLYMPIC SWIM CENTER, 13150 EAST 166th STREET, Cerritos CA 90703

DIRECTIONS: 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.

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 20 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. Kent Li: kli.0302@computerville.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. **This meet will limit entries to meet the "4 Hour" rule.** The MEET will be pre-seeded, It is requested Coaches turn in their scratches on Friday by email to ocpswim@hotmail.com or before warm up to help meet the Timeline. 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 4 events per day. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.** In order To compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING (APT). All coaches and officials on deck must have completed the CANRA Mandatory reporting 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 2023 USA Swimming Rule Book (page 32-34). Only swimsuits complying with World Aquatics (AQUA) swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. 12- Under swimmers are not permitted to compete in a "tech" suit

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 2023 or 2024 USA Swimming Registration. SCS athletes 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, 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. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

CHANGE OF AFFILIATION: Club Transfers (unattach 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: A Div: Medals 1-3 Place & Ribbons 4-8 Place; BB and B Div: Ribbons 1-8 Place; Relays: Medal 1st Place & Ribbons 2-3 Place.

Events none awarded **Session 1:** 1-2-22-23-29-30 **Session 2:** 31-56-60 **Session 3:** 61-62-78-79-86-87 **Session 4:** 88-112-116.

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 8 pm on **Wednesday, 10/04/23**

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 **Cerritos Aquatic Club**

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

QUESTIONS:

Admin Referee: Carol Pena: ocpswim@hotmail.com Meet Referee: Kent Li: kli.0302@computerville.com

Meet Director: Tatsuya Koyama: tkoyama0778@gmail.com

MAAPP 2.0 Statement: 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 2.0 ("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.

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.



Cerritos Aquatic Club

Short Course Swim Meet

October 14 & 15, 2023

Sanction No. S23-287

ENTRIES DUE: October 04, 2023

Saturday, October 14

Sunday, October 15

Warm Up Time 7:00am

Meet Start Time: 8:30am

Warm Up Time 7:00am

Meet Start Time: 8:30am

| 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 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.

| Saturday Afternoon Session 2 | | | | | | |
|------------------------------|-------------|-------|--------------|-------|-------------|----|
| # | GIRLS MIN | AGE | EVENT | AGE | BOYS MIN | # |
| 31 | 2:43.99 | 11-12 | 200 Back | | | |
| 32 | 3:18.99 | 7-10 | 200 Free | 7-10 | 3:06.69 | 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 | | | |
| 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 | 3:38.49 | 7-10 | 200 IM | 7-10 | 3:35.49 | 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: 31-33-56-60 Session 3: 61-62-78-79-86-87 Session 4: 88-90-112-116.