



# South East Aquatics Dolphins Swim Team

## Long Course Swim Meet

May 2-3, 2026

SANCTIONED BY: USA Swimming & Southern California Swimming

ENTRIES DUE: Wednesday, April 22, 2026,

Afternoon Session will begin no sooner than 45 minutes after the end of the Morning Session

SANCTION NO: 026- 087

WARM-UP BEGINS 7:00 AM BOTH DAYS

STARTING TIME: 8:30 AM BOTH DAYS

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SEA Dolphins WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY  
MAXIMUM 4 INDIVIDUAL AND 1 RELAY EVENT PER DAY Events will swim fastest to slowest

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**POOL:** JOHN ANSON FORD PARK REGIONAL AQUATICS CENTER [7950 Scout Ave. Bell Gardens CA, 90201](https://www.cityofbellgardens.com/9900-Scout-Ave-Bell-Gardens-CA-90201). Ample free parking, lots of deck and grass space for set up of canopies.

**COURSE:** Outdoor 50 meter by 25-yard pool, with up 8 long course competition lanes and an additional 3 lane pool for warm up/down during the meet. The competition course has not been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 13.0 ft. at the start end and 4.ft at the turn end.

**MEET REFEREE:** The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to: Sandy Comer email: [Snobul@verizon.net](mailto:Snobul@verizon.net)

**RULES:** Current 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. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete. All coaches and officials must be current USA Swimming members. 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. There will be separate restrooms for athletes and coaches/officials. This meet will limit entries to meet the “4 Hour” rule. Events will be swum FASTEST TO SLOWEST. **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. No deck entries will be allowed. 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 May 2, 2026 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 400 Freestyle and 1500 freestyle event are required to furnish their own timers and lap counters. Changes to the meet management may be made with the approval of the Meet Host. All Teams are required to provide timers.

**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.

**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.

**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 all Metro athletes who hold a 2026 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline April 22, 2026. 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 if space is available; please submit a copy of the registration with entries. In SCS age, 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.

**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 in SWIMS 3.0.

**SUBMITTED TIMES:** Times submitted must be the best recorded short course or long course from this or the 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. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. 7-8 swimmers may choose to swim either “5-8” or “7-10” (or any combination of both).

**AWARDS:** 12-and Under “A” Division “BB” Division & “B” Divisions – Ribbons 1-8; Relays: Ribbons 1<sup>st</sup>, 2<sup>nd</sup> - 3<sup>rd</sup> place. Events not awarded Highlighted events and all 13 & Over events.

**ENTRY FEES:** \$ 6.00 for each individual event along with a \$ 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 Southeast Aquatic Dolphins Swim Team 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. Entry times will not be changed after the entry deadline.

**OUTREACH ENTRY FEES:** Coaches entering any qualified Outreach athletes in this meet must provide their team outreach registration roster from SWIMS/USAS to the meet admin when sending their team entry report and file listing the outreach athletes' name. The Outreach athlete entry fee is a flat \$15.00 fee.

**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.

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, April 22, 2026. 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.

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

**Receipt of entries will not be verified by phone or e-mail.**

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

**Make checks payable to: South East Aquatics Dolphins Swim Team**

**Email for team electronic entries only: [ocpswim@hotmail.com](mailto:ocpswim@hotmail.com)**

**MAIL AND WALK IN ENTRIES TO: Carol Peña 413 E 212 Th St Carson CA 90745**

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Meet Director: Federico Ricketts (323) 823-3620

Meet Referee: Sandy Comer email: [Snobul@verizon.net](mailto:Snobul@verizon.net)

Admin Referee: Carol Pena Email: [ocpswim@hotmail.com](mailto:ocpswim@hotmail.com)

**SANCTIONED BY: USA Swimming & Southern California Swimming**

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

**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](http://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](http://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, Bell Gardens and South East Aquatics Dolphins Swim Team shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event**

# Emergency Action Plan (EAP)

Sanction #:026-087

<b>Event:</b>	<b>Metro Committee LC ABC Swim Meet</b>		
<b>Host:</b>	Southeast Aquatics Dolphins Swim Team		
<b>Location:</b>	<b>John Anson Ford Park Regional Aquatic Center</b> <b>7950 Scout Ave. Bell Gardens CA, 90201</b> <b>Meet EMT double doors or east driveway</b>		
<b>Date:</b>	May 2-3, 2026		
<b>Time:</b>	6:00am – 6:00pm (Saturday & Sunday)		
<b>Manager Contact:</b>	Ozzie Romero	<b>Phone</b>	323-787-6221
<b>Coordinator Contact:</b>	Federico Ricketts	<b>Phone</b>	323-823-3620
<b>Meet Admin</b>	Carol Pena	<b>Phone</b>	310 753-2275

## Medical Response and Law Enforcement

<b>Emergency:</b>	Dial 911 / Notify Lifeguard (if applicable)
<b>Medical Assistance or First Aid:</b>	Notify Lifeguards or Call 911 <b>“Control crowds around victim,  Await assistance from first responders” – per facility management</b>
<b>Medical Emergency:</b>	Notify Lifeguards or Call 911
<b>Fire Department:</b>	Notify Lifeguards or Call 911 Fire Station #39 7000 Garfield Ave. Bell Gardens, CA 90201 (562)927-1211
<b>Closest Hospital:</b>	PIH Health Hospital, 11500 Brookshire Ave. Downey CA 900241 (562)904-5000
<b>Closest Urgent Care:</b>	Urgent Care Center 8500 Florence Ave. Unit 101 Downey CA. 90240 (562)202-5020
<b>Law Enforcement:</b>	CALL 911 – Notify Lifeguards 7100 Garfield Ave. Bell Gardens, CA 90201 (562) 806-7700

\*\*\*For all emergencies refer to lifeguards. Per City of Montebello stipulation, liability resides with lifeguards.

# Emergency Action Plan (EAP)

## GENERAL

**For Civil Disturbance:** Notify lifeguard and meet manager, dial 911, separate uninvolved parties to a safe area.

**For Suspicious Persons:** Notify lifeguards and meet manager, dial 911, maintain a safe distance until law enforcement responds.

**For Missing Person/ Child:** Notify lifeguards, obtain description of missing person, announce as appropriate for help in locating missing person, contact law enforcement if needed to report missing person.

## Life Safety

**Earthquake:** Adhere to facility emergency procedures. Notify lifeguards. Notify all occupants to clear pool immediately. Call 911 if needed. Evacuate all persons in attendance to parking lot or front lawn away from all buildings. Contact all teams and request an accountability check.

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

**Fires:** Call 911. Clear the pool immediately. Evacuate all persons in attendance to parking lot or safe area outside of structure. Contact all teams and request an accountability check. Await emergency response outside structure and report to responding personnel if all persons are accounted for.

**Hazardous Materials:** Call 911. Notify lifeguards. Evacuate all persons in attendance to a safe area away from and upwind of any hazardous material.

**Electrical Emergency:** Call 911. Notify lifeguards. Notify all occupants to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from the hazard.

## Emergency Contacts

<b>For Life and Safety:</b>	Dial 911 and state nature of emergency		
<b>Manager:</b>	Ozzie Romero	<b>Phone</b>	323-787-6221
<b>Sr. Guard:</b>	Johan De Leon	<b>Phone</b>	323-408-3170
<b>Meet Admin</b>	Carol Pena	<b>Phone</b>	310 753-2275
<b>Meet Director Contact:</b>	Federico Ricketts	<b>Phone</b>	323 823-3620

**Document any incident as soon as possible. Include witness name and contact information, statements, timeline, and facts as happened.**

\*\*\*For all emergencies refer to lifeguards. Per City of Montebello stipulation, liability resides with lifeguards.



# South East Aquatics Dolphins Swim Team

## Metro Committee LC Swim Meet

May 2-3, 2026

SANCTION NO:026-087

ENTRIES DUE: Wednesday, April 22, 2026

SEADolphins will comply with the 4 Hour Rule

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

Warm Up Time: 7:00 am      Meet Start Time: 8:30 am  
Saturday May 2, 2026

Warm Up Time: 7:00 am      Meet Start Time: 8:30 am  
Sunday May 3, 2026

Morning Session					
Girls	Min	Event	Age	Min	Boys
1	3:13.29	200 Back	OPEN	3:08.49	2
3	11-12	200 Free			
4	13-14	200 Free	13-14		5
	15&O		15&O		
6	11-12	100 Breast			
7	13-14	100 Breast	13-14		8
	15&O		15&O		
9	11-12	50 Back			
10	13-14	50 Back	13-14		11
	15&O		15&O		
12	11-12	50 Free			
13	13-14	50 Free	13-14		14
	15&O		15&O		
15	11-12	100 Fly			
16	13-14	100 Fly	13-14		17
	15&O		15&O		
18	6:56.79	400 IM	OPEN	6:46.59	19
20	Mixed	400 Medley Relay	11-18	Mixed	20
21	Deck Entered	400 Medley Relay	13-0	Deck Entered	21
22	6:04.79	400 Freestyle	OPEN	5:53.89	23

Morning Session						
Girls	Min	Event	Age	Min	Boys	
51	3:39.89	200 Breast	OPEN	3:31.59	52	
53	11-12	100 Back				
54	13-14	100 Back	13-14		55	
	15&O		15&O			
56	11-12	200 IM				
57	13-14	200 IM	13-14		58	
	15&O		15&O			
59	11-12	50 Fly				
60	13-14	50 Fly	13-14		61	
	15&O		15&O			
62	11-12	50 Breast				
63	13-14	50 Breast	13-14		64	
	15&O		15&O			
65	11-12	100 Free				
66	13-14	100 Free	13-14		67	
	15&O		15&O			
68	3:15.99	200 Fly	OPEN	3:10.19	69	
70	Mixed	400 Free Relay	11-18	Mixed	70	
71	Deck Entered	400 Free Relay	13-0	Deck Entered	71	
72	24:14.99	1500 Freestyle		3:44.69	24:00.99	73

Afternoon Session will begin 45 minutes after the end of the AM Session

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 IM	11-12		24
25		100 Free	5-8		26
27	3:25.69	200 Free	7-10	3:14.99	28
		200 Free	11-12		29
30		100 Breast	7-10		31
		100 Breast	11-12		32
33		50 Back	5-8		34
35		50 Back	7-10		36
		50 Back	11-12		37
38		50 Free	5-8		39
40		50 Free	7-10		41
		50 Free	11-12		42
43		100 Fly	7-10		44
		100 Fly	11-12		45
		200 Back	OPEN	3:08.49	46
	Mixed	200 Medley Relay	5-8	Mixed	47
	Deck	200 Medley Relay	7-10	Deck	48
	Entered	400 Medley Relay	9-12	Entered	49
		1500 Freestyle	OPEN	24:00.99	50

Afternoon Session					
Girls	Min	Event	Age	Min	Boys
		200 Fly	OPEN	3:10.19	74
75	3:48.89	200 IM	7-10	3:43.69	76
		50 Breast	11-12		77
78		50 Breast	5-8		79
80		50 Breast	7-10		81
		200 Breast	OPEN	3:31.59	82
83		50 Fly	5-8		84
85		50 Fly	7-10		86
		50 Fly	11-12		87
88		100 Back	7-10		89
		100 Back	11-12		90
91		100 Free	7-10		92
		100 Free	11-12		93
		400 IM	OPEN	6:46.59	94
	Mixed	200 Free Relay	5-8	Mixed	95
	Deck	200 Free Relay	7-10	Deck	96
	Entered	400 Free Relay	9-12	Entered	97
		400 Freestyle	OPEN	5:53.89	98

All events will swim fastest to slowest.

Legal Mixed Relays are composed of 2 females and 2 males  
Relays will be swum time permitting.

Entry times will not be changed after the entry deadline.

11-12 swimmers may only swim in 1 session per day

7-8 swimmers may choose to swim either "5-8" or "7-10" or any combination of both.

Age groups: 5-8, 7-10, 11-12, 13-14 and 15-18. combined events placed.

Swimmers are requested to provide their own timers and lap counters in the 1500 Freestyle event..

The 1500 Freestyle events will swim alternating girls and boys