



Cerritos Aquatic Club Swim Meet October 11 & 12, 2025

SPONSORED BY:

Southern California Swimming

Team: Cerritos Aquatic Club

Committee: Metro

Held under the sanction of USA Swimming.

Sanction Number: [S25-205]

MEET DATES: 10/11/2025 through 10/12/2025

Warmup Time: 0700 AM Both Days

Meet Start Time: 0830 AM Both Days

Pool Address: CERRITOS OLYMPIC SWIM CENTER, 13150 EAST 166th STREET, Cerritos CA 90703

Directions: From the 91 Freeway: Exit at Carmenita and go North to 166th. From the Santa Ana Freeway (5): Exit at Carmenita and go south to 166th. In both cases, go west on 166th a quarter mile to the pool. Parking is at the rear of the building. Additional parking available at Whitney High School Gymnasium, 16800 Shoemaker Ave., ¼ mile west then ¼ mile south of the pool

Pool Dimensions: CERRITOS OLYMPIC SWIM CENTER is an indoors 50-meter by 25-yard, pool with lanes. Water depth at Start end is the turn end is the same depth. A warm-up area is available. The competition course has been certified in accordance with 104.2.2(C)

Number of Competition Lanes: (10) competition Number of Warm-up Lanes: 5 warmup lanes. Pool depth

Start End: 13.0 ft. in lane 1 to 6.5 ft in lane 10

Turn End: 13.0 ft in lane 1 to 6.5 ft in lane 10.

Medical Supervision: Lifeguards, will be available at this meet. (Article 202.4.11.N)

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 0700 am and 0815 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 30 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. 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.

Swimmers must check in with the Clerk of Course 30 minutes prior to the start of each session for the first 5 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. Note this a Positive Check-in Meet not pre-seeded.

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 500 and 1650 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 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 2025 or 2026 USA Swimming Registration in Metro Committee. 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 (unattach 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: Awarded age groups 5-8, 7-10 and 11-12. A Div: Medals 1-3 Place & Ribbons 4-8 Place; BB and B Div: Ribbons 1-8 Place; Relays: Medal 1st Place & Ribbons 2-3 Place. Not awarded events are those with a min time std.

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 8 pm on Wednesday, 10/02/25. 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 ntry. 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: ocpswim@hotmail.com

MAIL OR HAND DELIVER TO: Carol Pena 413 E. 212th St, Carson, CA 90745

MAKE CHECKS PAYABLE TO: Cerritos Aquatic Club

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

Meet Director: Tatsuya Koyama: tkoyama0778@gmail.com

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

Meet Processor: Carol Pena: ocpswim@hotmail.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 833-5USSAFE (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.

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.



Cerritos Aquatic Club Short Course Swim Meet

ENTRIES DUE: October 01,2025

October 11 & 12, 2025

Sanction No. S25--205

Saturday, October 11

Sunday, October 12

Warm Up Time 7:00am

Meet Start Time: 8:30am

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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		13-14	200 Free	13-14		5
6		15-UP	200 Free	15-UP		7
			50 Back	11-12		8
9		13-14	50 Back	13-14		10
11		15-UP	50 Back	15-Up		12
			100 IM	11-12		13
14		13-14	100 Breast	13-14		15
16		15-UP	100 Breast	15-Up		17
			100 Breast	11-12		18
19		13-14	50 Free	13-14		20
21		15-UP	50 Free	15-UP		22
			50 Free	11-12		23
24		13-14	100 Fly	13-14		25
26		15-UP	100 Fly	15-UP		27
			100 Fly	11-12		28
29	2:46.69	13-UP	200 Back	11-UP	2:40.49	30
31	Relays time	13-14	200 Fr Relay	13-14	Relays	32
33	Permitting	15-UP	200 Fr Relay	15-UP	Time	34
			200 Fr Relay	11-12	Permitting	35
36	23:19.69	13-UP	1650 Free	11-UP	22:42.89	37

Sunday Morning Session 3						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
68	3:10.99	13-UP	200 Breast	11-UP	3:02.39	69
			50 Fly	11-12		70
71		13-14	50 Fly	13-14		72
73		15-Up	50 Fly	15-Up		74
			100 Back	11-12		75
76		13-14	100 Back	13-14		77
78		15-UP	100 Back	15-Up		79
			200 IM	11-12		80
81		13-14	200 IM	13-14		82
83		15-Up	200 IM	15-Up		84
			50 Breast	11-12		85
86		13-14	50 Breast	13-14		87
88		15-Up	50 Breast	15-Up		89
			100 Free	11-12		90
91		13-14	100 Free	13-14		92
93		15-Up	100 Free	15-Up		94
95	6:03.69	13-UP	400 IM	11-UP	5:50.09	96
97	Relays Time	15-UP	200 Med Relay	15-UP	Relays	98
99	Permitting	13-14	200 Med Relay	13-14	Time	100
			200 Med Relay	12-Nov	Permitting	101
102	6:45.69	13-UP	500 Freestyle	11-UP	6:29.99	103

MAXIMUM 4 INDIVIDUAL EVENTS PER DAY.AND ONE RELAY

CERRITOS WILL LIMIT THE MEET TO COMPLY WITH THE 4-HOUR RULE – MAIL EARLY

Saturday Afternoon Session 2							Sunday Afternoon Session 4						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#	#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
38	2:46.69	11-12	200 Back				104	2:50.29	11-12	200 Fly			
39	3:22.79	7-10	200 Free	7-10	3:09.49	40	105	3:42.09	7-10	200 IM	7-10	3:38.59	106
41		11-12	200 Free				107		11-12	200 IM			
42		5-8	100 Free	5-8		43	108		5-8	100 IM	5-8		109
44		11-12	100 Breast				110		7-10	50 Breast	7-10		111
45		7-10	100 Breast	7-10		46	112		11-12	50 Breast			
47		5-8	25 Breast	5-8		48	113		5-8	25 Fly	5-8		114
49		11-12	50 Free				115		7-10	50 Fly	7-10		116
50		7-10	50 Free	7-10		51	117		11-12	50 Fly			
52		5-8	50 Free	5-8		53	118		5-8	25 Free	5-8		119
54		7-10	100 Back	7-10		55	120		7-10	100 Free	7-10		121
56		11-12	100 Back				122		11-12	100 Free			
57		5-8	25 Back	5-8		58	123		7-10	50 Back	7-10		124
59		11-12	100 IM				125		11-12	50 Back			
60		7-10	100 IM	7-10		61	126		7-10	100 Fly	7-10		127
62		11-12	100 Fly				128	3:10.99	11-12	200 Breast			
63	6:03.69	11-12	400 IM				129	Relays Time	5-10	200 Med Relay	5-10		130
64	Relays Time	5-10	200 Fr Relay	5-10	Relays Time	65	131	Permitting	11-12	200 Med Relay			
66	Permitting	11-12	200 Fr Relay	11-12	Permitting		132	6:45.69	11-12	500 Freestyle			
67	23:19.69	11-12	1650 Free										

Relays are deck entered and swam time permitting

Swimmers may only swim in one session per day.

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

The 1650 will swim fastest to slowest alternating girls & boys.

Swimmers entering events a with Min Time Std must meet the listed Min time, events none awarded