



Downey Dolphins Swim Team

B, R, W Short Course Swim Meet

Date of Meet: January 15-17, 2016

ENTRIES DUE: Wednesday January 6, 2016

Sanction No. S16-015

Sanctioned by: USA Swimming & Southern California Swimming

Sponsored By: DWNY & METRO Committee

FRIDAY WARM UP: 4:30 PM / Start 5:30 PM
WARM-UP AM Sessions: 7:00 AM BOTH DAYS
Start of Meet: 8:30 AM BOTH DAYS

Afternoon warm-up begins immediately following AM session

PM Session will begin no sooner than 12:00 pm or 45 minutes after the end of the AM Session

MAXIMUM 8 INDIVIDUAL EVENTS FOR THE MEET, MAXIMUM 3 EVENTS PER DAY,

DOWNEY WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

POOL: The Downey Community Aquatics Center is located on the campus of Downey High School at 11040 Brookshire Ave., Downey 90241
Directions: Exit the 605 freeway at Firestone Blvd; go west to Brookshire Ave.; turn right to the pool. There will be ample free parking in the high school lot on the corner of Firestone Blvd. and Brookshire Ave. There may be a Parking fee of \$ 1.00 on Sunday parking.

COURSE: : Outdoor 50 meter by 25-yard pool, with up to 10 short course competition lanes and an area for warm up/down during the meet. Water depth, start and turn end, from 13 feet (lane 10) to 7 feet (lane 1). The competition course has been certified in accordance with 104.2.2(C). **Colorado timing system and Score board will be used.**

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00–8:15 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 30 minutes before the start of the meet. The pool will close 15 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

RULES: USA swimming rules will govern. 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. SWIMMERS (NOT COACHES OR PARENTS) 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. Swimmers must be at least 5 years old on 01/15/2016 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and 1650 Freestyle events are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 events per day. Swimmers must be at least 11 years old and meet the minimum time std to enter open events. 7-8 swimmers must choose to swim as 5-8 OR 7-10 not any combination thereof. 7-10 swimmers must have achieved the minimum time to enter Events with a listed min time.**

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.

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.

DECK CHANGING: 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 Metro Committee athletes who hold a 2016 USA Swimming Registration. Registration application must be received by **Wednesday January 6, 2016** 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 application may be submitted with entry form. **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: Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate 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**). 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. 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 is otherwise qualified, he/she may enter at minimum (see 2015 Swim Guide for exceptions).

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 8th place Red Division: Ribbons 1st - 8th place
White Division: Ribbons 1st - 8th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$ 3.75 for each individual event along with a \$ 10.00 surcharge **per swimmer 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. 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 will be deck-entered at \$7.00 each, payable on entry. **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, January 6, 2016.** **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 Southern California Swimming

Questions: Frederico Ricketts (323) 823-3620

Email for team electronic entries only: ocpsswim@hotmail.com

MAIL AND WALKIN ENTRIES TO: Carol Peña 413 E 212 Th St Carson Ca 90745

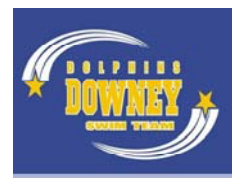
It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Downey BRW SC Meet

January 15-17, 2016

January 15, 2016

Friday PM Session 1



ENTRIES DUE: Wednesday January 06, 2016

DOWNEY WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

MAXIMUM 3 INDIVIDUAL EVENT PER DAY

MAXIMUM 8 INDIVIDUAL EVENT FOR THE MEET

Relays swum time permitting.

Events will swim fastest to slowest.

SANCTION NO: S16-015

January 16, 2016

Saturday AM Session 2

January 17, 2016

Sunday AM Session 4

Warm up time 4:30 PM						Meet Start Time 5:30 PM	
NO.	GIRLS MIN	AGE		DISTANCE	STROKE	BOYS MIN	NO.
1		15-UP	BRW	200 yd	IM		2
3		13-14	BRW	200 yd	IM		4
5		11-12	BRW	200 yd	IM		6
7	3:23.50	7-10	BR	200 yd	IM	3:24.50	8
9		15-UP	BRW	100 yd	Breaststroke		10
11		13-14	BRW	100 yd	Breaststroke		12
13		11-12	BRW	100 yd	Breaststroke		14
15		7-10	BRW	100 yd	Breaststroke		16
17	6:24.60	OPEN		500 yd	Freestyle	6:29.80	18

Warm up time 7:00 AM						Meet Start Time 8:30 AM	
NO.	GIRLS MIN	AGE		DISTANCE	STROKE	BOYS MIN	NO.
		11-12	BRW	200 yd	Freestyle		19
20	2:56.80	7-10	BR	200 yd	Freestyle	2:56.50	21
22		5-8	BRW	100 yd	Freestyle		23
		11-12	BRW	50 yd	Butterfly		24
25		7-10	BRW	50 yd	Butterfly		26
27		5-8	BRW	25 yd	Butterfly		28
		11-12	BRW	50 yd	Freestyle		29
30		7-10	BRW	50 yd	Freestyle		31
32		5-8	BRW	50 yd	Freestyle		33
		11-12	BRW	100 yd	Backstroke		34
35		7-10	BRW	100 yd	Backstroke		36
37		5-8	BRW	25	Backstroke		38
39	Relays	5-8		100 yd	Freestyle Relay	Relays	40
41	Time	7-10		200 yd	Freestyle Relay	Time	42
	Permitting	11-12		200 yd	Freestyle Relay	Permitting	43
44	2:46.20	OPEN		200 yd	Backstroke	2:51.40	45

Warm up time 7:00 AM						Meet Start Time 8:30 AM	
NO.	GIRLS MIN	AGE		DISTANCE	EVENT	BOYS MIN	NO.
67		7-10	BRW	100 yd	IM		68
		11-12	BRW	100 yd	IM		69
70		5-8	BRW	100 yd	IM		71
72		7-10	BRW	50 yd	Breaststroke		73
		11-12	BRW	50 yd	Breaststroke		74
75		5-8	BRW	25 yd	Breaststroke		76
77		7-10	BRW	100 yd	Butterfly		78
		11-12	BRW	100 yd	Butterfly		79
80		5-8	BRW	25 yd	Freestyle		81
82		7-10	BRW	100 yd	Freestyle		83
		11-12	BRW	100 yd	Freestyle		84
85		7-10	BRW	50 yd	Backstroke		86
		11-12	BRW	50 yd	Backstroke		87
88	Relays	5-8		100 yd	Medley Relay	Relays	89
90	Time	7-10		200 yd	Medley Relay	Time	91
	Permitting	11-12		200 yd	Medley Relay	Permitting	92
93	5:48.20	OPEN		400 yd	IM	5:48.90	94

Afternoon Session will begin no sooner than 12:00 pm or 45 minutes after the end of the Morning Session

Afternoon warm-up will begin immediately after AM session. All Relays are deck entered.

Saturday PM Session 3

Sunday PM Session 5

NO.	GIRLS MIN	AGE		DISTANCE	STROKE	BOYS MIN	NO.
46	3:08.80	OPEN		200 yd	Breaststroke	3:09.00	47
48		11-12	BRW	200 yd	Freestyle		
49		13-14	BRW	200 yd	Freestyle		50
51		11-12	BRW	100 yd	Backstroke		
52		15-UP	BRW	200 yd	Freestyle		53
54		11-12	BRW	50 yd	Butterfly		
55		13-14	BRW	100 yd	Butterfly		56
57		11-12	BRW	50 yd	Freestyle		
58		15-UP	BRW	100 yd	Butterfly		59
60		11-12	BRW	50 yd	Breaststroke		
61	Relays	11-12		200 yd	Freestyle Relay	Relays	
62	Time	13-14		200 yd	Freestyle Relay	Time	63
64	Permitting	15-UP		200 yd	Freestyle Relay	Permitting	65
66	21:32.10	OPEN	OPEN	1650	Freestyle		

NO.	GIRLS MIN	AGE		DISTANCE	STROKE	BOYS MIN	NO.
95	2:43.20	OPEN		200 yd	Butterfly	2:47.40	96
97		11-12	BRW	100 yd	Freestyle		
98		13-14	BRW	100 yd	Freestyle		99
100		15-UP	BRW	100 yd	Freestyle		101
102		11-12	BRW	100 yd	IM		
103		13-14	BRW	100 yd	Backstroke		104
105		15-UP	BRW	100 yd	Backstroke		106
107		11-12	BRW	100 yd	Butterfly		
108		13-14	BRW	50 yd	Freestyle		109
110		15-UP	BRW	50 yd	Freestyle		111
112		11-12	BRW	50 yd	Backstroke		
113	Relays	11-12		200 yd	Medley Relay	Relays	
114	Time	13-14		200 yd	Medley Relay	Time	115
116	Permitting	15-UP		200 yd	Medley Relay	Permitting	117
			OPEN	1650	Freestyle	21:51.50	118

Mixed relay combination 2 Girls and 2 Boys

7-8 swimmers must choose to swim either "5-8" or "7-10" (not any combination).

7-10 swimmers must have achieved the minimum time to enter Events with a listed min time.

Swimmers in the Open 500 and 1650 Freestyle events are requested to provide their own timers and lap counters.

Swimmers entering an OPEN event must be at least 11 years old and have a time equal to or faster than the 11-12 "Blue" minimum for that event.

Note Requirements for 5-6 year olds

5-6 swimmers meeting the listed time standard or the following conditions may enter 7-8 events.

A swimmer may swim "up" (not "down") one distance:

(a) If swimmer's time meets 5-8 Red standard for 50 of stroke, may enter 100 of stroke.

(b) If swimmer's time meets 5-8 Blue standard for 100 free or 100 IM, may enter 200 free or 200 IM

(c) If swimmer has equaled or bettered 5-8 Red standard in three events, may enter 100 back, breast and or fly

(d) If swimmer has equaled or bettered 5-8 Blue standard in three events may enter 200 free or 200 IM