



Commerce Aquatics - Metro All Levels Swim Meet

September 18 & 19, 2021

Entries Due Fri, Sept 3rd
Sanction No. S21-165

Sanctioned by USA Swimming & Southern California Swimming

MEET DATE: September 18 & 19 (2 Day/4 Sessions)

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

Entry Due Date: Team Electronic Entries Must be Received by 5:00 pm on ~~Wednesday, September 8, 2021~~

SPONSORED BY: Commerce Aquatics & Metro Committee

POOL ADDRESS: Brenda Villa Aquatic Center 5600 Harbor Street, Commerce, CA 90040

COURSE: 25x35 yard outdoor pool. Up to 10 lanes of competition. 4 lanes for warm-up. The competition course has 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 the referee.

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 swum fast to slow. Swimmer may swim a maximum of 6 individual events (3 each day). All coaches and officials on deck must complete the CDC or NFHS Concussion course.

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: 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. Tech suits are NOT permitted at this meet. Tech suits with bonded seams, kinetic tape, or meshed seams are not allowed at this meet; 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.

ELIGIBILITY: Open Metro Committee athletes who hold a 2021 USA Swimming Registration. Registration application must be received by the meet entry deadline by meet processor, administrative referee, or SCS Office. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form. 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.

CHANGE OF AFFILIATION: Before the meet, a swimmer may change affiliation by submitting a Club Transfer form to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

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: Awards will be given: "A" Div – Medals 1-3; Ribbons 4-8; "BB" Div & "B" Divisions – Ribbons 1-8. Relays will be awarded medals 1-3 place.

ENTRY PROCEDURE: \$4.00 for each individual event PLUS \$10.50 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 City of Commerce. ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, Sept. 8, 2021. 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

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

QUESTIONS: Meet Processor & Admin Referee: Carol Pena: ocpswim@hotmail.com

Meet Director: Kevin Larsen – kevinl@ci.commerce.ca.us

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

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.



**Commerce Aquatics Swim Team
Short Course Swim Meet
September 18 -19, 2021**

*Entries Due
Friday, Sept 3rd*

ENTRIES DUE: Wednesday, September 08, 2021

Sanction No. S21-165

Saturday, September 18, 2021

Sunday, September 19, 2021

Warm Up Time: 7:00 am Meet Start Time: 8:30 am

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Morning Session 1						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
1	5:56.79		400 IM	13/14 15-UP	5:46.39	2
3			100 Backstroke	13-14		4
5			100 Backstroke	15-Up		6
7			200 Freestyle	13-14		8
9			200 Freestyle	15-UP		10
11			200 Breaststroke	13-14		12
13			200 Breaststroke	15-Up		14
15			50 Freestyle	13-14		16
17			50 Freestyle	15-Up		18
19			100 Fly	13-14		20
21			100 Fly	15-Up		22
23	Relays Time		200 Medley Relay	13-14	Relays Time	24
25	Permitting		200 Medley Relay	15-UP	Permitting	26
27	6:38.19		500 Freestyle	13/14 15-UP	6:27.49	28

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
68			200 Fly	13-14		69
70			200 Fly	15-Up		71
72			100 Breaststroke	13-14		73
74			100 Breaststroke	15-Up		75
76			200 IM	13-14		77
78			200 IM	15-UP		79
80			100 Freestyle	13-14		81
82			100 Freestyle	15-Up		83
84			200 Backstroke	13-14		85
86			200 Backstroke	15-Up		87
88	Relays Time		200 Free Relay	13-14	Relays Time	89
90	Permitting		200 Free Relay	15-UP	Permitting	91
92	23:07.29	OPEN	1650 Free	OPEN	22:37.49	93

MAXIMUM 3 INDIVIDUAL EVENTS & 1 RELAY PER DAY. COMMERCE WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE

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.
29	3:06.59	11-12	200 Breaststroke	11-12	3:00.19	30
31			200 Freestyle	11-12		32
33	2:57.19		200 Freestyle	7-10	2:47.99	34
35			100 Freestyle	5-8		36
37			100 Breaststroke	11-12		38
39			100 Breaststroke	7-10		40
41			25 Breaststroke	5-8		42
43			50 Freestyle	11-12		44
45			50 Freestyle	7-10		46
47			50 Freestyle	5-8		48
49			100 Backstroke	7-10		50
51			100 Backstroke	11-12		52
53			25 Backstroke	5-8		54
55			100 IM	11-12		56
57			100 IM	7-10		58
59			100 Fly	11-12		60
61	6:38.19	11-12	500 Freestyle	11-12	6:27.49	62
63	MIXED		200 Free Relay	5-8	MIXED	63
64	Relays Time		200 Free Relay	7-10	Relays Time	65
66	Permitting		200 Free Relay	11-12	Permitting	67

Afternoon Session 4						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
94	2:47.19	11-12	200 Fly	11-12	2:40.79	95
96	3:15.59		200 IM	7-10	3:13.19	97
98			200 IM	11-12		99
100			100 IM	5-8		101
102			50 Breaststroke	7-10		103
104			50 Breaststroke	11-12		105
106			25 Fly	5-8		107
108			50 Fly	7-10		109
110			50 Fly	11-12		111
112			25 Freestyle	5-8		113
114			100 Freestyle	7-10		115
116			100 Freestyle	11-12		117
118			50 Backstroke	7-10		119
120			50 Backstroke	11-12		121
122			100 Fly	7-10		123
124	2:43.99	11-12	200 Backstroke	11-12	2:39.69	125
126	MIXED		200 Free Relay	5-8	MIXED	126
127	Relays Time		200 Free Relay	7-10	Relays Time	128
129	Permitting		200 Free Relay	11-12	Permitting	130

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 lap counters and timers.

Swimmers entering an event with a Min Time must have a time equal to or faster than the 11-12 "Nat BB" minimum for that event.

Swimmers must have achieved the minimum time to enter Events 1, 2, 27, 28, 29, 30, 33, 34, 61, 62, 92, 93, 96 & 97.

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

Legal Mixed Relays are composed of 2 females and 2 males

Entry times will not be changed after the entry deadline.

- 13+ Overs Swim in Morning
- 12+ Unders Swim in Afternoon
- Athletes with 2021 Flex membership must turn in a 2022 USA Swimming Registration form.