Commerce Aquatics A, B, BB, C - Metro Swim Meet
January 9-10, 2027
Brenda Villa Aquatic Center

Sanctioned by USA Swimming & Southern California Swimming **Sanction No. S27-003**

SPONSORED BY: Commerce Aquatics Swim Team & Metro Committee

Entry Due Date: Entries Must be Received by 5:00 pm on Wednesday, December 30, 2026

MEET DATES: January 9-10 (2 day meet; 4 sessions) **Meet Start Time**: 8:30am **Warm up**: 7am

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

POOL ADRESS: 5600 Harbor Street, Commerce, CA 90040

DIRECTIONS: From the 5 Freeway, exit at Atlantic/Eastern. Go South on Eastern. Turn Left on Commerce Way. There is a large parking lot around the block on Jillson Street.

COURSE: 25x35 yard outdoor pool. Up to 10 lanes of competition. At least 3 lanes for warm-up will be available during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.
Pool depth at Start & Turn end: 6ft – 13ft

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7am-8:20am. Diving will be allowed in designated dive lanes only under the supervision of coaches and marshals. Dive lanes will be assigned. Dive lanes will as requested by coaches before the meet. The pool will close 10 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. Kent Li: kli.0302@computerville.com

RULES: USA swimming rules, including the Minor Athlete Protection Policies (MAAP 3.0) 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 or older must complete the online ATHLETE PROTECTION TRAINING recorded in SWIMS 3.0 in order to compete. **All coaches and officials on deck must complete the CDC or NFHS Concussion course and CANRA reporting course.** There will be separate restroom facilities for athletes & coaches. This meet will limit entries to meet the "4 Hour" rule. Swimmers must check in with the clerk of course 30 minutes prior to the start of each session for the **first 4 events** of that session. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Events will be seeded FASTEST to SLOWEST. Swimmers must be at least 5 years old on Start Date of the meet to enter. Timers are requested to be provided by each team. Swimmers competing in the event 500 & 1650 Free are requested to furnish their own timers for three heats and lap counters.

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 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) 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.

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.

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 Metro Committee Athletes who hold a 2027 USA Swimming Registration. Registration must be completed in SWIMS 3.0 prior to the entry deadline. No Late or On Deck registration is allowed. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

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 for completing 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 the preceding swim season **(NO WORK OUT TIMES)**. For seeding purposes only, after entries close Meet Administration will 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: 12 & Under: A Div: Medals 1-3 Place & Ribbons 4-8 Place; BB/B Div: Ribbons 1-8 Place; Relays: Medal 1st Place & Ribbons 2-3 Place. No awards will be given to Highlighted events and all 13 & over events

ENTRY FEES: Surcharge per swimmer: $15.50. Individual event: $5.50. Relays $10.00
Outreach Swimmers: entry fee is $15.00 flat fee. Teams must submit proof of Outreach status by submitting a team roster. Entry Fees must accompany each individual entry card. 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. Prior to entry deadline new swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.** Relays may be pre-entered or deck-entered, payable on entry.
ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5pm on Wednesday, December 30, 2026

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.)***

E-MAIL ENTRIES TO: ocpswim@hotmail.com
Mail checks and entries to: Make Checks payable to **City of Commerce.**
Mailing Address or Hand Deliver to 413 E. 212th St, Carson, CA 90745

QUESTIONS:
Admin Referee: Carol Pena:ocpswim@hotmail.com

Meet Referee: Kent Li: kli.0302@computerville.com

Meet Director: Kevin Larsen (323) 887-4404x2848/kevinl@commerceca.gov

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 3.0 (MAAPP 3.0) govern this meet.

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.
MAAP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

SANCTIONED BY SANCTIONED BY: USA Swimming & Southern California Swimming

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 833-5USSAFE (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.

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 Minor Athlete Abuse Prevention Policy 3.0 (MAAPP 3.0) govern this meet.

Emergency Action Plan (EAP)

Event:	**Commerce Aquatics ABC Swim Meet**		
Host:	Commerce Aquatics Swim Team **Sanction No. S27-003**		
Location:	Brenda Villa Aquatic Center 5600 Harbor St, Commerce, CA 90040		
Date:	January 9-10, 2027		
Time:	7:00am – 6:30pm		
Meet Referee:	Kent Li: kli.0302@computerville.com		
Sanction:	USA Swimming & Southern California Swimming – 24-XXX		
Host Team Contact:	Robert Contreras	**Phone**	323-887-4404
Meet Director:	Kevin Larsen	**Phone**	323-833-5232
Meet Admin:	Carol Pena	**Phone**	310-753-2275

Medical Response and Law Enforcement

Emergency:	Dial 911
Medical Assistance or First Aid:	Notify Commerce Lifeguards or Call 911 Control crowds around victim Await assistance from first responders
Medical Emergency:	Notify Commerce Lifeguards or Call 911
Fire Department:	Notify Commerce Lifeguards or Call 911 Los Angeles County Fire Department
Closest Hospital/ Emergency Room:	Adventist Health White Memorial Montebello 309 W Beverly Blvd, Montebello, CA 90640 323-726-1222
Closest Urgent Care:	AltaMed Urgent Care 972 Goodrich Blvd, Commerce, CA 90022 888-499-9303
Law Enforcement:	Notify Commerce Lifeguards or Call 911 Los Angeles County Sheriff Department Non-Emergency - 323-264-4151 5019 E. 3rd St. East Los Angeles, CA 90022

(WITHIN 1 HOUR OF INCIDENT)

FOR ADMINISTRATIVE EMERGENCY & COMMUNICATION of MEDICAL or LAW ENFORCEMENT RESPONSE

GENERAL CHAIR: Smith, Stacy 818-665-6284

ADMINISTRATIVE VICE CHAIR: Cracchiolo, Carol 213-200-9410

OFFICIALS: * Cracchiolo, Carol 213-200-9410 *

LEAVE VOICEMAIL & TEXT: SCS & YOUR NAME & INCIDENT

***DOCUMENT INCIDENT ASAP WITH WITNESS NAMES & STATEMENTS, TIMELINE, FACTS AS HAPPENED**

Commerce Aquatics Swim Team
ABC Short Course Swim Meet
January 9-10-2027
ENTRIES DUE: Wednesday, December 30 Sanction No. S27-003

Saturday, January 9

Warm Up Time 7:00am Meet Start Time: 8:30am

Saturday Morning Session 1

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
1	2:50.29	13-UP	200 Fly	11-UP	2:43.99	2
			200 Free	11-12		3
4			200 Free	13-14		5
6			200 Free	15-UP		7
			100 IM	11-12		8
9			100 Breast	13-14		10
11			100 Breast	15-Up		12
			100 Breast	11-12		13
14			50 Free	13-14		15
16			50 Free	15-UP		17
			50 Free	11-12		18
19			100 Fly	13-UP		20
			100 Fly	11-12		21
22	2:46.69	13-UP	200 Back	11-UP	2:40.49	23
24	Relays		200 Fr Relay	13-14	Relays	25
26	Time	Permitting	200 Fr Relay	15-UP	Time	27
			200 Fr Relay	11-12	Permitting	28
29	6:45.69	13-UP	500 Free	11-UP	6:29.99	30

Sunday, January 10

Warm Up Time 7:00am Meet Start Time: 8:30am

Sunday Morning Session 3

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
61	3:10.99	13-UP	200 Breast	11-UP	3:02.39	62
63		13-UP	50 Breast	11-12		64
65			200 IM	13-14		66
67		13-UP	50 Fly	11-12		68
69			200 IM	15-UP		70
			200 IM	11-12		71
72			100 Back	13-14		73
74			100 Back	15-UP		75
			100 Back	11-12		76
77			100 Free	13-UP		78
			100 Free	11-12		79
80	6:03.69	13-UP	400 IM	11-UP	5:50.09	81
82		13-UP	50 Back	11-12		83
84	Relays		200 Med Relay	15-UP	Relays	85
86	Time	Permitting	200 Med Relay	13-14	Time	87
			200 Med Relay	11-12	Permitting	88
89	23:19.69	13-UP	1650 Freestyle	11-UP	22:42.89	90

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY AND 1 RELAY. COMMERCE WILL LIMIT THE MEET TO COMPLY WITH THE 4-HOUR RULE – MAIL EARLY
Afternoon warm-up begins immediately following AM session. Session 2 & 4 will start 45 minutes after the end of the AM session.

Saturday Afternoon Session 2

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
31	2:46.69	11-12	200 Back			
32	3:00.59	7-10	200 Free	7-10	2:50.59	33
34		11-12	200 Free			
35		5-8	100 Free	5-8		36
37		11-12	100 Breast			
38		7-10	100 Breast	7-10		39
40		5-8	25 Breast	5-8		41
42		11-12	50 Free			
43		7-10	50 Free	7-10		44
45		5-8	50 Free	5-8		46
47		7-10	100 Back	7-10		48
49		11-12	100 Back			
50		5-8	25 Back	5-8		51
52		11-12	100 IM			
53		7-10	100 IM	7-10		54
55		11-12	100 Fly			
56	6:03.69	11-12	400 IM			
57	Mixed relay Permitting	5-8	200 Fr Relay	9-12	Mixed Relay Time Permitting	58
59	6:45.69	11-12	500 Free			
60A	3:00.59	09-10	500 Free	09-10	2:50.59	60B

Sunday Afternoon Session 4

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
91	2:50.29	11-12	200 Fly			
92	3:18.79	7-10	200 IM	7-10	3:15.99	93
94		11-12	200 IM			
95		5-8	100 IM	5-8		96
97		7-10	50 Breast	7-10		98
99		11-12	50 Breast			
100		5-8	25 Fly	5-8		101
102		7-10	50 Fly	7-10		103
104		11-12	50 Fly			
105		5-8	25 Free	5-8		106
107		7-10	100 Free	7-10		108
109		11-12	100 Free			
110		7-10	50 Back	7-10		111
112		11-12	50 Back			
113		7-10	100 Fly	7-10		114
115	3:10.99	11-12	200 Breast			
116	Relays Time	5-10	200 Med Relay	5-10		117
118	Permitting	11-12	200 Med Relay			
119	23:19.69	11-12	1650 Freestyle			

9-10 500 Event Swimmers Must Meet the min time BB to entry
Legal Mixed Relays Must consist of 2 Female and 2 Male Swimmers
The 1650 will swim fastest to slowest alternating girls & boys. Swimmers in the 500 and 1650 Freestyle are requested to provide their own timers and lap counters. 11-12 Swimmers may only swim in one session per day.
Swimmers entering events with minimum times must have achieved those times to be eligible for those events.