



MEET NAME: Metro Championships 2026 - Lakewood Aquatics LC

SPONSORED BY:

Southern California Swimming

Team: Lakewood Aquatics

Committee: Metro

Held under the sanction of USA Swimming.

Sanction Number: S26-156

MEET DATES: 7/11/2026 Through 7/12/2026

Warmup Time: 7:00 am **Meet Start Time:** 8:30 am

Pool Address: 3591 W. Cerritos Avenue, Los Alamitos, CA 90720

Directions: From North or South 605 FWY Exit Katella Ave, head north on Katella Ave. Turn left onto Los Alamitos Blvd. Turn right onto Cerritos Ave. Turn left at the first stoplight into Los Alamitos High School. Continue straight to back parking lot.

Pool Dimensions: Los Alamitos HS Aquatic Center is an outdoor 50-meter by 25-yard pool, with 8 lanes for competition and an additional 1 lane for warm-up/warm-down. The competition course has been certified in accordance with 104.2.2(C), and is on file with USA Swimming

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7 am and 8:20 AM. Diving will be allowed in designated warmup lanes only under the supervision of the coaches and marshals. Warmup lanes will be assigned. Warmup lanes will open 20 minutes before the start of 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 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. Coaches must declare scratches daily. This meet will limit entries to meet the "4-hour rule" for 12-Under swimmers, unless a Championship meet. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet to compete. All coaches and officials must be current USA Swimming members. There will be separate restrooms for athletes and coaches/officials.

The swimmers/events page for each day will be available the night before. Scratches close 1 hour before the start of the session. 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 July 11, 2026, to enter this meet. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet to compete. Timers are required to be provided by each team. Swimmers competing in the following events 400 Freestyle and 1500 Freestyle 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 3 individual events and 1 relay per day. Bonus Event: Bonus events must be National B – NO NTs. One or Two qualifying events may enter 1 Bonus event totaling = 3 events.

A swimmer found, prior to seeding, to have exceeded the session, daily, or overall meet entry limit shall be scratched from any and all events that occur beyond the allowable limit, in the order that events are contested. A swimmer found to have competed in events beyond entry limits shall be administratively disqualified from any and all events that were swum beyond the allowable limit.

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 a coach member of USA Swimming in good standing.

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 all athletes who hold 2026 USA Swimming Registration. 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 (unattached or attached) 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: Individual - 1st–8th places, custom medals. Relays - 1st–3rd place teams, custom medals

ENTRY FEES: \$ 7.00 per individual event, \$ 20.00 per relay, and \$ 20.00 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. Bonus Event: Bonus events must be National B – NO NTs.
· One or two qualifying events may enter 1 Bonus event totaling = 3 events.

ENTRY SUBMISSIONS: Entries must be received by the meet processor no later than July 1, 2026 (Wednesday) by 5:00 PM **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 file entry. 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: suzshep@roadrunner.com

OR HAND DELIVER TO: 11110 Davis St., Moreno Valley, CA 92557

SCS Meet Form Rev. 2025_C



MAKE CHECKS PAYABLE TO: Lakewood Aquatics

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: Son Phan admin@lakewoodaquatics.com
Meet Referee: Lisa Frederick charlign188@yahoo.com
Meet Processor: Susie Sheppard suzshep@roadrunner.com

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5pm on July 1, 2026 (Wednesday)

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 833-5US-SAFE (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.

It is understood and agreed that USA Swimming, Lakewood Aquatics Swim Team and Los Alamitos High School shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.



SOUTHERN CALIFORNIA SWIMMING EMERGENCY ACTION PLAN (EAP)

EVENT: Metro Championships 2026 - Lakewood Aquatics

TEAM/HOST NAME: Lakewood Aquatics (LKWD)

Date: July 11-12, 2026.

Time: 8:30 am (start) and 5:30 pm (finish)

Location: Los Alamitos High School Aquatic Center
3591 Cerritos Avenue, Los Alamitos, CA 90720

Sanction by: USA Swimming and Southern California Swimming

Sanction No:

Meet Manager on event day: Son Phan

Meet Manager's phone: (323)369-3583

Event Admin: Susie Sheppard, email: suzshep@roadrunner.com

Head Meet Referee: Lisa Frederick email: charligirl88@yahoo.com

Medical Response:

Emergency—Dial 911 Lifeguard at this meet. Medical assistance or first aid—Call 911/Control crowd around victim/Notify the Admin area/Await assistance from first responder

Fire Dept/Paramedic Unit: Dial 911

Los Alamitos Fire Department
4250 Constitution Avenue
Los Alamitos, CA 90720

Law Enforcement Emergency: Dial 911

Los Alamitos Police Department
3191 Katella Avenue
Los Alamitos, CA 90720

Civil Disturbance: Dial 911 and Notify admin

Suspicious Person: Dial 911 and Notify admin

Missing Person/Child- Notify the Admin area/Obtain description of the missing person/ announce as appropriate for help in location the missing person/Contact law enforcement if needed to report a missing person.

Fires Emergencies---Dial 911/ Clear the Pool and deck area to the basketball courts/Contact all teams and request an accountability check. Await emergency response personnel.

Meet Marshalls: Meet Marshalls will be wearing a yellow vest and will assist athlete's coaches during pre-meet warm-up and warm downs during the meet. Meet Marshalls will serve as crowd control authority.

Life Safety:

Earthquake: Adhere to facility EAP protocols. Notify all occupants to clear the pool immediately. Dial 911 if needed. Evacuate all persons to the basketball courts away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the pool deck for at least 30 minutes after the last lightning strikes the area.

Hazardous Materials Emergencies: Dial 911. Evacuate all persons in attendance to a safe area away from the upwind of any hazardous material. Open area after first responder or specialist reopens the facility.

CLOSEST HOSPITAL: Los

Alamitos Medical Center

3751 Katella Ave Los Alamitos CA 90720

562-598-1311

CLOSEST URGENT CARE:

Reddy Urgent Care

4288 Katella Ave

Los Alamitos, CA. 90720

(562) 296-8514



Metro Championships 2026 - Lakewood Aquatics LC
 July 11-12, 2026
 Entries Due: July 1, 2026 5:00 PM

Sanction #S26-156

You may swim a total of 4 individual events and 1 relay per day

Saturday, July 11, 2026

Sunday, July 12, 2026

| Morning Session | | | | | | | | |
|-----------------|---------|------------|----|-----|---|------------|---------|------|
| Girls | Min/Max | Age | | | | Stroke | Min/Max | Boys |
| 1 | 2:59.49 | 13-14 | BB | 200 | M | Back | 2:48.79 | 2 |
| 3 | 2:53.39 | 15- and Up | BB | 200 | M | Back | 2:39.99 | 4 |
| 5 | 2:42.79 | 13-14 | BB | 200 | M | Freestyle | 2:32.29 | 6 |
| 7 | 2:37.09 | 15- and Up | BB | 200 | M | Freestyle | 2:25.39 | 8 |
| 9 | 1:34.99 | 13-14 | BB | 100 | M | Breast | 1:27.09 | 10 |
| 11 | 1:31.59 | 15- and Up | BB | 100 | M | Breast | 1:23.09 | 12 |
| 13 | 1:20.99 | 13-14 | BB | 100 | M | Butterfly | 1:14.59 | 14 |
| 15 | 1:18.29 | 15- and Up | BB | 100 | M | Butterfly | 1:11.29 | 16 |
| 17 | 39.49 | 13-14 | BB | 50 | M | Backstroke | 36.69 | 18 |
| 19 | 38.29 | 15- and Up | BB | 50 | M | Backstroke | 35.09 | 20 |
| 21 | 34.59 | 13-14 | BB | 50 | M | Freestyle | 31.79 | 22 |
| 23 | 33.49 | 15- and Up | BB | 50 | M | Freestyle | 30.59 | 24 |
| 25 | 5:58.29 | 13-14 | A | 400 | M | IM | 5:34.89 | 26 |
| 27 | 5:46.89 | 15- and Up | A | 400 | M | IM | 5:21.19 | 28 |
| 29 | 5:24.29 | 13-14 | A | 400 | M | Medley Rel | 4:59.19 | 30 |
| 31 | 5:20.89 | 15- and Up | A | 400 | M | Medley Rel | 4:52.39 | 32 |
| 33 | 5:15.49 | 13-14 | A | 400 | M | Freestyle | 4:58.69 | 34 |
| 35 | 5:04.49 | 15- and Up | A | 400 | M | Freestyle | 4:46.39 | 36 |

| Morning Session | | | | | | | | |
|-----------------|----------|------------|----|------|---|-------------|----------|------|
| Girls | Min/Max | Age | | | | Stroke | Min | Boys |
| 63 | 3:24.59 | 13-14 | BB | 200 | M | Breast | 3:08.29 | 64 |
| 65 | 3:17.29 | 15- and Up | BB | 200 | M | Breast | 3:00.59 | 66 |
| 67 | 1:23.29 | 13-14 | BB | 100 | M | Back | 1:17.69 | 68 |
| 69 | 1:20.69 | 15- and Up | BB | 100 | M | Back | 1:13.69 | 70 |
| 71 | 1:15.39 | 13-14 | BB | 100 | M | Freestyle | 1:09.79 | 72 |
| 73 | 1:12.79 | 15- and Up | BB | 100 | M | Freestyle | 1:06.69 | 74 |
| 75 | 37.09 | 13-14 | BB | 50 | M | Butterfly | 34.59 | 76 |
| 77 | 36.19 | 15- and Up | BB | 50 | M | Butterfly | 33.09 | 78 |
| 79 | 44.39 | 13-14 | BB | 50 | M | Breast | 40.89 | 80 |
| 81 | 42.89 | 15- and Up | BB | 50 | M | Breast | 38.79 | 82 |
| 83 | 3:03.09 | 13-14 | BB | 200 | M | IM | 2:49.79 | 84 |
| 85 | 2:57.49 | 15- and Up | BB | 200 | M | IM | 2:43.59 | 86 |
| 87 | 3:01.69 | 13-14 | BB | 200 | M | Butterfly | 2:46.79 | 88 |
| 89 | 2:54.39 | 15- and Up | BB | 200 | M | Butterfly | 2:39.49 | 90 |
| 91 | 4:52.19 | 13-14 | A | 400 | M | Freestyle R | 4:30.19 | 92 |
| 93 | 4:52.39 | 15- and Up | A | 400 | M | Freestyle R | 4:22.79 | 94 |
| 95 | 20:58.59 | 13-14 | A | 1500 | M | Freestyle | 19:46.79 | 96 |
| 97 | 20:11.59 | 15- and Up | A | 1500 | M | Freestyle | 18:58.49 | 98 |

| Afternoon Session | | | | | | | | |
|-------------------|---------|------------|----|-----|-------|-------------|---------|----|
| Girls | Min | Age | | | Event | Min | Boys | |
| 37 | 1:55.39 | 9-10 | BB | 100 | M | Butterfly | 1:52.89 | 38 |
| 39 | 1:30.49 | 11-12 | BB | 100 | M | Butterfly | 1:27.29 | 40 |
| 41 | 49.69 | 10 and und | BB | 50 | M | Backstroke | 49.29 | 42 |
| 43 | 41.59 | 11-12 | BB | 50 | M | Backstroke | 41.09 | 44 |
| 45 | 40.89 | 10 and und | BB | 50 | M | Freestyle | 39.79 | 46 |
| 47 | 35.89 | 11-12 | BB | 50 | M | Freestyle | 34.79 | 48 |
| 49 | 2:03.89 | 9-10 | BB | 100 | M | Breaststrok | 1:59.19 | 50 |
| 51 | 1:42.19 | 11-12 | BB | 100 | M | Breaststrok | 1:39.59 | 52 |
| 53 | 3:48.89 | 9-10 | BB | 200 | M | IM | 3:43.69 | 54 |
| 55 | 3:15.59 | 11-12 | BB | 200 | M | IM | 3:08.99 | 56 |
| 57 | 6:24.79 | 11-12 | A | 400 | M | IM | 6:15.39 | 58 |
| 59 | 2:37.99 | 10 and und | A | 200 | M | Freestyle R | 2:36.79 | 60 |
| 61 | 2:20.89 | 11-12 | A | 200 | M | Freestyle R | 2:17.39 | 62 |

| Afternoon Session | | | | | | | | |
|-------------------|---------|------------|----|-----|-------|-------------|---------|-----|
| Girls | Min | | | | Event | Min | Boys | |
| 99 | 3:25.69 | 9-10 | BB | 200 | M | Freestyle | 3:14.99 | 100 |
| 101 | 2:53.09 | 11-12 | BB | 200 | M | Freestyle | 2:46.39 | 102 |
| 103 | 48.09 | 10 and und | BB | 50 | M | Butterfly | 46.39 | 104 |
| 105 | 38.79 | 11-12 | BB | 50 | M | Butterfly | 38.69 | 106 |
| 107 | 55.49 | 10 and und | BB | 50 | M | Breaststrok | 54.39 | 108 |
| 109 | 46.19 | 11-12 | BB | 50 | M | Breaststrok | 45.89 | 110 |
| 111 | 1:32.99 | 10 and und | BB | 100 | M | Freestyle | 1:30.59 | 112 |
| 113 | 1:19.49 | 11-12 | BB | 100 | M | Freestyle | 1:16.19 | 114 |
| 115 | 1:48.09 | 9-10 | BB | 100 | M | Backstroke | 1:44.49 | 116 |
| 117 | 1:32.69 | 11-12 | BB | 100 | M | Backstroke | 1:29.59 | 118 |
| 119 | 5:36.79 | 11-12 | A | 400 | M | Freestyle | 5:26.69 | 120 |
| 121 | 2:58.89 | 10 and und | A | 200 | M | Medley Rel | 3:00.09 | 122 |
| 123 | 2:37.89 | 11-12 | A | 200 | M | Medley Rel | 2:34.09 | 124 |

ENTRIES RECEIVED BY 5:00 PM: July 1, 2026 (Wednesday)

*Times submitted must be best recorded times short or long course, maximum 3 individual events per day + 1 relay. No more than 8 individual events for the meet.

*Events will be swum fastest to slowest

*Distance events 400M + will be swum alternating girls and boys

*Swimmers in the 1500 Free are requested to have their own timers and lap counters

*Awarded separately as it includes multiple age groups