



# Downey Dolphins Swim Team

## Short Course Swim Meet

Sanction No. S23-016

Sanctioned by USA Swimming & Southern California Swimming

MEET DATE: January 21 & 22, 2023 (2 Day/4 Sessions)

Warm up: 7:00am / Meet Start Time: 8:30am

Entry Due Date: Team Electronic Entries Must be Received by 5:00 pm on Wednesday, January 11, 2023

SPONSORED BY: Downey Dolphins Swim Team & Metro Committee

**POOL:** Warren High School, 8141 De Palma St, Downey, CA 90241

**DIRECTIONS:** 5 Freeway South to Paramount Exit. Proceed South on Paramount to Warren High School. Parking Lot will be on your left.

**COURSE:** 5x35 yard outdoor pool. Up to 8 lanes of competition. 4 lanes for warm-up. The competition course has **NOT** 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:** Teams will be assigned lanes for warm-up. USA Swimming Member Coach must supervise warm-up. 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. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

**MEET REFEREE:** The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Kent Li - [kli.0302@computerville.com](mailto:kli.0302@computerville.com)

**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 must check in with the clerk of course 30 minutes prior to the start of each session for the first 6 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 Start Date of the meet to enter. **Timers are requested to be provided by each team.** Events will be swim fast to slow. Swimmer may swim a maximum of 6 individual events (3 each day). All coaches and officials on deck must complete the CANRA and the CDC or NFHS Concussion course. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) will govern this meet.

**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:** Please see USA Swimming Rule 102.8 in the 2022 USA Swimming Rule Book (page 32-34). Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition

**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.

**ELIGIBILITY:** Open to Metro Committee athletes who hold a 2023 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline **5:00 pm on Wednesday, January 11, 2023.** No late or deck registration will be accepted. **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. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete. 11-12 Swimmers may only swim in one session per day.

**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 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:** "A" Division – Medals 1-3; Ribbons 4-8; "BB" Division & "B" Divisions – Ribbons 1-8. Relays: Medals 1<sup>st</sup> place, Ribbons 2<sup>nd</sup> - 3<sup>rd</sup> place  
Events 31-32, 64-65, 128-129 are none awarded

**ENTRY PROCEDURE:** **\$5.50** for each individual event PLUS **\$15.50** surcharge per swimmer must accompany each individual entry card. Relay teams will be entered on deck (if offered) for a **\$10.00** fee. **Make checks payable to Downey Dolphins Swim Team.** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, **WEDNESDAY, January 11, 2023.** 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. Entry times will not be changed after the entry deadline.**

**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.**

E-MAIL ENTRIES TO: [ocpswim@hotmail.com](mailto:ocpswim@hotmail.com)

Mailing Address or Hand Deliver to 413 E. 212<sup>th</sup> St, Carson, CA 90745

QUESTIONS: Meet Processor & Admin Referee: Carol Pena: [ocpswim@hotmail.com](mailto:ocpswim@hotmail.com)

Meet Director: Frederico Ricketts (323) 823-3620

Meet Referee: Kent Li - [kli.0302@computerville.com](mailto:kli.0302@computerville.com)

**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.

**Individual, COVID Specific Waiver (see below):** The document will be available through the OME entry site and should be completed electronically. It is required for participation in this event.

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

**COVID 19 Acknowledgement:** We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

**COVID 19 Sanction Requirements:** Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals, including a safety plan (attached), assumption of risk (attached) and release of liability (attached), which will remain in place through July 31, 2021. As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.



# Downey Dolphins Swim Team

## Short Course Swim Meet

January 21 & 22, 2023

Sanction No. S23-016

**ENTRIES DUE: Wednesday, January 11, 2023**

### Saturday, January 21, 2023

### Sunday, January 22, 2023

Warm Up Time: 7:00 am

Meet Start Time: 8:30 am

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Meet Start Time: 8:30 am

| Morning Session 1 |            |      |                  |       |            |     |
|-------------------|------------|------|------------------|-------|------------|-----|
| NO.               | GIRLS MIN  |      | EVENT            | AGE   | BOYS MIN   | NO. |
| 1                 | 2:47.19    | OPEN | 200 Fly          | OPEN  | 2:40.79    | 2   |
|                   |            |      | 200 Freestyle    | 11-12 |            | 3   |
| 4                 |            |      | 200 Freestyle    | 13-14 |            | 5   |
| 6                 |            |      | 200 Freestyle    | 15-UP |            | 7   |
|                   |            |      | 100 IM           | 11-12 |            | 8   |
| 9                 |            |      | 100 Breaststroke | 13-14 |            | 10  |
| 11                |            |      | 100 Breaststroke | 15-UP |            | 12  |
|                   |            |      | 100 Breaststroke | 11-12 |            | 13  |
| 14                |            |      | 50 Freestyle     | 13-14 |            | 15  |
| 16                |            |      | 50 Freestyle     | 15-UP |            | 17  |
|                   |            |      | 50 Freestyle     | 11-12 |            | 18  |
| 19                |            |      | 100 Fly          | 13-14 |            | 20  |
| 21                |            |      | 100 Fly          | 15-UP |            | 22  |
|                   |            |      | 100 Fly          | 11-12 |            | 23  |
| 24                | 2:43.99    | OPEN | 200 Backstroke   | OPEN  | 2:39.69    | 25  |
| 26                | Relays     |      | 200 Free Relay   | 13-14 | Relays     | 27  |
| 28                | Time       |      | 200 Free Relay   | 15-UP | Time       | 29  |
|                   | Permitting |      | 200 Free Relay   | 11-12 | Permitting | 30  |
| 31                | 23:07.29   | OPEN | 1650 Free Open   | OPEN  | 22:37.49   | 32  |

| Morning Session 3 |            |      |                  |       |            |     |
|-------------------|------------|------|------------------|-------|------------|-----|
| NO.               | GIRLS MIN  |      | EVENT            | AGE   | BOYS MIN   | NO. |
| 63                | 5:56.79    |      | 400 IM           | 13-UP | 5:46.39    | 64  |
|                   |            |      | 50 Breaststroke  | 11-12 |            | 65  |
| 66                |            |      | 200 IM           | 13-14 |            | 67  |
|                   |            |      | 50 Fly           | 11-12 |            | 68  |
| 69                |            |      | 200 IM           | 15-UP |            | 70  |
|                   |            |      | 200 IM           | 11-12 |            | 71  |
| 72                |            |      | 100 Backstroke   | 13-14 |            | 73  |
| 74                |            |      | 100 Backstroke   | 15-UP |            | 75  |
|                   |            |      | 100 Backstroke   | 11-12 |            | 76  |
| 77                |            |      | 100 Freestyle    | 13-14 |            | 78  |
|                   |            |      | 100 Freestyle    | 11-12 |            | 79  |
| 80                |            |      | 100 Freestyle    | 15-UP |            | 81  |
|                   |            |      | 50 Backstroke    | 11-12 |            | 82  |
| 83                | 3:06.59    | OPEN | 200 Breaststroke | OPEN  | 3:00.19    | 84  |
| 85                | Relays     |      | 200 Med Relay    | 15-UP | Relays     | 86  |
| 87                | Time       |      | 200 Med Relay    | 13-14 | Time       | 88  |
|                   | Permitting |      | 200 Med Relay    | 11-12 | Permitting | 89  |
| 90                | 6:38.19    | OPEN | 500 Freestyle    | OPEN  | 6:27.49    | 91  |

**MAXIMUM 3 INDIVIDUAL EVENTS PER DAY. DOWNEY DOLPHINS 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**

| Afternoon Session 2 |             |      |                  |       |             |     |
|---------------------|-------------|------|------------------|-------|-------------|-----|
| NO.                 | GIRLS MIN   |      | EVENT            | AGE   | BOYS MIN    | NO. |
| 33                  | 2:43.99     | OPEN | 200 Backstroke   | OPEN  |             |     |
| 34                  | 2:57.19     |      | 200 Freestyle    | 7-10  | 2:16.19     | 35  |
| 36                  |             |      | 200 Freestyle    | 11-12 |             |     |
| 37                  |             |      | 100 Freestyle    | 5-8   |             | 38  |
| 39                  |             |      | 100 Breaststroke | 11-12 |             |     |
| 40                  |             |      | 100 Breaststroke | 7-10  |             | 41  |
| 42                  |             |      | 25 Breaststroke  | 5-8   |             | 43  |
| 44                  |             |      | 50 Freestyle     | 11-12 |             |     |
| 45                  |             |      | 50 Freestyle     | 7-10  |             | 46  |
| 47                  |             |      | 50 Freestyle     | 5-8   |             | 48  |
| 49                  |             |      | 100 Backstroke   | 7-10  |             | 50  |
| 51                  |             |      | 100 Backstroke   | 11-12 |             |     |
| 52                  |             |      | 25 Backstroke    | 5-8   |             | 53  |
| 54                  |             |      | 100 IM           | 11-12 |             |     |
| 55                  |             |      | 100 IM           | 7-10  |             | 56  |
| 57                  |             |      | 100 Fly          | 11-12 |             |     |
| 58                  | MIXED       |      | 100 Free Relay   | 5-8   | MIXED       | 58  |
| 59                  | Relays Time |      | 200 Free Relay   | 7-10  | Relays Time | 60  |
| 61                  | Permitting  |      | 200 Free Relay   | 11-12 | Permitting  |     |
| 62                  | 23:07.29    | OPEN | 1650 Free Open   |       |             |     |

| Afternoon Session 4 |             |      |                  |       |             |     |
|---------------------|-------------|------|------------------|-------|-------------|-----|
| NO.                 | GIRLS MIN   |      | EVENT            | AGE   | BOYS MIN    | NO. |
| 92                  | 2:47.19     | OPEN | 200 Fly          | OPEN  |             |     |
| 93                  | 3:23.50     |      | 200 IM           | 7-10  | 3:24.50     | 94  |
| 95                  |             |      | 200 IM           | 11-12 |             |     |
| 96                  |             |      | 100 IM           | 5-8   |             | 97  |
| 98                  |             |      | 50 Breaststroke  | 7-10  |             | 99  |
| 100                 |             |      | 50 Breaststroke  | 11-12 |             |     |
| 101                 |             |      | 25 Fly           | 5-8   |             | 102 |
| 103                 |             |      | 50 Fly           | 7-10  |             | 104 |
| 105                 |             |      | 50 Fly           | 11-12 |             |     |
| 106                 |             |      | 25 Freestyle     | 5-8   |             | 107 |
| 108                 |             |      | 100 Freestyle    | 7-10  |             | 109 |
| 110                 |             |      | 100 Freestyle    | 11-12 |             |     |
| 111                 |             |      | 50 Backstroke    | 7-10  |             | 112 |
| 113                 |             |      | 50 Backstroke    | 11-12 |             |     |
| 114                 |             |      | 100 Fly          | 7-10  |             | 115 |
| 116                 | 3:06.59     | OPEN | 200 Breaststroke | OPEN  |             |     |
| 117                 | MIXED       |      | 100 Med Relay    | 5-8   | MIXED       | 117 |
| 118                 | Relays Time |      | 200 Med Relay    | 7-10  | Relays Time | 119 |
| 120                 | Permitting  |      | 200 Med Relay    | 11-12 | Permitting  |     |
| 121                 | 6:38.19     | OPEN | 500 Freestyle    |       |             |     |

**All Relays are deck entered.**

**Legal Mixed Relays are composed of 2 females and 2 males**

**The 1650 will swim fastest to slowest alternating girls and boys.**

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

**Open Events can only be swam once even if offered twice.**

**Open Events will not be awarded.**

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

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

**Entry times will not be changed after the entry deadline.**

**11 and 12 swimmers may only swim in 1 session per day**