



# Metro Committee Summer Long Course Championship

## Hosted by Downey Dolphins Swim Team

### August 7 & 8, 2010

Sanctioned by Southern California Swimming  
 Entries Due: Wednesday July 28, 2010  
 Walk In Entries: Wednesday July 28, 2010

Sanction Number: 10-198  
 Warm Up: 7:00 am on Saturday & Sunday  
 Start Time: 8:30 am on Saturday & Sunday

**You may swim a total of 8 individual plus 2 relay events for the meet. 4 individual events per day and 1 relay.**

**Notice:** 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.

**POOL LOCATION:** 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.

**Course:** Outdoor 50 meter by 25-yard pool, with up to 7 long course competition lanes and an area for warm up/down during the meet. Water depth is 13.0 ft. at the start end and 4. ft. at the turn end. The competition course has been certified in accordance with 104.2.2(C).

**Timing Reminders:** Teams will be assigned timing lanes proportionate to the number of swimmers entered into the meet. Your help and cooperation is appreciated and necessary to keep the meet running smoothly.

**Meet Referee:** The meet referee is in charge of the meet. Any questions regarding the conduct of the meet should be directed to that person.

**Rules:** USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2010 SCS Swim Guide.) Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first four events of each session must check in THIRTY MINUTES prior to the start of the session. Swimmers must swim in their actual age group as determined by age on the first day of the meet. Open events may be entered by swimmers 11-yrs and older who have achieved the 11-12 "Blue" time for that event. Swimmers 5-8 years old may swim 5-8 events or 5-10 events, not any combination.

**Swimsuits** for men may not extend above the navel or below the knee and for women may not cover the neck or extend past the shoulders or below the knee; no zippers or other fastening devices are allowed except a waist tie on a brief or jammer; suits must be of textile material (no polyurethane or neoprene). An athlete may wear a single set of garments underneath his or her competition swimsuit for modesty and/or privacy reasons..

**Warm Up Policy:** Swimmers warming up or down before, during or after this swim meet must be under the direct supervision of a USA Swimming coach. There will be NO DIVING into the pool during these times except into the designated sprint lane(s).

**Unaccompanied Athlete:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

**Eligibility:** Open to ALL METRO COMMITTEE athletes who are 2010, USA Swimming registered. NO ON-DECK ENTRIES. Registration application must be received by the Monday prior to the first day of the meet by the meet processor, administrative referee or SCS Office. Late application will be considered on deck, and subject to penalties in SCS Swim Guide, Part One, III, B. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. There are substantial penalties to swimmer & Club (See 2010 SCS Swim Guide, Part One, III, B) if USA Swimming registration is completed at the meet.

**Change Of Affiliation:** Before the meet, a swimmer may change affiliation by submitting a Club transfer form and the appropriate fee to the Swim Office. At the meet, a swimmer may only unattach (may not attach or reattach) by notifying the Administrative Referee and paying the fee.

**Submitted Times:** Times submitted must be best recorded long course meter times from this or preceding swim season. Swimmers in the 5-8 events do not have a minimum/maximum time standard. Swimmers may not swim in an event in which they have achieved a Summer JO time standard in yards or meters. Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times might lead to disciplinary action. A swimmer that has achieved a Summer JO time standard at 200 yards/meters or longer of a stroke, but has not achieved a Summer JO time standard in the 50 or 100 yard/meter distance of that stroke may swim that stroke in a relay. 13 & up swimmers who have achieved a JO time standard for the 100 yard/meter distance of a stroke may not swim that stroke in a 200-meter medley relay.

**Scoring:** This is a team scored meet. Three (3) Divisions: Large, Medium, Small (based on # of splashes per team). **Team Trophies:** Will be awarded to 1st through 3rd highest scoring teams in each division.

Blue	27	25	24	23	22	21	20	19
Red	18	16	15	14	13	12	11	10
White	9	7	6	5	4	3	2	1
Relays	40	38	37	36	35	34	33	32

**Awards:** MEDALS - 1st through 3rd "Blue" "Red" and "White" Division  
 RIBBONS - 4<sup>th</sup> through 8<sup>th</sup> "Blue" "Red" and "White" Division  
**Relays:** MEDALS - 1st through 3rd  
**Events: 29-32,41-44,55-58,65-68,99-102,119-122 will be awarded and scored Blue and Red division.**

Unattached swimmers will not score team points and may not swim on relays. **AGE GROUPS 5-8, 5-10, 11-12, 13-14, and 15 & UP:** Placement in one of three divisions will be determined by ranking teams by number of splashes entered in this meet. After the meet is closed, logical break points will be determined and teams will be assigned divisions. This information will be available in Coaches' packets and in the program the first day of the meet.

**Entry Fees:** \$4.25 for each individual event plus \$7.00 surcharge per swimmer must accompany the entry form. \$11.00 per relay team will be collected on deck. NO REFUNDS. Returned checks will incur a service charge per SCS policy. Entry times will not be changed after the entry deadline.

**Entry Procedure:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, July 28, 2010. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

Electronic HY-TEK entries are to be sent to [ocpswim@hotmail.com](mailto:ocpswim@hotmail.com) SCS policy for electronic entry: #1 E-mail entry (entry. zip file) will be accepted ONLY when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. #2 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. #3 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. #4 DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded.

**Make checks payable to: SOUTHERN CALIFORNIA SWIMMING**

**MAIL entries to:** Carol Peña 413 E. 212<sup>th</sup> Street, Carson, Ca 90745 Electronic HY-TEK entries are to be sent to ([ocpswim@hotmail.com](mailto:ocpswim@hotmail.com))

**FOR FURTHER INFORMATION CONTACT: Ellen Whalen (562) 862-1948 or [ewhalen@alumni.usc.edu](mailto:ewhalen@alumni.usc.edu)**

Please send a stamped, self-addressed postcard or envelope if you want to receive confirmation of your entry.

**Receipt of entries will not be verified by telephone or E MAIL**



# Metro Committee Summer Championship

Hosted by Downey Dolphins Swim Team

August 7-8 2010

Entries Due: Wednesday July 28, 2010

You may swim a total of 8 individual events and 2 relays for the meet and no more than 4 individual and 1 relay events per day

Warm up: Saturday 7:00 am

Start: Saturday 8:30 am

Warm up: Sunday 7:00 am

Start: Sunday 8:30 am

Event			Saturday August 7, 2009			Event		
Girls	Max	Min				Min	Max	Boys
1	1:19.11		5-10	100	Freestyle		1:18.91	2
3	5:18.21		11-12	400	Freestyle		5:23.61	4
5	5:01.31		13-14	400	Freestyle		4:52.51	6
7	4:52.51		15 & up	400	Freestyle		4:33.81	8
9	40.51		5-8	50	Butterfly		40.41	10
11	40.51		5-10	50	Butterfly		40.41	12
13	35.31		11-12	50	Butterfly		35.51	14
15	43.21		5-8	50	Backstroke		43.11	16
17	43.21		5-10	50	Backstroke		43.11	18
19	38.11		11-12	50	Backstroke		38.41	20
21	1:16.51		13-14	100	Backstroke		1:14.91	22
23	1:14.81		15 & up	100	Backstroke		1:08.91	24
25	Deck		5-8	200	Freestyle Relay	Deck		26
27	Entered		5-10	200	Freestyle Relay	Entered		28
29	2:51.91	3:17.40	13-14	200	Butterfly	3:08.90	2:46.41	30
31	2:43.71	3:13.00	15 & up	200	Butterfly	2:54.80	2:31.11	32
33	1:45.51		5-10	100	Breaststroke		1:47.71	34
35	1:32.01		11-12	100	Breaststroke		1:33.21	36
37	1:26.61		13-14	100	Breaststroke		1:22.81	38
39	1:24.41		15 & up	100	Breaststroke		1:18.01	40
41	10:33.61	12:31.70	13 & 14	800	*Freestyle*	12:01.30	10:18.41	42
43	10:17.51	12:04.70	15 & up	800	*Freestyle*	11:38.00	9:48.41	44
45	1:33.11		5-10	100	Backstroke		1:32.81	46
47	1:22.11		11-12	100	Backstroke		1:22.71	48
49	1:06.11		13-14	100	Freestyle		1:03.01	50
51	1:03.61		15 & up	100	Freestyle		58.31	52
53	1:09.61		11-12	100	Freestyle		1:10.01	54
55	3:05.41	3:43.00	13-14	200	Breaststroke	3:33.00	2:59.41	56
57	3:03.81	3:41.90	15 & up	200	Breaststroke	3:20.40	2:51.71	58
59	Deck		11-12	400	Freestyle Relay	Deck		60
61	Deck		13-14	400	Freestyle Relay	Deck		62
63	Entered		15 & up	400	Freestyle Relay	Entered		64

Event			Sunday August 8, 2009			Event		
Girls	Max	Min				Min	Max	Boys
65	5:47.71	6:55.10	13-14	400	IM	6:33.00	5:37.81	66
67	5:41.41	6:37.70	15 & up	400	IM	6:12.80	5:21.81	68
69	1:19.11		5-8	100	Freestyle		1:18.91	70
71	2:51.61		5-10	200	Freestyle		2:51.11	72
73	2:30.91		11-12	200	Freestyle		2:30.91	74
75	2:22.91		13-14	200	Freestyle		2:16.81	76
77	2:17.81		15 & up	200	Freestyle		2:07.21	78
79	48.31		5-8	50	Breaststroke		49.41	80
81	48.31		5-10	50	Breaststroke		49.41	82
83	42.11		11-12	50	Breaststroke		42.91	84
85	35.91		5-8	50	Freestyle		35.91	86
87	35.91		5-10	50	Freestyle		35.91	88
89	31.81		11-12	50	Freestyle		31.81	90
91	30.51		13-14	50	Freestyle		28.91	92
93	29.81		15 & up	50	Freestyle		26.91	94
95	Deck		5-8	200	Medley Relay	Deck		96
97	Entered		5-10	200	Medley Relay	Entered		98
99	20:19.21	23:13.30	13 & 14	1500	*Freestyle*	22:51.70	20:00.31	100
101	20:03.01	22:54.80	15 & up	1500	*Freestyle*	21:49.00	19:07.61	102
103	1:36.01		5-10	100	Butterfly		1:36.21	104
105	1:19.81		11-12	100	Butterfly		1:20.91	106
107	1:14.21		13-14	100	Butterfly		1:10.71	108
109	1:11.21		15 & up	100	Butterfly		1:03.91	110
111	3:15.11		5-10	200	IM		3:12.91	112
113	2:51.71		11-12	200	IM		2:50.51	114
115	2:41.61		13-14	200	IM		2:35.51	116
117	2:37.51		15 & up	200	IM		2:25.31	118
119	2:45.21	3:19.60	13-14	200	Backstroke	3:09.20	2:41.81	120
121	2:41.11	3:12.70	15 & up	200	Backstroke	3:00.70	2:32.01	122
123	Deck		11-12	400	Medley Relay	Deck		124
125	Deck		13-14	400	Medley Relay	Deck		126
127	Entered		15 & up	400	Medley Relay	Entered		128

Swimmers 5-8 years old may swim 5-8 events or 5-10 events, not any combination.

Events: 29-32,41- 44,55-58,65-68,99-102,119-122 will be awarded and scored Blue and Red division.

The 800 and 1,500 free events will swim fastest to slowest and alternating girls and boys.  
Swimmers in these events are responsible for providing their lap counters