



# Cerritos Aquatic Club

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

### JUNE 4 & 5, 2011

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING  
SANCTION NO: 11- 143

ENTRIES DUE: **Wednesday, May 25, 2011**  
WARM-UP BEGINS 7:30 AM BOTH DAYS  
STARTING TIME: 9:00 AM BOTH DAYS

PM Session will begin no sooner than 11:00 am or 45 minutes after the end of the AM Session

**Notice:** 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.

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**CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY**  
**MAXIMUM 4 INDIVIDUAL EVENTS PER DAY all events will swim fastest to slowest**

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**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 2011 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 four events of each session **must check-in at least thirty minutes prior to the session starting time.** Swimmers 5-8 years old may swim 5-8 events or 5-10 events, not any combination thereof. Swimmers must be at least 11 years old and meet the minimum time std to enter open events. In events 1-3, 17, 33, 43, 51, 54-55, and 78, Swimmers must meet the minimum (Blue) time standard LC or SC to enter.

**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 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.

**ELIGIBILITY:** Open to **ALL METRO COMMITTEE** athletes and **WCS athletes training with BSC** who hold a current **2011** 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 2011 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 2011 Swim Guide for exceptions).

<b>AWARDS:</b>	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	MEDALS to 1st place. Ribbons to 2nd and 3rd places. OPEN events <b>will not</b> be awarded.

**Age groups: 5-8, 5-10, 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 \$7.00 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, May 25, 2011. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**

**NO ON-DECK ENTRIES**

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**Make checks payable to: SOUTHERN CALIFORNIA SWIMMING:**  
**MAIL entries to: Carol Peña 413 E. 212th Street, Carson, Ca 90745**

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**SCS policy for electronic entry:** Electronic entry files are to be sent to ([ocpswim@hotmail.com](mailto: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.

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**FOR FURTHER INFORMATION CALL: Mark Johnson (714) 374-6345**

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**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.**

# Cerritos Long Course B, R, and W, Meet

June 4 & 5, 2011

**Entries Due: Wednesday May 25, 2011**

Cerritos will comply with the 4 Hour Rule

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

**Saturday June 4, 2011**

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	3:05.70	200 Fly	11-12		
2	3:30.20	200 IM	5-10	3:31.20	3
4	3:25.00	200 IM	11-12		
5	NTS	50 Breast	5-8	NTS	6
7	NTS	50 Breast	5-10	NTS	8
9	NTS	50 Breast	11-12		
10	NTS	50 Fly	5-8	NTS	11
12	NTS	50 Fly	5-10	NTS	13
14	NTS	50 Fly	11-12		
15	Deck	200 Free Relay	5-8	Entered	16
17	3:31.00	200 Breast	11-12		
18	1:50.30	100 Back	5-10	1:50.50	19
20	1:37.60	100 Back	11-12		
21	1:32.00	100 Free	5-10	1:31.60	22
23	1:22.40	100 Free	11-12		
24	Deck	200 Free Relay	5-10	Deck	25
26	Entered	400 Free Relay	11-12	Entered	

You may swim a total of 4 individual events per day

Warm Up Time: 7:30 am

Meet Start Time: 9:00 am

**Sunday June 5, 2011**

Morning Session					
Girls	Min	Event	Age	Min	Boys
51	3:09.20	200 Back	11-12		
52	1:59.20	100 Free	5-8	1:54.60	53
54	3:02.70	200 Free	5-10	3:02.40	55
56	2:57.70	200 Free	11-12		
57	2:02.40	100 Breast	5-10	2:03.10	58
59	1:49.10	100 Breast	11-12		
60	NTS	50 Back	5-8	NTS	61
62	NTS	50 Back	5-10	NTS	63
64	NTS	50 Back	11-12		
65	NTS	50 Free	5-8	NTS	66
67	NTS	50 Free	5-10	NTS	68
69	NTS	50 Free	11-12		
70	1:49.70	100 Fly	5-10	1:49.80	71
72	1:35.30	100 Fly	11-12		
73	Deck	200 Medley Relay	5-8	Deck	74
75	Entered	200 Medley Relay	5-10	Entered	76
77		400 Medley Relay	11-12		

**Afternoon warmup begins immediately following AM session**

**PM Session will begin no sooner than 11:00 am or 45 minutes after the end of the AM Session**

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 IM	11-12	3:25.30	27
28	3:13.40	200 IM	13-14	3:04.30	29
	3:14.90	13-Up	15-Up	2:55.70	
		50 Breast	11-12	NTS	30
31	3:43.00	200 Breast	13-14	3:33.00	32
	3:41.90	13-Up	15-Up	3:20.40	
		200 Breast	11-12	3:31.20	33
34	1:32.90	100 Back	13-14	1:31.60	35
	1:33.60	13-Up	15-Up	1:27.10	
		100 Back	11-12	1:39.00	36
37	1:18.50	100 Free	13-14	1:14.00	38
	1:19.00	13-Up	15-Up	1:11.40	
		100 Free	11-12	1:22.00	39
40	3:17.40	200 Fly	13-14	3:08.90	41
	3:13.00	13-Up	15-Up	2:54.80	
		50 Fly	11-12	NTS	42
		200 Fly	11-12	3:07.20	43
	Deck	400 Free Relay	11-12	Deck	44
45	Entered	400 Free Relay	13-14	Entered	46
47		400 Free Relay	15&O		48
49	11:44.20	800 Freestyle	OPEN	11:43.70	50

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 Back	11-12	3:11.80	78
79	3:19.60	200 Back	13-14	3:09.20	80
	3:12.70	13-Up	15-Up	3:00.70	
		200 Free	11-12	2:58.40	81
82	2:48.10	200 Free	13-14	2:42.00	83
	2:48.70	13-Up	15-Up	2:34.70	
		100 Breast	11-12	1:49.20	84
85	1:42.50	100 Breast	13-14	1:37.30	86
	1:44.80	13-Up	15-Up	1:33.40	
		50 Back	11-12	NTS	87
88	NTS	50 Free	13-14	NTS	89
	NTS	13-Up	15-Up	NTS	
		50 Free	11-12	NTS	90
91	1:27.60	100 Fly	13-14	1:23.60	92
	1:27.70	13-Up	15-Up	1:20.60	
		100 Fly	11-12	1:36.10	93
94	6:20.40	400 IM	13-14	6:33.00	95
	6:37.70	13-Up	15-Up	6:12.80	
	Deck	400 Medley Relay	11-12	Deck	96
97	Entered	400 Medley Relay	13-14	Entered	98
99		400 Medley Relay	15&O		100
101	5:47.30	400 Freestyle	OPEN	5:46.60	102

**A swimmers must meet the minimum (RED) time standard LC or SC to enter an event except events with no time std (NTS). In events 1-3, 17,33,43,51,54-55, and 78, Swimmers must meet the minimum (Blue) time standard LC or SC to enter.**

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

**Swimmers in the 800 (49-50) and 400 (101-102) Freestyle events are requested to provide their own timers.**

**Swimmers in the 800 (49-50) need to provide their own lap counters.**

**The 800 Freestyle events will swim alternating girls and boys**

**All events will swim fastest to slowest.**