



Trident Swim Club Metro Committee Meet December 5-7, 2025

FRIDAY WARM UP: 4:30 PM / Start 5:30 PM

SAT and SUN WARM-UP BEGINS 7:00 AM

STARTING TIME: 8:30 AM

SANCTIONED BY: USA Swimming and SOUTHERN CALIFORNIA SWIMMING

SANCTION NO: 25-XXX

**TRIDENT SWIM CLUB WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE
MAXIMUM 9 INDIVIDUAL EVENTS, 4 EVENTS PER DAY. All events will swim fastest to slowest**

POOL: The Rowland High School Aquatic Center is located on the campus of John A Rowland High School, 2000 South Otterbein, Rowland Heights, CA 91748.

DIRECTIONS: Exit the 60 freeway at Nogales and go south. Turn Left on Killian and a right on Otterbein. The parking lot entrance will be on your left.

COURSE: Outdoor 25-yard pool with up to 10 short course competition lanes and an area 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 5 inches 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 and 4:30-5:20 PM on Friday. Warm-up assignments will be published for Saturday and Sunday, divided into two sessions with times and lanes assigned. 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. Sandy Comer
scomer1@mac.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.** MEET will be pre-seeded. 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 December 1st, 2024 to enter this meet. **Swimmers must be at least 11 years old and meet the minimum time std. to enter open events.** Timers are required to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 4 events per day. All USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), govern this meet. **All coaches and officials on deck must complete the CDC or NFHS Concussion course, CA Safe Sport Reporting course and Athlete Protection Training.**

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, webcasting 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 Metro Committee athletes who hold a 2025 or 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 permitting; please submit a copy of the registration with entry. Athletes 18 and up must complete the free online Athlete Protection Training (APT) prior to the start of the meet to compete.

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 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**). All nonconforming times will be seeded last. 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 Unders only, Open events will not be awarded Medals 1st - 3rd place, Ribbons 4th - 16th place Age 5-8: Ribbons 1st - 16th place

ENTRY FEES: **\$6.00 for each individual event along with a \$15.50 surcharge per swimmer** 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. 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. Checks can be brought to the meet and presented to the meet admin before the start of the meet.** 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.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 26, 2025 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. **(Receipt of entries will not be verified by phone or e-mail).**

Make checks payable to: Trident Swim Club MAIL entries to Omar de Armas P.O. Box 63 Simi Valley, CA 93062-0063

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

FOR FURTHER INFORMATION CALL: Mike Cody (626) 890-7728

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.



Trident Swim Club
Metro Committee SC Meet
December 5-7, 2025
Friday PM Session 1

Warm Up Time: 4:30 pm

Meet Start Time: 5:30 pm

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
1		15-up	200 yd	Individual Medley		2
3		13-14	200 yd	Individual Medley		4
5		11-12	200 yd	Individual Medley		6
7	3:38.49	7-10	200 yd	Individual Medley	3:35.49	8
9		15-up	100 yd	Breaststroke		10
11		13-14	100 yd	Breaststroke		12
13		11-12	100 yd	Breaststroke		14
15		7-10	100 yd	Breaststroke		16
17	23:07.29	11-OVER	1650 yd	MIXED Freestyle	22:37.49	17

ENTRIES DUE: Wednesday November 26, 2025
 TRIDENT WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE
 MAXIMUM 4 INDIVIDUAL EVENTS PER DAY
 MAXIMUM 9 EVENTS FOR THE MEET

Team Canopies in designated areas only
 POOL GATES WILL NOT OPEN UNTIL 4:00 pm FRIDAY

SANCTION NO: Sxx-xxxx

Warm Up Time: 7:00 am

Saturday AM Session 2 Meet Start Time: 8:30 am

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
18	3:06.59	11-OVER	200 yd	MIXED Breaststroke	3:00.19	18
19		11-12	200 yd	Freestyle		
20		13-14	200 yd	Freestyle		21
22		11-12	100 yd	Backstroke		
23		15-up	200 yd	Freestyle		24
25	2:43.99	11-OVER	200 yd	MIXED Backstroke	2:39.69	25
26		11-12	50 yd	Butterfly		
27		13-14	100 yd	Butterfly		28
29		11-12	50 yd	Freestyle		
30		15-up	100 yd	Butterfly		31
32		11-12	50 yd	Breaststroke		
33	5:56.79	11-OVER	400 yd	MIXED Individual Medley	5:46.39	33

Warm Up Time: 7:00 am

Sunday AM Session 4 Meet Start Time: 8:30

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
55	2:47.19	11-OVER	200 yd	MIXED Butterfly	2:40.79	56
57		11-12	100 yd	Freestyle		
58		13-14	100 yd	Freestyle		59
60		15-up	100 yd	Freestyle		61
62		11-12	100 yd	Individual Medley		
63		13-14	100 yd	Backstroke		64
65		15-up	100 yd	Backstroke		66
67		11-12	100 yd	Butterfly		
68		13-14	50 yd	Freestyle		69
70		15-up	50 yd	Freestyle		71
72		11-12	50 yd	Backstroke		
73	6:38.19	11-OVER	500 yd	MIXED Freestyle	6:27.49	73

Saturday PM Session 3

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
		11-12	200 yd	Freestyle		34
35	3:18.99	7-10	200 yd	Freestyle	3:06.69	36
		11-12	50 yd	Butterfly		37
38		7-10	50 yd	Butterfly		39
40		5-8	25 yd	Breaststroke		41
		11-12	50 yd	Freestyle		42
43		7-10	50 yd	Freestyle		44
45		5-8	50 yd	Freestyle		46
		11-12	100 yd	Backstroke		47
48		7-10	100 yd	Backstroke		49
50		5-8	25 yd	Backstroke		51
		11-12	200 yd	Breaststroke	3:00.19	52
		11-12	200 yd	Butterfly	2:40.79	53
		11-12	200 yd	Backstroke	2:39.69	54

Sunday PM Session 5

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
74		7-10	100 yd	Individual Medley		75
		11-12	100 yd	Individual Medley		76
77		7-10	50 yd	Breaststroke		78
		11-12	50 yd	Breaststroke		79
80		5-8	25 yd	Butterfly		81
82		7-10	100 yd	Butterfly		83
		11-12	100 yd	Butterfly		84
85		5-8	25 yd	Freestyle		86
87		7-10	100 yd	Freestyle		88
		11-12	100 yd	Freestyle		89
90		7-10	50 yd	Backstroke		91
		11-12	50 yd	Backstroke		92
		11-12	500 yd	Freestyle	6:27.49	93
		11-12	400 yd	INDIVIDUAL Medley	5:46.39	94

All events will swim fastest to slowest.

The 1650 yd Freestyle will be swum Fast to Slowest.

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

All 12 and under 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).

11-12 boys 200 Breaststroke, Backstroke, Butterfly, 400 IM and 500 Free will NOT be awarded

Coaches/Team reps: Read over all emails distributed by the meet referee the week of the meet regarding warm-up assignments.

There will be a split warm-up session for both the AM Session 2 and AM Session 4.



Rowland 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.

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.

All participating athletes and clubs are registered only with Southern California Swimming.
This meet will be pre-seeded, and no deck entries will be allowed.

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.

As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

Supervised Meet WARM- UP GUIDELINES

Lanes that are designated DIVE ONLY by meet ref and will allow athletes to swim one direction only.
Warmdown pool will be monitored by the Meet Marshals who will be wearing yellow vests.

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.

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.

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.