



## 2022 METRO COMMITTEE SUMMER FESTIVAL

**DATE OF MEET:** Sunday, July 17th, 2022  
**Sanctioned by:** Southern California Swimming  
**Meet Warm-up:** 7:30 AM

**ENTRIES DUE:** Wednesday, July 6th, 2022  
**Sanction #:** S22-124  
**Meet Start:** 08:30 AM

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**TRIDENT WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY  
MAXIMUM 5 INDIVIDUAL EVENTS  
All events will swim fastest to slowest**

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**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 7:30 – 8:20 am. Depending on the number of entries, warmup may be 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 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 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](mailto: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.** 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 July 16th, 2021 to enter this meet. Timers are requested to be provided by each team. Events will be swum fastest to slowest. Swimmers may swim a maximum of 5 events per 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, 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 2022 USA Swimming Registration. Registration application must be received by Wednesday, July 6th, 2022 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 applications may be submitted with an entry form. 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**). 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. **Bonus Times:** Swimmers may qualify in a maximum of two BB times to enter this meet.

**AWARDS:** Only 12 and Unders will be awarded. Ribbons 1-8 will be awarded for each event Custom Medals will be awarded to Top 3 finishers in each age groups based on total number of points.

**ENTRY FEES:** \$4.00 for each individual event along with a \$10.50 surcharge per swimmer \$10.00 Relay Fee *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) may be brought to the meet and received by 7:30 AM Saturday for athletes to swim. 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. 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 July 6th, 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).**

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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](mailto:omarswimref@gmail.com)

FOR FURTHER INFORMATION CALL: Ian Legarda (626) 674-9598

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**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. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.



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**NOTE: If the meet is small in numbers, sessions may be combined into ONE session. Coaches will be notified of change.**

**Rowland High School Pool will be a closed deck. Parents/spectators can view their child's race from the designated spectator area. No Parent set up on deck.**

Session 1			
Younger Pentathlon			SUMMER FESTIVAL BB MAX
Event #	AGE	EVENT	
1.	9-12	50 Yard Butterfly	34.20
2.	5-8	25 Yard Butterfly	
3.	9-12	50 Yard Backstroke	35.00
4.	5-8	25 Yard Backstroke	
5.	9-12	50 Yard Breaststroke	39.50
6.	5-8	25 Yard Breaststroke	
7.	9-12	50 Yard Free	30.30
8.	5-8	25 Yard Free	
9.	9-12	100 Yard IM	1:15.00
10.	5-8	50 Yard Free	
11.	11-12	200 Free Relay	
12.	9-10	200 Free Relay	
13.	5-8	100 Free Relay	

Session 2			SUMMER FESTIVAL BB MAX
OLDER Pentathlon			
Event #	AGE	EVENT	
14.	15-18	200 Free Relay	
15.	13-14	200 Free Relay	
16.	13 & up	100 Yard Butterfly	1:01.20
17.	13 & up	100 Yard Backstroke	1:01.50
18.	13 & up	100 Yard Breaststroke	1:09.80
19.	13 & up	100 Yard Freestyle	56.70
20.	13 & up	200 Yard IM	2:17.10

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.



## 2022 METRO COMMITTEE SUMMER FESTIVAL

### 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 Trident Swim Club 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**

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

**TIME TRIALS** For anyone wishing to make a qualifying time MUST be within 5 seconds per 50 of a Junior Olympic Time Standard

Time-Trials will follow the conclusion of the Trident Pentathlon meet. Pre-entered are highly encouraged but deck entries are acceptable.

Fee: \$15.00 per event.

**Last Ditch Entries:** Swimmers achieving a new event for the first time from the due date (July 13 ) of Junior Olympics Championships entry to the Sunday prior to the meet (July 17th) may be entered in the meet by submission of an additional team entry using the entry file under the title: "Last Ditch Entries 2022 SCS Junior Olympics".

- The instructions and the meet event file will be on the SCS website on Thursday morning (July 8th).
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the New Qualifying Swims entry file and submitting to the Meet processor on or before 11:59 p.m. **Monday, July 18th, 2022.**

Swimmers using the qualifying times for Futures, Junior Nationals or Nationals can do so through OME.