



Trident Swim Club Metro Committee Meet December 3-5, 2021

FRIDAY WARM UP: 4:45 PM / Start 5:45 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: S21-0232

**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 7:15 – 8:45 am. Warm-up assignments will be published, 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 15 min. 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@gmail.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.** SWIMMERS MUST CHECK IN with the clerk of course 30 minutes PRIOR TO THE START OF EACH SESSION FOR THE FIRST FOUR 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 December 3th, 2021 to enter this meet. **Swimmers must be at least 11 years old and meet the minimum time std. to enter open events. 7-8 swimmers must choose to swim as 5 -8 OR 7-10 not any combination thereof.** Timers are requested to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 3 events per day. All USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), govern this meet.

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 2021 or 2022 USA Swimming Registration. Registration application must be received by Wednesday, November 24, 2021 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 the 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 the 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 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.

AWARDS: BB Medals 1st - 8 th place, B - Ribbons 1st - 8th place

ENTRY FEES: \$4.00 for each individual event along with a \$10.50 surcharge per swimmer \$10.00 Facility Charge per swimmer *must accompany each individual entry card.* Relays will be deck-entered at \$10.00 each, payable on entry. 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.**

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 24, 2021. 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 3-5 2021
 Friday PM Session 1



Warm Up Time: 4:45 pm

Meet Start Time: 5:45 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	OPEN	1650 yd	Freestyle	22:37.49	18

ENTRIES DUE: Wednesday November 24, 2021
 TRIDENT WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE
 MAXIMUM 3 INDIVIDUAL EVENTS PER DAY
 MAXIMUM 8 EVENTS FOR THE MEET
 RELAYS SWIM TIME PERMITTING

Team Canopies in designated areas only
 POOL GATES WILL NOT OPEN UNTIL 4:20 pm FRIDAY
 SANCTION NO: **S21-0232**

Saturday AM Session 2

Warm Up Time: 7:15 am

Meet Start Time: 9:00 am

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
		11-12	200 yd	Freestyle		19
20	3:18.99	7-10	200 yd	Freestyle	3:06.69	21
22		5-8	100 yd	Freestyle		23
		11-12	50 yd	Butterfly		24
25		7-10	50 yd	Butterfly		26
27		5-8	25 yd	Breaststroke		28
		11-12	50 yd	Freestyle		29
30		7-10	50 yd	Freestyle		31
32		5-8	50 yd	Freestyle		33
		11-12	100 yd	Backstroke		34
35		7-10	100 yd	Backstroke		36
37		5-8	25 yd	Backstroke		38
39	Relays	5-8	100 yd	Freestyle Relay	Relays	40
41	Time	7-10	200 yd	Freestyle Relay	Time	42
	Permitting	11-12	200 yd	Freestyle Relay	Permitting	43
44	2:43.99	OPEN	200 yd	Backstroke	2:39.69	45

Sunday AM Session 4

Warm Up Time: 7:15 am

Meet Start Time: 9:00 am

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
66		7-10	100 yd	Individual Medley		67
		11-12	100 yd	Individual Medley		68
69		5-8	100 yd	Individual Medley		70
71		7-10	50 yd	Breaststroke		72
		11-12	50 yd	Breaststroke		73
74		5-8	25 yd	Butterfly		75
76		7-10	100 yd	Butterfly		77
		11-12	100 yd	Butterfly		78
79		5-8	25 yd	Freestyle		80
81		7-10	100 yd	Freestyle		82
		11-12	100 yd	Freestyle		83
84		7-10	50 yd	Backstroke		85
		11-12	50 yd	Backstroke		86
87	Relays	5-8	100 yd	Medley Relay	Relays	88
89	Time	7-10	200 yd	Medley Relay	Time	90
	Permitting	11-12	200 yd	Medley Relay	Permitting	91
92	5:56.79	OPEN	400 yd	Individual Medley	5:46.39	93

Afternoon Session will not start before 12:30 pm. Afternoon warm up will begin immediately after AM session

Saturday PM Session 3

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
46	3:06.59	OPEN	200 yd	Breaststroke	3:00.19	47
48		11-12	200 yd	Freestyle		
49		13-14	200 yd	Freestyle		50
51		11-12	100 yd	Backstroke		
52		15-up	200 yd	Freestyle		53
54		11-12	50 yd	Butterfly		
55		13-14	100 yd	Butterfly		56
57		11-12	50 yd	Freestyle		
58		15-up	100 yd	Butterfly		59
60		11-12	50 yd	Breaststroke		
61	Relays	11-12	200 yd	Freestyle Relay	Relays	
62	Time	13-14	200 yd	Freestyle Relay	Time	63
64	Permitting	15-up	200 yd	Freestyle Relay	Permitting	65

Sunday PM Session 5

No.	Girls Min	Age	Distance	Stroke	Boys Min	No.
94	2:47.19	OPEN	200 yd	Butterfly	2:40.79	95
96		11-12	100 yd	Freestyle		
97		13-14	100 yd	Freestyle		98
99		15-up	100 yd	Freestyle		100
101		11-12	100 yd	Individual Medley		
102		13-14	100 yd	Backstroke		103
104		15-up	100 yd	Backstroke		105
106		11-12	100 yd	Butterfly		
107		13-14	50 yd	Freestyle		108
109		15-up	50 yd	Freestyle		110
111		11-12	50 yd	Backstroke		
112		11-12	200 yd	Medley Relay		
113		13-14	200 yd	Medley Relay		114
115		15-up	200 yd	Medley Relay		116
117	6:38.19	OPEN	500 yd	Freestyle	6:27.49	118

The 1650 yd Freestyle will be swim Fast 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 "BB" minimum for the event.

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

Note: Requirements for 5-6-year-old swimmers.

5-6 swimmers meeting the listed time standard, or the following conditions may enter 7-8 events.

A swimmer may swim "up" (not down) one distance.

- A) If swimmer's time meets 5-8 B standard for 50 of stroke, may enter 100 of stroke.
- B) If swimmer's time meets 5-8 BB standard for 100 Free or 100 IM, may enter 200 Free or 200 IM.
- C) If swimmer has equaled or bettered the 5-8 B standard in three events, may enter 100 Back, Breast and/or Fly.
- D) If swimmer has equaled or bettered the 5-8 BB standard in three events, may enter 200 Free or 200 IM.



Rowland High School will be a closed deck. Parents will not be able to be on deck. No Parents 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.

COVID-19 Assumption of Risk

It is understood and agreed that Trident Swim Club and 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. In granting this sanction it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. It is further understood that Southern California Swimming LSC and the Fullerton Aquatics Sports Team shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

We have taken enhanced health and safety measures for all swim meet attendees. You must follow all posted instructions at this venue. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SOUTHERN CALIFORNIA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES, OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE, OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Be advised the LA County Health Care Agency or Rowland Unified School District may decide to cancel this meet prior or during the 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.

MAAPP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

COVID 19 Acknowledgment. We have taken enhanced health and safety measures – for you, coaches, officials, and swimmers. You must follow all posted instructions while attending or participating in this meet. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and people with underlying medical conditions are especially vulnerable. By attending or participating in this meet, you voluntarily assume all risks related to exposure to COVID-19. **COVID 19 Sanction Requirements:** Amendment of Articles 202.4 and 202.6 of the USA Swimming Rules to require certain COVID-related precautions in order to issue meet sanctions and approvals.

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

Supervised Meet WARM- UP GUIDELINES

Number of swimmers per lane: 6 max. Supervision will be 2 Meet Marshalls and athlete's coaches during pre-meet warm-up

Lanes that are designated DIVE ONLY by meet ref will allow athletes to swim one direction only.

Warm down pool will be monitored by the Meet Marshals who will be wearing yellow vests.