



Girls #	Time Standard	Bonus Standard	Timed Finals Friday 2/22/19	Time Standard	Bonus Standard	Boys #
1	12:17.70	13:24.70	15&Up 1000 Freestyle	11:48.80	12:53.30	2
3	12:37.00	13:45.80	11-14 1000 Freestyle	12:23.20	13:30.70	4
5	6:24.60	6:59.50	11-12 500 Freestyle	6:29.80	7:05.30	6
7	2:42.00	2:56.80	9-10 500 Freestyle	2:41.80	2:56.50	8

ENTRY DUE DATE:

Wednesday, February 13, 2019

*Times submitted must be Best Recorded Times short course or long course.

*All swimmers times will be verified in advance through the USA SWIMS database. Qualifying Period: 9/1/17 through 2/17/19.

*Swimmers may swim no more than 6 individual events during the meet and no more than 3 individual events per day.

*9-10 year olds swimming the 500 Freestyle must enter their best recorded 200 Freestyle Time.

*11-14 events will be swum in finals together and will be scored as one age group. Standards are 13-14 Blue/Red times for all 11-14 year old swimmers.

*Two final heats (A Final 1-8, B Final 9-16) will be offered for 9-10, 11-12, 11-14, 13-14 and 15&up events. The National Finals' scratch rule will be used.

*Finals sessions will begin no sooner than TWO hours after the completion of the last event in the prelims session.

**8&Under events will be swum in the prelims session only. 8&Under events will be considered timed finals.

Girls #	Time Standard	Bonus Standard	Saturday Events 2/23/19	Time Standard	Bonus Standard	Boys #
9	2:33.80	2:48.10	15&Up 200 Backstroke	2:23.90	2:37.30	10
11	2:39.60	2:54.50	11-14 200 Backstroke	2:31.00	2:45.10	12
13	:36.20	:39.60	11-12 50 Backstroke	:36.60	:40.00	14
15	:40.50	:44.30	9-10 50 Backstroke	:40.40	:44.20	16
17	:48.10	:57.80	8&Under **50 Backstroke	:46.80	:56.30	18
19	1:11.00	1:17.50	15&Up 100 Butterfly	1:05.10	1:11.00	20
21	1:11.00	1:17.40	13-14 100 Butterfly	1:07.70	1:13.80	22
23	1:16.10	1:23.00	11-12 100 Butterfly	1:18.20	1:25.30	24
25	1:29.30	1:37.40	9-10 100 Butterfly	1:29.40	1:37.60	26
27	:21.30	:25.60	8&Under **25 Butterfly	:21.30	:25.60	28
29	5:57.40	6:29.90	15&Up 500 Freestyle	5:34.80	6:05.30	30
31	5:59.60	6:32.30	13-14 500 Freestyle	5:48.60	6:20.30	32
33	3:00.80	3:17.30	15&Up 200 Breaststroke	2:43.00	2:57.80	34
35	3:01.70	3:18.20	11-14 200 Breaststroke	2:50.80	3:06.40	36
37	:40.80	:44.50	11-12 50 Breaststroke	:41:00	:44.80	38
39	:45.60	:49.80	9-10 50 Breaststroke	:45.60	:49.80	40
41	:52.30	1:02.80	8&Under **50 Breaststroke	:51.00	1:01.20	42
43	1:02.80	1:08.50	15&Up 100 Freestyle	:57.40	1:02.60	44
45	1:03.40	1:09.10	13-14 100 Freestyle	:59.60	1:05.00	46
47	1:06.70	1:12.70	11-12 100 Freestyle	1:06.20	1:12.20	48
49	1:14.70	1:21.50	9-10 100 Freestyle	1:14.30	1:21.00	50
51	:18.10	:21.70	8&Under **25 Freestyle	:17.60	:21.10	52
53	5:22.00	5:51.50	15&Up 400 IM	5:01.20	5:28.80	54
55	5:36.60	6:07.30	11-14 400 IM	5:18.20	5:47.30	56
57	1:17.70	1:24.70	11-12 100 IM	1:17.70	1:24.70	58
59	1:26.60	1:34.40	9-10 100 IM	1:26.90	1:34.80	60
61	1:41.40	2:01.40	8&Under **100 IM	1:38.49	1:58.10	62
---			:10 Minute Break			---
63			8&Under **100 Free Relay			64
65			15&Up 400 Free Relay			66
67			13-14 400 Free Relay			68
69			11-12 200 Free Relay			70
71			9-10 200 Free Relay			72

**ENTRY DUE DATE:****Wednesday, February 13, 2019**

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***All swimmers times will be verified in advance through the USA SWIMS database. Qualifying Period: 9/1/17 through 2/17/19.**

***Swimmers may swim no more than 6 individual events during the meet and no more than 3 individual events per day.**

***9-10 year olds swimming the 500 Freestyle must enter their best recorded 200 Freestyle Time.**

***11-14 events will be swum in finals together and will be scored as one age group. Standards are 13-14 Blue/Red times for all 11-14 year old swimmers.**

***Two final heats (A Final 1-8, B Final 9-16) will be offered for 9-10, 11-12, 11-14, 13-14 and 15&up events. The National Finals' scratch rule will be used.**

***Finals sessions will begin no sooner than TWO hours after the completion of the last event in the prelims session.**

****8&Under events will be swum in the prelims session only. 8&Under events will be considered timed finals.**

Girls #	Time Standard	Bonus Standard	Sunday Events 2/24/19	Time Standard	Bonus Standard	Boys #
73	1:14.50	1:21.50	15&Up 100 Backstroke	1:08.20	1:14.50	74
75	1:14.10	1:21.00	13-14 100 Backstroke	1:11.30	1:18.00	76
77	1:17.90	1:25.20	11-12 100 Backstroke	1:20.50	1:28.00	78
79	1:26.60	1:36.80	9-10 100 Backstroke	1:28.70	1:37.00	80
81	:22.20	:26.60	8&Under **25 Backstroke	:21.60	:25.90	82
83	2:36.60	2:50.90	15&Up 200 Butterfly	2:21.60	2:34.40	84
85	2:40.50	2:55.10	11-14 200 Butterfly	2:33.30	2:47.30	86
87	:34.30	:37.40	11-12 50 Butterfly	:34.50	:37.70	88
89	:38.30	:41.80	9-10 50 Butterfly	:38.20	:41.60	90
91	:46.30	:55.60	8&Under **50 Butterfly	:47.00	:56.40	92
93	2:16.40	2:28.80	15&Up 200 Freestyle	2:04.80	2:16.20	94
95	2:16.10	2:28.40	13-14 200 Freestyle	2:10.90	2:22.80	96
97	2:24.10	2:37.20	11-12 200 Freestyle	2:24.60	2:37.80	98
99	2:42.00	2:56.80	9-10 200 Freestyle	2:41.80	2:56.50	100
101	:40.50	:48.60	8&Under **50 Freestyle	:39.40	:47.30	102
103	1:23.90	1:31.60	15&Up 100 Breaststroke	1:15.80	1:22.70	104
105	1:23.40	1:31.00	13-14 100 Breaststroke	1:19.10	1:26.30	106
107	1:28.90	1:37.00	11-12 100 Breaststroke	1:29.00	1:37.10	108
109	1:40.00	1:49.10	9-10 100 Breaststroke	1:40.50	1:49.70	110
111	:24.00	:28.80	8&Under **25 Breaststroke	:23.30	:28.00	112
113	2:37.70	2:52.10	15&Up 200 IM	2:21.70	2:34.70	114
115	2:36.60	2:50.90	13-14 200 IM	2:29.00	2:42.60	116
117	2:46.20	3:01.30	11-12 200 IM	2:46.50	3:01.70	118
119	3:06.50	3:23.50	9-10 200 IM	3:07.40	3:24.50	120
121	:29.30	:31.90	15&Up 50 Freestyle	:26.50	:28.90	122
123	:29.30	:31.90	13-14 50 Freestyle	:27.50	:30.00	124
125	:30.70	:33.50	11-12 50 Freestyle	:30.80	:33.60	126
127	:33.90	:37.00	9-10 50 Freestyle	:34.10	:37.20	128
129	1:28.40	1:46.10	8&Under **100 Freestyle	1:25.00	1:42.00	130
---			1650 swum after 8&Under Relays			---
131	20:26.80	22:18.40	15&Up 1650 Freestyle	19:44.40	21:32.00	132
133	21:02.90	22:57.70	11-14 1650 Freestyle	20:42.80	22:35.80	134
---			:10 Minute Break before 8&Under Relays			---
135			8&Under **100 Medley Relay			136
137			15&Up 400 Medley Relay			138
139			13-14 400 Medley Relay			140
141			11-12 200 Medley Relay			142
143			9-10 200 Medley Relay			144



2019 Metro Committee Championships Hosted by Lakewood Aquatics



Sanctioned by:
Sanction Number:
Sponsored by:

USA Swimming and SCS
S19-079
Lakewood Aquatics Metro
Committee

DATE OF MEET: February 22,23, & 24, 2019
ENTRIES RECEIVED BY 5:00PM: February 13, 2019 (WEDNESDAY)

WARM UP TIME: 4:00 PM (Fri), 7:00 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 8:30 AM (Sat/Sun)

***Finals sessions will begin no sooner than TWO hours after the completion of the prelims session.**

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- POOL:** Cerritos College Aquatics Center is located on the campus of Cerritos College, 11110 Alondra Blvd., Norwalk, CA 90650
- COURSE:** Outdoor 25-yard pool with up to 10 short course competition lanes with a separate 6 lane warm-up pool and Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 7 ft. at the start end and 7 ft. at the turn end.
- MEET START TIMES:** Preliminary events will begin at 8:30 AM. Finals sessions will begin no sooner than TWO hours after the completion of the final heat of the PRELIMS session. Friday timed final events start at 5:00 PM.
- FINALS:** Two heats (A final for top 8, B final for 9-16) will be offered for 9-10, 11-12, 11-14, 13-14 & 15&Up events. The National Finals scratch rule will apply. A swimmer must scratch or declare his/her intent within 30 minutes of announcement of preliminary results. If a swimmer is a "no show" for a finals event (original top 16 places only), said swimmer will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.
- RELAYS:** 8&under Relays will be swum at the conclusion of the PRELIM sessions. All other relays swum at the conclusion of finals. Pre-entered relays preferred. Deck entries also accepted. Pre-entered relays are refundable if scratched before seeding.
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.
- MEET REFEREE:** Leanne Colvin shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to her at lfc5@hotmail.com
- RULES:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2019 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first FOUR events must check in **THIRTY MINUTES** prior to the start of the prelims session. Swimmers must swim in their actual Age Group as determined by their age on **February 22, 2019**.
All coaches and officials must have completed the CDC or NFHS online concussion course.
- SPECIAL NOTICE:** **Swimmers may swim a maximum of SIX individual events and TWO relays during the meet, and no more than THREE individual events per day.** Swimmers must have achieved the minimum Blue Time standard to enter the meet. **If a swimmer is able to prove ONE or TWO blue time/s, they may add additional bonus events not to exceed THREE total events. If a swimmer is able to prove FOUR or FIVE blue times, they may add additional bonus events not to exceed SIX total events.** Swimmers entering the 9-10 500 yard Freestyle event, must enter their best 200 yard Freestyle time that meets or exceeds the stated minimum time standard. **9-10 swimmers may not enter the 500 free as a bonus event.** **The 400 IM, 500, 1000, & 1650 Freestyle events will be swum alternating girls and boys.** The 500 Freestyle for 9-10, and the 1000 & 1650 Yard Freestyle for 11&up will be swum as TIMED FINALS. Each team is asked to provide timers for all events including relays. Swimmers in the 9-10 500, & 11&up 1000 and 1650 yard Freestyle are asked to provide timers for three heats and to provide their own lap counters. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- PARKING:** Parking is enforced 24/7 at Cerritos College. Purchase daily parking passes at the kiosk's located throughout the parking lot. Only park in WHITE LINED spaces. Parking is \$2 cash, or \$2.25 with a credit card.
- RECORDING DEVICES: & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones, is 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) anytime 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. Tech Suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet. Please see the Tech Suit Policy on the SCS website.
- DECK CHANGES:** Deck Changes are prohibited.



2019 Metro Committee Championships Hosted by Lakewood Aquatics



Sanctioned by: USA Swimming and SCS
Sanction Number: S19-
Sponsored by: Lakewood Aquatics
Metro Committee

DATE OF MEET: February 22, 23, & 24, 2019
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WARM UP TIME: 4:00 PM (Fri), 7:00 AM (Sat/Sun)
MEET START TIME: 5:00 PM (Fri), 8:30 AM (Sat/Sun)

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RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member coach, 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. 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 ARE 2019 USA SWIMMING REGISTERED. NO ON-DECK ENTRIES. Registration application must be received by WEDNESDAY, FEBRUARY 13, 2019 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 APPLICATIONS MAY BE SUBMITTED TOGETHER WITH ENTRY FORM. There are substantial penalties to swimmer and Club (See 2019 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 UNATTACH by notifying the Administrative Referee in writing and paying the appropriate fee. A swimmer may not attach at the meet.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING PERIOD: Qualifying Period for this meet is **September 1, 2017 through February 17, 2019.**

AWARDS: INDIVIDUAL: 8&under, 9-10, 11-12, 11-14, 13-14 and 15&up: MEDALS 1st – 3rd RIBBONS 4th – 8th
TEAM: Large Team Trophies 1-3, Medium Team Plaques 1-3, Small Team Plaques 1-3

SCORING: Individual Event Scoring: 19-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Scoring: 38-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

ENTRY FEE: **\$5.50 for each INDIVIDUAL EVENT, plus \$14.00 SURCHARGE per swimmer must accompany each individual entry card,** Relays: \$10.00. **RELAYS MAY BE PRE ENTERED. However, no refunds will be issued for relays scratched prior to seeding.** E-mail entry (entry.zipfile) 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 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. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, FEBRUARY 13, 2019.** To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed envelope for return when your entry is received.

MAKE CHECKS PAYABLE TO:	SOUTHERN CALIFORNIA SWIMMING
EMAIL TO:	ALINA@DEARMAS.CO
And MAIL TO:	Alina de Armas
(Include Swimmer's name and SCS Number)	P.O. Box 63, Simi Valley, CA 93062

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

For further meet Information email joncmoore@aol.com

Receipt of entry will not be verified by phone or email

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.