



Cerritos Aquatic Club

Metro Committee B, R, W, Long Course Swim Meet

April 11-12, 2015



SANCTIONED BY: USA Swimming & Southern California Swimming
SANCTION NO: S15-078

ENTRIES DUE: Wednesday, April 01, 2015

WARM-UP BEGINS 7:00 AM BOTH DAYS
STARTING TIME: 8:30 AM BOTH DAYS

Afternoon Session will begin no sooner than 12:00 pm or 45 minutes after the end of the AM Session

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

MAXIMUM 6 INDIVIDUAL EVENTS FOR THE MEET 3 INDIVIDUAL EVENTS PER DAY all events will 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 indoor, 50-meter, pool with seven (7) competition lanes. Water depth is 13.0 ft. at the start end and 4. ft. at the turn end. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C)

MEET REFEREE: The Meet Referee will be in charge of the meet. Questions regarding the conduct of the meet should be made directly to that person.

RULES: USA Swimming Rules will govern. Current Southern California Swimming (SCS) swim meet procedures will be enforced and take precedence over any errors or omissions on this meet form (see 2015 SCS Swim Guide). 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 4/11/2015 to enter this meet. Swimmers must check-in with the Clerk of Course for each event they wish to swim. After the event has been officially closed, swimmers may not check-in or scratch. Swimmers in the first four events of each session **must check-in at least thirty minutes prior to the session starting time. 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.**

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.

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.

DECK CHANGING: Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

WARM-UP RULES: A warm-up lane will remain open throughout the meet. Swimmers warming up or down before, during or after the swim meet shall be under the direct supervision of a USA Swimming member coach. There will be no diving into the pool (practice starts) at any time during warm-up or during the meet, except in designated sprint lanes (practice starts permitted only under USA Swimming member coach supervision). Swimmers misusing the warm-up lane will be removed at the discretion of the Marshal. Warm-up rules will be announced, posted and enforced.

EIGIBILITY: Open to Metro Committee athletes who hold a 2015 USA Swimming Registration. Registration application must be received by **Wednesday April 01, 2015** 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. There are substantial penalties to swimmer and Club (See 2015 SCS Swim Guide, Part One, III, B) if USA Swimming.

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 **BEST RECORDED TIMES** long course or short course from this or preceding swim season (**NO WORK OUT TIMES**). All non-conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action. A "NT" will be accepted only in the white division. Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but it otherwise qualified, he/she may enter at minimum (see 2014 Swim Guide for exceptions).

Blue DIVISION

MEDALS to places 1st through 3rd. Ribbons to places 4th through 8th.

AWARDS: Red DIVISION

Ribbons to places 1st through 8th.

White DIVISION

Ribbons to places 1st through 8th.

Relays MEDALS to 1st place. Ribbons to 2nd and 3rd places. OPEN events **will not** be awarded. **Age groups: 5-8, 7-10, 11-12, 13-up awarded 13-14 and 15-up.**

ENTRY PROCEDURE: Submit one white SCS entry card for each swimmer. The card must be completely filled out, including the entire USA SWIMMING registration number. \$3.25 for each individual event PLUS \$7.50 surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck for a \$7.00 fee. Make checks payable to "SOUTHERN CALIFORNIA SWIMMING". There are no refunds. **RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY.** Entries will be rejected if a check does not accompany the entry card. **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, April 01, 2015. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). NO ON-DECK ENTRIES. Entry times will not be changed after the entry deadline.**

SCS policy for electronic entry: Electronic entry files are to be sent to (ocpswim@hotmail.com)

#1 E-mail entry (entry, zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM postmark would queue before a 10 PM electronic). #2 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. #3 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. #4 DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

Make checks payable to: SOUTHERN CALIFORNIA SWIMMING: MAIL entries to: Carol Peña 413 E. 212th Street, Carson, Ca 90745
FOR FURTHER INFORMATION CALL: Eric Corona (714) 655-9668

Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of your entry.

Receipt of entries will not be verified by telephone or e-mail

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

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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April 11-12, 2015

SANCTION NO:S15-078

ENTRIES DUE: Wednesday, April 01, 2015

Cerritos will comply with the 4 Hour Rule

Warm Up Time: 7:00 am Meet Start Time: 8:30 am

Saturday April 11, 2015

You may swim a total of 3 individual events per day

Warm Up Time: 7:00 am Meet Start Time: 8:30 am

Sunday April 12, 2015

Morning Session					
Girls	Min	Event	Age	Min	Boys
1		100 Free	5-8		2
3	3:02.70	200 Free	7-10	3:02.40	4
5		200 Free	11-12		
6		100 Breast	7-10		7
8		100 Breast	11-12		
9		50 Back	5-8		10
11		50 Back	7-10		12
13		50 Back	11-12		
14		50 Free	5-8		15
16		50 Free	7-10		17
18		50 Free	11-12		
19		100 Fly	7-10		20
21		100 Fly	11-12		
22	Deck	200 Medley Relay	5-8	Deck	23
24	Entered	200 Medley Relay	7-10	Entered	25
26		400 Medley Relay	11-12		
27	3:05.70	200 Fly	OPEN		

Morning Session					
Girls	Min	Event	Age	Min	Boys
51	3:30.20	200 IM	7-10	3:31.20	52
53		50 Breast	11-12		
54		50 Breast	5-8		55
56		50 Breast	7-10		57
58		200 IM	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		200 Free Relay	5-8		71
72	Deck	200 Free Relay	7-10	Deck	73
74	Entered	400 Free Relay	11-12	Entered	
75	6:31.20	400 IM	OPEN		

Afternoon Session will begin no sooner than 12:00 pm or 45 minutes after the end of the AM Session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
28	3:09.20	200 Back	OPEN	3:11.80	29
		200 Free	11-12		30
31		200 Free	13-14		32
			15-Up		
		100 Breast	11-12		33
34		100 Breast	13-14		35
			15-Up		
		50 Back	11-12		36
37		50 Free	13-14		38
			15-Up		
		50 Free	11-12		39
40		100 Fly	13-14		41
			15-Up		
		100 Fly	11-12		42
		200 Fly	OPEN	3:07.20	43
	Deck	400 Medley Relay	11-12	Deck	44
45	Entered	400 Medley Relay	13-14	Entered	46
47		400 Medley Relay	15&O		48
49	5:47.30	400 Freestyle	OPEN	5:46.60	50

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
76	3:31.00	200 Breast	OPEN	3:31.20	77
		100 Back	11-12		78
79		100 Back	13-14		80
			15-Up		
		50 Fly	11-12		81
82		200 IM	15-Up		83
		200 IM	11-12		84
85		200 IM	13-14		86
		50 Breast	11-12		87
88		100 Free	13-14		89
		100 Free	11-12		90
91		100 Free	15-Up		92
		400 IM	OPEN	6:32.30	93
	Deck	400 Free Relay	11-12	Deck	94
95	Entered	400 Free Relay	13-14	Entered	96
97		400 Free Relay	15&O		98
99	22:11.60	1500 Freestyle	OPEN	22:10.90	100

All events will swim fastest to slowest.

Relays will be swum time permitting.

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

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

In events 3-4, 51 and 52 Swimmers must meet the minimum (BLUE) time standard LC or SC to enter.

A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event.

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

Note Requirements for 5-6 year olds

5-6 swimmers meeting the listed time standard or the following conditions may enter 7-10 events.

A swimmer may swim "up" (not "down") one distance:

A. 5-6 swimmers meeting 5-8 Blue standard in a 50 yd/mtr event may enter 7-10 100 yd/mtr event in, same stroke;

B. 5-6 swimmers meeting 5-8 Blue in 100 yd/mtr freestyle or 100 yd IM may enter 7-10 200 free or 200 IM.