

MEET NAME: Lakewood Aquatics May LCM Invitational 2027

SPONSORED BY:

Southern California Swimming

Team: Lakewood Aquatics

Committee: Metro

Held under the sanction of USA Swimming.

Sanction Number: [S27-01]

MEET DATES: 05/29/2027 Through 05/30/2027

Warmup Time: 7:00 AM **Meet Start Time:** 8:30 AM

Pool Address: 4400 Briercrest Ave, Lakewood, CA 90713

Directions: **Exit the Freeway:** Take the I-605 exit for **Del Amo Blvd** and head **west** toward Lakewood.

Head West on Del Amo: Drive westbound on Del Amo Blvd for roughly 2 miles. **Turn South:** Turn left (south) onto **Briercrest Ave** (or turn left on Lakewood Blvd and head back via Harvey Way). **Arrive:** The school and address will be on your right at the corner of Briercrest Ave and Harvey Way

Pool Dimensions: Outdoor 51.5 Meter pool with up to 9 long course competition lanes 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 5.0 ft. at the turn end

Number of Competition Lanes: 8 long course lanes **Number of Warm-up Lanes:** 9 short course lanes. **Pool depth Start End:** 7.5 ft **Turn End:** 5.0 ft

Medical Supervision: First Aid station with AED, first aid box, backboard, and all lifeguarded certified will be available.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7 AM and 8:15 AM. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned. Dive lanes will open 45 minutes before the start of the meet. All swimmers must use 3-point, slide-in entries into the pool during warmup, no jumping or diving.

RULES: USA Swimming rules will govern this meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. This meet will limit entries to meet the "4-hour rule" for 12-Under swimmers, unless a Championship meet.

All scratches will be done on the Virtual Swim Meet Portal app." Coaches will receive instructions on how to download the app and use it for all scratches. Coaches may decide if they want swimmers to have access. The app will also provide the coaches with heat sheets and results. Relays must be pre-entered, and coaches can also make name changes in the app.

Swimmers must be at least 5 years old on the Start Date of the meet to enter. Timers are required to be provided by each team. Swimmers competing in the following events 400 and 1500 are requested to furnish their own timers for three heats and provide lap counters.

Events will be swum Fast-to-Slow

Swimmers may swim a maximum of 4 individual events and 1 relay per day.

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. All persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.

RECORDING DEVICES AND 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 throughout the meet. This meet may be covered by the media, including photographs, video, web casting and other forms or 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 **AQUA** swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are NOT permitted at this meet for 12-Under swimmers. Please see the Tech Suit Policy on the SCS website: www.socalswim.org

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.

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.

ELIGIBILITY: Open to athletes who hold 2027 USA Swimming Registration Open to all Teams. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Out-of-LSC entries will be accepted, space available; please submit a copy of registration with entry. 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. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rules and Regulations.

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 online in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be the best recorded times short course or long course from this or preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close, Meet Administration may convert non-conforming times. 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.

AWARDS: Ribbons: 1- 6th place. Relays: Ribbons 1 – 3rd Place. Awards will be separated by 12 and under and 13 and up.

ENTRY FEES: \$ 6.00 per individual event, \$ 10.00 per relay, and \$ 15.50 surcharge per swimmer. Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

ENTRY SUBMISSIONS: Entries must be received by the meet processor no later than (5:00 PM postmark would queue before a 10 PM electronic). IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry at the designated address, enclose a self-addressed, stamped envelope or postcard. Receipt of entries will NOT be verified by phone, email or text message.

E-mailed team entry (entry .zip file) will be accepted ONLY when received together with an attached 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 entry, etc.). Full payment (SINGLE TEAM CHECK) for an e-mailed zip file entry must be postmarked within 48 hours of the e-mailed zip file entry. Failure to comply will be referred to the Board of Review. Team entry updates (added events) will be processed when received by the meet processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (including e-mail) ONLY. Prior to entry deadline new swimmers are accepted SPACE PERMITTING. Deletions will not be refunded.

If entering individually, emailed or texted entries are not accepted. Please enter using the SCS Individual Meet Entry Form. Entries are accepted, SPACE PERMITTING, when the entry is received TOGETHER with a check, money order or cash, by the meet processor.

E-MAIL ENTRIES TO: alsoswim@gmail.com

OR HAND DELIVER TO: 2724 Loraine Place, Simi Valley, CA 93065

MAKE CHECKS PAYABLE TO: Lakewood Aquatics

MAIL CHECKS TO: PO BOX 8364, Long Beach, CA 90808

The Meet Referee will oversee this meet, any questions regarding the conduct of the meet should be directed to the Meet Referee.

Meet Director (Name and Tel Number:) Son Phan Admin@lakewoodaquatics.org

Meet Referee (Name and Tel Number:) Omar de Armas omarswimref@gmail.com

Meet Processor (Name and Tel Number:) Alinda de Armas alsoswim@gmail.com

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.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

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.

Current USA Swimming rules, including the current Minor Athlete Abuse Prevention Policy govern this meet.

SOUTHERN CALIFORNIA SWIMMING
EMERGENCY ACTION PLAN (EAP)

EVENT: Lakewood Aquatics May LCM Invitational 2027

TEAM/HOST NAME: Lakewood Aquatics (LKWD)

Date: May 29-30, 2027

Time: 8:30 am (start) and 5:30 pm (finish)

Location: Lakewood High School

4400 Briercrest Ave, Lakewood, CA 90713

Sanction by: USA Swimming and Southern California Swimming Sanction

No:

Meet Manager on event day: Son Phan

Meet Manager's phone: (323)369-3583

Meet Referee: Omar de Armas omarswimref@gmail.com

Meet Processor: Alinda de Armas alsoswim@gmail.com

Medical Response:

Emergency—Dial 911 Lifeguard at this meet. Medical assistance or first aid—Call 911/Control crowd around victim/Notify the Admin area/Await assistance from first responder

Fire Dept/Paramedic Unit: Dial 911

Los Angeles County Fire Department Station 45

4020 Candlewood, Lakewood CA 90712

Law Enforcement Emergency: Dial 911

Sheriff Station

5130 Clark Ave, Lakewood, CA 90712

Civil Disturbance: Dial 911 and Notify admin Suspicious

Person: Dial 911 and Notify admin

Missing Person/Child- Notify the Admin area/Obtain description of the missing person/ announce as appropriate for help in location the missing person/Contact law enforcement if needed to report a missing person.

Fires Emergencies---Dial 911/ Clear the Pool and deck area to the basketball courts/Contact all teams and request an accountability check. Await emergency response personnel.

Meet Marshalls: Meet Marshalls will be wearing a yellow vest and will assist athlete's coaches during pre-meet warm-up and warm downs during the meet. Meet Marshalls will serve as crowd control authority.

Earthquake: Adhere to facility EAP protocols. Notify all occupants to clear the pool immediately. Dial 911 if needed. Evacuate all persons to the basketball courts away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the pool deck for at least 30 minutes after the last lightning strikes the area.

Hazardous Materials Emergencies: Dial 911. Evacuate all persons in attendance to a safe area away from the upwind of any hazardous material. Open area after first responder or specialist reopens the facility.

CLOSEST HOSPITAL:

Los Angeles Community Hospital at Norwalk

13222 Bloomfield Avenue, Norwalk, CA 90650

(562) 863-4763

CLOSEST URGENT CARE:

UCI Health

3700 E. South Street, Lakewood, CA 90712

(562) 531-2550

Nearby Hotels:

Courtyard by Marriott Long Beach Airport
3841 N Lakewood Blvd, Long Beach, CA 90808• (562) 429-5803

Long Beach Airport
4700 Airport Plaza Dr, Long Beach, CA 90815• (562) 425-5210

Hampton Inn Long Beach Airport
3771 N Lakewood Blvd, Long Beach, CA 90808• (562) 425-0012

Residence Inn by Marriott Long Beach
4111 E Willow St, Long Beach, CA 90815• (562) 595-0909
Holiday Inn Long Beach Airport by IHG
2640 N Lakewood Blvd, Long Beach, CA 90815• (562) 597-4401

Staybridge Suites Long Beach Airport by IHG
2680 N Lakewood Blvd, Long Beach, CA 90815• (562) 588-9600



Lakewood Aquatics May LCM Invitational 2027

May 29-30, 2027

Entries Due: May 18, 2027

Warm up: 7:00 AM

Meet Starts: 8:30 AM

Sanction #

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

Saturday, May 29, 2027					
Morning Session					
Girls	Min	Event	Age	Min	Boys
1	3:13.29	200 Back 200 Free	11-12	3:22.99	2 3
				3:01.79	
			13-up 11-12		
4		200 Free 100 Brst	13-14		5 6
			15-up 11-12		
7		100 Brst 50 Back	13-14		8 9
			15-up 11-12		
10		50 Back 100 Fly	13-14		11 12
			15-up 11-12		
13		100 Fly 50 Free	13-14		14 15
			15-up 11-12		
16		50 Free	13-14		17
			15-up 11-12	7:17.89	
18	6:57.99	400 IM 400 Med Relay			19 20
			13-up 11-12	6:30.69	

Sunday, May 30, 2027					
Morning Session					
Girls	Min	Event	Age	Min	
47	3:40.29	200 Brst 100 Back	11-12	3:47.89	
			13-up 11-12	3:22.79	
50		100 Back 50 Fly	13-14		
			15-up 11-12		
53		50 Fly 200 IM	13-14		
			15-up 11-12		
56		200 IM 50 Brst	13-14		
			15-up 11-12		
59		50 Brst 100 Free	13-14		
			15-up 11-12		
62		100 Free	13-14		
			15-up 11-12	3:24.79	
64	3:15.69	200 Fly 400 Free relay	13-up 11-12	2:59.69	

21		400 Med Relay	13-14 15-up 11-12		22
23	6:08.09	400 Free	13-up		24

67		400 Free relay	13-14 15-up 11-12	25:51.79
69	24:28.99	1500 Free		
			13- up	23:04.59

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
25		200 IM	11-12		
26		100 Free	5-8		27
28		200 Free	7-10		29
30		200 Free	11-12		
31		100 Brst	7-10		32
33		100 Brst	11-12		
34		50 Back	10 and under		35
36		50 Back	11-12		
37		50 Free	10 and under		38
39		50 Free	11-12		
40		100 fly	7-10		41
42		100 fly	11-12		
43	3:28.09	200 Back	11-12		
44	Mixed	200 Med Relay	10 and under		
45		400 Med Relay	11-12		

Afternoon Session				
Girls	Min	Event	Age	Min
71	3:31.09	200 Fly	11-12	
72		200 IM	7-10	
74		50 Brst	11-12	
75		50 Brst	10 and under	
77	3:56.79	200 Brst	11-12	
78		100 Back	7-10	
80		100 Back	11-12	
81		50 Fly	11-12	
82		50 Fly	10 and under	
84		100 Free	11-12	
85		100 Free	7-10	
87	7:28.89	400 IM	11-12	
88	Mixed	200 Free Relay	10 and under	
89		400 Free Relay	11-12	

46 26:06.89 1500 Free 11-12

90 6:32.89 400 Free 11-12

Relays will be swam, time permitting

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.

Swimmers are required to provide their own timers and lap counters 400 and 1500 events

