



Downey Dolphins Swim Team

Long Course Swim Meet

May 3-4, 2025

SANCTIONED BY: USA Swimming & Southern California Swimming

ENTRIES DUE: Wednesday, April 23, 2025

SANCTION NO: S25-109

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 4 INDIVIDUAL AND 1 RELAY EVENT PER DAY Events will be swim fastest to slowest

POOL: George Hensel Aquatic Center is located in Montebello City Park at 1300 West Olympic Boulevard, Montebello, CA 90640.

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

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed To: **Lisa Frederick charli88@yahoo.com**

RULES: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete. All coaches and officials must be current USA Swimming members. All coaches and officials on deck must complete the CDC or NFHS Concussion course and must complete the CANRA Mandatory Reporting course prior to the start of the meet. There will be separate restrooms for athletes and coaches/officials. This meet will limit entries to meet the "4 Hour" rule. Events will be swum FASTEST TO SLOWEST.. 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. No deck entries will be allowed. 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 May 3, 2025 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 Freestyle and 1500 freestyle event are required to furnish their own timers and lap counters. Changes to the meet management may be made with the approval of the Meet Host. All Teams are required to provide timers. Downey Dolphins reserve the right to combine the meet if entries warrant it.

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 2025 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry **deadline April 23, 2025. 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: 12-and Under "A" Division – Medals 1-3; Ribbons 4-8; "BB" Division & "B" Divisions – Ribbons 1-8. Relays: Medals 1st place, Ribbons 2nd - 3rd place. **Events not awarded 13 -14 and 15-18 and Open events and 1, 23, 27, 58, 70, 74**

ENTRY FEES: \$ 6.00 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.

OUTREACH ENTRY FEES: Coaches entering any qualified Outreach athletes in this meet must provide their team outreach registration roster from SWIMS/USAS to the meet admin when sending their team entry report and file listing the outreach athletes' name. The Outreach athlete entry fee is a flat \$15.00 fee.

DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

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, April 23, 2025. 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

MEET REFEREE: Lisa Frederick charli88@yahoo.com

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
May 3-4, 2025**

SANCTION NO: S25-109

SANCTIONED BY: USA Swimming & Southern California Swimming

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

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report



Downey Dolphins Swim Team

Metro Committee LC Swim Meet

May 3-4, 2025

SANCTION NO: S25-109

ENTRIES DUE: Wednesday, April 23, 2025

Downey Dolphins will comply with the 4 Hour Rule

You may swim a total of 4 individual events and 1 relay per day

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

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Meet Start Time: 8:30 am

Saturday May 3, 2025

Sunday May 4, 2025

Morning Session					
Girls	Min	Event	Age	Min	Boys
1		200 IM	11-12		
2		100 Free	5-8		3
4	3:46.79	200 Free	7-10	3:33.49	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		

Morning Session					
Girls	Min	Event	Age	Min	Boys
50	3:24.89	200 Fly	11-12		
51	4:09.39	200 IM	7-10	4:06.19	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	7:19.69	400 IM	OPEN	7:09.89	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	3:24.89	200 Fly	OPEN	3:20.49	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