



2025 DARE Launch & Lunge Season Opener

September 13-14, 2024

SANCTION NO: #S25-183

MEET DATES: September 13-14, 2025 (2 day meet; 4 sessions)

SANCTIONED BY: USA Swimming and Southern California Swimming

STARTING TIME: 8:30AM WARM-UP BEGINS 7:00 AM

ENTRIES DUE : Wednesday, 9/3/25

SPONSORED BY: DARE Aquatics & Metro Committee

POOL: The North View High School Aquatic Center is located on the campus of North View High School, 1016 W. Cypress Street, Covina, CA 91722.

DIRECTIONS: Exit the 210 freeway at Vernon Ave and go south. Road will change name to Lark Ellen. Turn left onto Cypress Street. The parking lot entrance will be on your right.

COURSE: Outdoor 25-yard pool with up to 8 short course competition lanes and 5 lanes for warm up/down during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. The pool is 7 feet at the start end and at the turn end.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:20 am. Warm-up assignments will be published, divided into two 40 min sessions with times and lanes assigned, if needed. 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 at the discretion of the Meet Referee. The pool will close 10 minutes before the start of each session.

MEET REFEREE: The meet referee is in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, **Wes Jackert** wjackert@gmail.com

RULES: USA Swimming rules, including the Minor Athlete Protection Policies (MAAP 2.0) 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. This meet will be pre-seeded; each team coaches to check in for their swimmers. 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 in 500 & 1650 Free events must 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 2025 or 2026 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. Out of LSC Entries shall not displace Metro teams. 8&Under swimmers may choose to swim either “8&U” or “10&U” or any combination of both.

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: Awarded age groups 8&U, 10&U, 11-12, 13-14, and 15&UP. A Div: Medals 1st- 3rd place; BB and B Div: Ribbons 1-6 Place; Relays: Ribbons 1st – 3rd.

RELAYS: Pre-entry is preferred but deck entries will be accepted.

ENTRY FEES: Surcharge per swimmer: \$15.50. Individual event: \$6. Relays \$10.00. Swimmers may swim up to 4 events per day.

Outreach Swimmers: \$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 of \$50.** 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. **DELTETIONS WILL NOT BE REFUNDED IN ANY CIRCUMSTANCE ONCE ENTRIES ARE SUBMITTED.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5pm on **Wednesday, 9/3/25**. *Receipt of entries will not be verified by phone or email.*

CLOSED DECK: Parent entry will be denied by the deck marshals. No personal canopy set up or spectators seating on deck permitted. Spectators are to clear the deck after viewing their child/children's event (**202.5.5 Spectators will be allowed to enter the pool deck only for their athlete's event. After their athlete finishes, spectators must move off the pool deck.**) More information on this will be published prior to the meet.

DECK ACCESS: Will be limited to swimmers, coaches, officials, meet workers, and facility personnel. Only coaches who hold current membership of USA swimming may be on deck in a coaching capacity.

QUESTIONS: Admin Referee: Yvonne Jo joyvonne32@gmail.com Meet Referee: Wes Jackert wjackert@gmail.com

Meet Director: Joy Lim coachjoy.dare@gmail.com

Make checks payable to: **Team DARE LLC.** **HAND DELIVER THE MEET CHECK TO YVONNE JO ON THE 1ST DAY OF THE MEET**

Email for team electronic entries only: joyvonne32@gmail.com

FOR FURTHER INFORMATION CALL: Joy Lim (323) 896-5290

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

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.

North View High School will be a closed deck. Parents will not be able to be on deck except in the spectator area. No Parent set up on deck. There is no spectators seating on deck at the North View High School aquatic center

Deck Access: Deck access is limited to swimmers, coaches, officials, meet workers, and facility personnel. Only currently registered coach members of USA Swimming may be on deck in a coaching capacity. 202.5.5 Spectators will be allowed to enter the pool deck only for their athlete's event. After their athlete finishes, spectators must move off the pool deck. More information on this will be published prior to the 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.

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

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. MAAPP 2.0 Statement: 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 2.0 ("MAAPP 2.0"), govern this meet. **IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING AND SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND LSC-CA AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.** 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.



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SESSION 1 - SATURDAY AM							SESSION 3 - SUNDAY AM						
Warm Up Time 7:00am			Meet Start Time: 8:30am				Warm Up Time 7:00am			Meet Start Time: 8:30am			
#	GIRLS' MIN	AGE	EVENT	AGE	BOYS' MIN	#	#	GIRLS' MIN	AGE	EVENT	AGE	BOYS' MIN	#
1	2:42.59	11-12	200 Free				52	3:03.89	11-12	200 IM			
2	2:33.59	13-14	200 Free	13-14	2:22.49	3	53	2:51.79	13-14	200 IM	13-14	2:37.99	54
4	2:28.99	15&UP	200 Free	15&UP	2:15.99	5	55	2:46.19	15&UP	200 IM	15&UP	2:30.89	56
6		11-12	50 Breast				57		11-12	50 Back			
7		13 & UP	50 Breast	13 & UP		8	58		13 & UP	50 Back	13 & UP		59
9		11-12	100 Fly				60		11-12	100 Breast			
10		13-14	100 Fly	13-14		11	61		13-14	100 Breast	13-14		62
12		15&UP	100 Fly	15&UP		13	63		15&UP	100 Breast	15&UP		64
14		11-12	50 Free				65		11-12	50 Fly			
15		13 & UP	50 Free	13 & UP		16	66		13 & UP	50 Fly	13 & UP		67
17		11-12	100 Back				68		11-12	100 Free			
18		13-14	100 Back	13-14		19	69		13-14	100 Free	13-14		70
20		15&UP	100 Back	15&UP		21	71		15&UP	100 Free	15&UP		72
22		11-12	200 Fr Relay				73		11-12	100 IM			
23		13-14	200 Fr Relay	13-14		24	74		11-12	200 Med Relay			
25		15&UP	200 Fr Relay	15&UP		26	75		13-14	200 Med Relay	13-14		76
27	6:03.69	11&UP	400 IM	13&UP	5:50.09	28	77		15&UP	200 Med Relay	15&UP		78
							79	6:45.69	11&UP	500 Free	13&UP	6:29.99	80

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY AND 1 RELAY. DARE WILL LIMIT ENTRIES TO COMPLY WITH THE 4-HOUR RULE

Afternoon warm-up begins immediately following AM session. Session 2 & 4 will start 45 minutes after the end of the AM session.

Swimmers in the 500 Free are required to provide their own timers and lap counters.

SESSION 2 - SATURDAY PM							SESSION 3 - SUNDAY PM						
Warm Up Time 7:00am			Meet Start Time: 8:30am				Warm Up Time 7:00am			Meet Start Time: 8:30am			
#	GIRLS' MIN	AGE	EVENT	AGE	BOYS' MIN	#	#	GIRLS' MIN	AGE	EVENT	AGE	BOYS' MIN	#
			200 Free	11-12	2:35.99	29				200 IM	11-12	2:59.29	81
30	3:22.79	10 & U	200 Free	10 & U	3:09.49	31	82		10 & U	100 IM	10 & U		83
32		8 & U	25 Breast	8 & U		33	84		8 & U	25 Back	8 & U		85
			50 Breast	11-12		34				50 Back	11-12		86
35		10 & U	50 Breast	10 & U		36	87		10 & U	50 Back	10 & U		88
			100 Fly	11-12		37				100 Breast	11-12		89
38		10 & U	100 Fly	10 & U		39	90		10 & U	100 Breast	10 & U		91
40		8 & U	25 Free	8 & U		41	92		8 & U	25 Fly	8 & U		93
			100 IM	11-12		104*				50 Fly	11-12		94
42		10 & U	50 Free	10 & U		43	95		10 & U	50 Fly	10 & U		96
			50 free	11-12		44				100 Free	11-12		97
45		10 & U	100 Back	10 & U		46	98		10 & U	100 Free	10 & U		99
			100 Back	11-12		47	100		10 & U	200 Med Relay	10 & U		101
48		10 & U	200 Fr Relay	10 & U		49				200 Med Relay	11-12		102
			200 Fr Relay	11-12		50				500 Free	11-12	6:29.99	103
			400 IM	11-12	5:50.09	51							

400 IM & 500 Fr Minimum Time Standard @ 11-12 BB

8&Under swimmers may choose to swim either "8&U" or "10&U" or any combination of both.

****Event #104 - Missing 11-12 Boys 100 IM has been added as event #104, and will be swum after #41**