



Downey Dolphins Swim Team

B, R, W Short Course Swim Meet

Date of Meet: November 2-3, 2019

ENTRIES DUE: Wednesday October 23, 2019

Sanction No. S19-325

Sanctioned by: USA Swimming & Southern California Swimming

Sponsored By: DWNY & METRO Committee

WARM-UP AM Sessions: 7:00 AM BOTH DAY

Start of Meet: 8:30 AM BOTH DAYS

Afternoon warm-up begins immediately following AM session

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

**MAXIMUM 3 EVENTS PER DAY AND 1 RELAY, MAXIMUM 8 EVENTS 6 INDIVIDUAL EVENTS AND 2 RELAYS FOR THE MEET.
DOWNEY WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE**

POOL: The Downey Community Aquatics Center is located on the campus of Downey High School at 11040 Brookshire Ave., Downey 90241
Directions: Exit the 605 freeway at Firestone Blvd; go west to Brookshire Ave.; turn right to the pool. There will be ample free parking in the high school lot on the corner of Firestone Blvd. and Brookshire Ave. There may be a Parking fee of \$ 1.00 on Sunday parking.

COURSE: Outdoor 50 meter by 25-yard pool, with up to 10 short course competition lanes and an area for warm up/down during the meet. Water depth, start and turn end, from 13 feet (lane 10) to 7 feet (lane 1). The competition course has been certified in accordance with 104.2.2(C). **Colorado timing system and Score board will be used.**

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am.. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving. Swimmers misusing the warm-up lane will be removed at the discretion of the Marshal. Warm-up rules will be announced, posted and enforced. 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 10 minutes before the start of each session.

MEET REFEREE: Tom Mirabella: tommy1ton@verizon.net any questions regarding the conduct of the meet should be directed to the referee.

RULES: Current USA swimming ruled, including Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. 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 11/02/2019 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 and 1650 Freestyle events are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. Swimmer may swim a maximum of 3 individual events per day. Swimmers must be at least 11 years old and meet the minimum time std to enter open events. All coaches and officials on deck must complete the CDC or NFHS Concussion online course. All Athletes 18 years and older must complete the online Athlete Protection Training before the meet, in order to compete.

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. "Tech Suits" are prohibited at this competition. See SCS 'Tech Suit' Policy at www.scs.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 to Metro Committee athletes who hold a 2019 or 2020 USA Swimming Registration. Registration application must be received by **Wednesday October 23, 2019** by the 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.

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 **BEST RECORDED TIMES** short course or long course from this or 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. Discrepancy in the submitted times can lead to disciplinary action. **A "NT" will be accepted only in the white division.** Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter at minimum (see 2019 Swim Guide for exceptions).

AWARDS: Blue Division: Medals 1st - 3rd place, Ribbons 4th - 8th place Red Division: Ribbons 1st - 8th place
White Division: Ribbons 1st - 8th place Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$4.00 for each individual event along with a **\$ 10.50** 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.** Relays will be deck-entered at **\$7.00** each, payable on entry. **Entry times will not be changed after the entry deadline.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, October 23, 2019. 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.

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

Make Checks payable to Southern California Swimming

Questions: Frederico Ricketts (323) 823-3620

Email for team electronic entries only: ocp swim@hotmail.com

MAIL AND WALKIN ENTRIES TO: Carol Peña 413 E 212 Th St Carson Ca 90745

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.



Downey Dolphins Swim Team

B, R, W Short Course Swim Meet

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ENTRIES DUE: Wednesday October 23, 2019

Sanction No. S19-325

Saturday, November 2, 2019

Sunday, November 3, 2019

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.
			200 Freestyle	11-12		1
2	2:56.80		200 Freestyle	7-10	2:56.50	3
4			100 Freestyle	5-8		5
			100 Breaststroke	11-12		6
7			100 Breaststroke	7-10		8
9			25 Breaststroke	5-8		10
			50 Freestyle	11-12		11
12			50 Freestyle	7-10		13
14			50 Freestyle	5-8		15
16			100 Backstroke	7-10		17
			100 Backstroke	11-12		18
19			25 Backstroke	5-8		20
			100 IM	11-12		21
22			100 IM	7-10		23
			100 Fly	11-12		24
25	MIXED		200 Free Relay	5-8	MIXED	25
26	Relays Time		200 Free Relay	7-10	Relays Time	27
	Permitting		200 Free Relay	11-12	Permitting	28
29	2:46.20	OPEN	200 Backstroke	OPEN	2:51.40	30

Morning Session 3						
NO.	GIRLS MIN		EVENT	AGE	BOYS MIN	NO.
58	3:23.50		200 IM	7-10	3:24.50	59
			200 IM	11-12		60
61			100 IM	5-8		62
63			50 Breaststroke	7-10		64
			50 Breaststroke	11-12		65
66			25 Fly	5-8		67
68			50 Fly	7-10		69
			50 Fly	11-12		70
71			25 Freestyle	5-8		72
73			100 Freestyle	7-10		74
			100 Freestyle	11-12		75
76			50 Backstroke	7-10		77
			50 Backstroke	11-12		78
79			100 Fly	7-10		80
81	MIXED		200 Med Relay	5-8	MIXED	81
82	Relays Time		200 Med Relay	7-10	Relays Time	83
	Permitting		200 Med Relay	11-12	Permitting	84
85	5:48.20	OPEN	400 IM	OPEN	5:48.90	86

MAIL EARLY

MAXIMUM 4 EVENTS PER DAY 3 INDIVIDUAL AND 1 RELAY, AND 8 FOR THE MEET.

DOWNEY 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						
31	3:08.80	OPEN	200 Breaststroke	OPEN	3:09.00	32
33			200 Freestyle	11-12		
34			200 Freestyle	13-14		35
36			200 Freestyle	15-UP		37
38			100 IM	11-12		
39			100 Breaststroke	13-14		40
41			100 Breaststroke	11-12		
42			100 Breaststroke	15-UP		43
44			50 Freestyle	11-12		
45			50 Freestyle	13-14		46
47			50 Backstroke	11-12		
48			50 Freestyle	15-UP		49
50			100 Fly	11-12		
51	Relays		200 Free Relay	11-12	Relays	
52	Time		200 Free Relay	13-14	Time	53
54	Permitting		200 Free Relay	15-UP	Permitting	55
56	21:32.10	OPEN	1650 Free Open	OPEN	21:51.50	57

Afternoon Session 4						
87	2:43.20	OPEN	200 Fly	OPEN	2:47.40	88
89			200 IM	11-12		
90			200 IM	13-14		91
92			200 IM	15-UP		93
94			50 Fly	11-12		
95			100 Fly	13-14		96
97			100 Fly	15-UP		98
99			100 Backstroke	11-12		
100			100 Backstroke	13-14		101
102			100 Backstroke	15-UP		103
104			100 Freestyle	11-12		
105			100 Freestyle	13-14		106
107			100 Freestyle	15-UP		108
109			50 Breaststroke	11-12		
110	Relays		200 Med Relay	11-12	Relays	
111	Time		200 Med Relay	13-14	Time	112
113	Permitting		200 Med Relay	15-UP	Permitting	114
115	6:24.60	OPEN	500 Freestyle	OPEN	6:29.80	116

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.

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

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

Swimmers must have achieved the minimum time to enter Events 2-3, 58-59 and all OPEN.

Entry times will not be changed after the entry deadline.