



Downey Dolphins Swim Team

Metro Committee B, R, W Long Course Swim Meet

May 5 & 6, 2012

ENTRIES DUE: Wednesday, April 25, 2012

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING
SANCTION NO: #12-076

WARM-UP AM Sessions: 7:30 AM BOTH DAYS
STARTING TIME: 9:00 AM BOTH DAYS

Afternoon warm-up begins immediately following AM session
PM Session will begin no sooner than 11:30 am or 45 minutes after the end of the AM Session

WILL LIMIT ENTRIES TO COMPLY WITH THE 4 HOUR RULE Maximum of 4 Individual Events per day

Directions: 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. Water depth is 13.0 ft. at the start end and 4. Ft. at the turn end. 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 2012 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 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 4 events of each session must check-in at least thirty minutes prior to the start of the session. A swimmer must be at least 11 years old and meet the minimum time standard to enter an OPEN event.

RECORDING DEVICES & MEDIA NOTICE: The use of audio visual recording devices, including cell phones, is not permitted in locker rooms, changing areas or restrooms. *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.*

SWIMSUITS: for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons.

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 POLICY: 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 pool will be removed at the discretion of the Marshal. Warm-up rules will be announced and posted.

ELIGIBILITY: Open to ALL METRO COMMITTEE athletes who hold a current 2012 USA Swimming registration card. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS Office. Late application will be considered on deck, and subject to penalties in SCS Swim Guide, Part One, III, and B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. There are substantial penalties to swimmer & Club (See 2012 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a Club transfer form and the appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (may not attach or reattach) by notifying the Administrative Referee and paying the 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 2012 Swim Guide for exceptions). **Entry times will not be changed after the entry deadline**

Age groups: 5-8, 5-10, 11-12, 13-up awarded 13-14 and 15-18. Events 25-26, and 75-76, will be swum combined and placed by age group .

AWARDS: OPEN Events will not be awarded.

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

'Red' DIVISION Ribbons to places 1st through 8th.

'White' DIVISION Ribbons to places 1st through 8th. Relays Ribbons to places 1st through 3rd.

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 \$7.00 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 25, 2012. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**

NO ON-DECK ENTRIES

Make checks payable to: SOUTHERN CALIFORNIA SWIMMING: (Include Swimmer's name and SCS Number)

MAIL entries to: Carol Pena 413 E. 212th Street, Carson, Ca 90745

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.

FOR FURTHER INFORMATION CALL: Delia Aguirre 562-633-7957

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.



Downey Dolphins Long Course B, R, W, Meet

May 5 & 6, 2012

Entries Due: Wednesday April 25, 2012

Sanction #12-076

Downey will comply with the 4 Hour Rule

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Saturday May 5, 2012

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

Sunday May 6, 2012

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

Morning Session					
Girls	Min	Event	Age	Min	Boys
49		100 Free	5-8		50
51		200 Free	5-10		52
		200 Free	11-12		53
54		100 Breast	5-10		55
		100 Breast	11-12		56
57		50 Back	5-8		58
59		50 Back	5-10		60
		50 Back	11-12		61
62		50 Free	5-8		63
64		50 Free	5-10		65
		50 Free	11-12		66
67		100 Fly	5-10		68
		100 Fly	11-12		69
70	Deck	200 Medley Relay	5-8	Deck	71
72	Entered	200 Medley Relay	5-10	Entered	73
		400 Medley Relay	11-12		74
75		200 Back	11-12 / 13-up		76

Afternoon warm-up begins immediately following AM session

Afternoon Session will begin no sooner than 11:30 am or 45 minutes after the end of the AM Session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
27		200 Breast	11-12		28
29		50 Fly	11-12		
30		200 Breast	13-up		31
32		50 Breast	11-12		
33		100 Back	13-up		34
35		100 Back	11-12		
36		200 IM	13-up		37
38		200 IM	11-12		
39		100 Free	13-up		40
41		100 Free	11-12		
42	Deck	400 Free Relay	11-12	Deck	
43	Entered	400 Free Relay	13-14	Entered	44
45		400 Free Relay	15&O		46
47	5:47.30	400 Freestyle	OPEN	5:46.60	48

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		400 IM	OPEN	6:32.30	77
78		100 Breast	11-12		
79		100 Breast	13-up		80
81		200 Free	11-12		
82		200 Free	13-up		83
84		50 Back	11-12		
85		50 Free	13-up		86
87		50 Free	11-12		
88		100 Fly	13-up		89
90		100 Fly	11-12		
91	6:31.20	400 IM	OPEN		
92	Deck	400 Medley Relay	11-12	Deck	
93	Entered	400 Medley Relay	13-14	Entered	94
95		400 Medley Relay	15&O		96
97	11:44.20	800 Freestyle	OPEN	11:43.70	98

All events will swim fastest to slowest.

Relays will be swum time permitting.

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

Swimmers must be at least 11 years old and meet the minimum time std to enter open events.

Open events will not be awarded.

Events 25-26, and 75-76 will be swum combined and placed by age group.

Swimmers in the 400 and 800 Freestyle event are requested to provide their own timers and lap counters.
The 800 Freestyle event will swim alternating girls and boys