

**Downey Dolphins Presents  
Metro Committee Spring Championship  
February 20-21, 2010**



Sanctioned by Southern California Swimming  
Entries Due: February 5, 2010  
Walk In Entries: Friday February 5, 2010

Sanction Number: 10-033  
Start Time: 9:00am on Saturday & Sunday  
Warm Up: 7:30am on Saturday & Sunday

You may swim a total of 8 individual events, A maximum 4 individual events on Saturday and Sunday

**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.

**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).

**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 form. See SCS Swim Guide. Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has closed a swimmer 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 in the first **four** events of each session must check in 30 minutes prior to the start of the session. Swimmers who check in and fail to swim an event will be disqualified from their next individual event. 8 & under swimmers must choose to swim as 8 & under or 10 & under (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 the meet must be under the direct supervision of a USA Swimming member coach. Practice starts or diving from the starting blocks or from the deck is not permitted during warm up sessions. At the discretion of the Meet Referee lanes may be designated as sprint lanes. Practice starts are permitted in sprint lanes only under the direct supervision of a USA Swimming member coach. Practice starts are one way only, from the blocks. Warm up rules will be announced, posted, and enforced.

**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, and 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 times short course yard or long course meter from this or preceding swim season. Swimmers in the 8&UN events do not have a maximum time standard. Swimmers may not swim in an event in which they have achieved a Spring JO time standard. 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 Spring JO time standard at 200 yards/meters or longer of a stroke, but has not achieved the standard in the 50 or 100 yard/meter distance of that stroke may swim that stroke in a relay. Spring JO qualified swimmers for the 100-yard/meter distance of a stroke may not swim that stroke in a 200-yard relay.

**Awards:** MEDALS - 1st through 3rd **"Blue"** **"Red"** and **"White"** Division RIBBONS - 4th through 8<sup>th</sup> **"Blue"** **"Red"** and **"White"** Division

**Relays:** MEDALS - 1st through 3rd

**Scoring:** This is a team scored meet. Three (3) Divisions: Large, Medium, Small (based on # of splashes per team).

**Trophies:** Will be awarded to 1st through 3rd highest scoring teams in each division.

**Points: "Blue" Division;** 27, 25, 24, 23, 22, 21, 20, 19, **"Red" Division;** 18, 16, 15, 14, 13, 12, 11, 10, **"White" Division;** 9, 7, 6, 5, 4, 3, 2, 1

**Relays** 40, 38, 37, 36, 35, 34, 33, 32,

Combined age group events 35,36,69,70,95,96 will be scored and awarded separately Blue and Red division.

Unattached swimmers will not score team points and may not swim on relays. **AGE GROUPS 8&UN, 10&UN, 11-12, 13-14, and 15-up: awarded 15-18.** 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.

**Make checks payable to:Lakewood Aquatics**

**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.

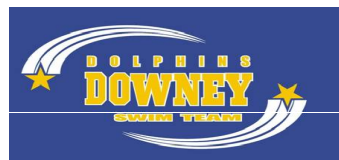
**Entry Procedure:** Submit one Swimming Entry Card (white card) for each swimmer. Cards must be completely filled out including USA Swimming registration number. Entry forms bearing a postmark later than 12:00 midnight on Friday February 5, 2010 will be rejected. Entries postmarked by business meter will be accepted if they arrive within 2 days of the entry deadline. Entries may be hand delivered to the address below until 8:00 pm on Friday February 5, 2010. **No certified, registered, or special delivery mail will be accepted.** To avoid concern over receipt of entry you may enclose a self-addressed, stamped envelope or postcard. Receipt of entries will not be verified by telephone.

**Electronic HY-TEK entries** are to be sent to ([ocpswim@hotmail.com](mailto:ocpswim@hotmail.com))

#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. (5 PM postmark would queue before a 10 PM electronic). #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

**Downey Dolphins Team Contact: Ellen Whalen** (562) 862-1948 or [ewhalen@alumni.usc.edu](mailto:ewhalen@alumni.usc.edu)

Downey Dolphins Presents



2010 Metro Committee Spring Championship

February 20-21, 2010

Entry Due Date: February 5, 2010

You may swim a TOTAL of 8 individual events.

You may swim a maximum of 4 individual events Saturday & Sunday

Walk In Deadline: Friday February 5, 2010

Warm Up

Meet Start Time

Saturday & Sunday 7:30 am

Saturday & Sunday 9:00 am

Girls			Saturday February 20, 2010				Boys	
Event	Min	Max	Min	Max	Event	Min	Max	Event
1		1:08.61	8 & un	100	Freestyle	1:08.31		2
3		1:08.61	10 & un	100	Freestyle	1:08.31		4
5		1:00.21	11-12	100	Freestyle	1:00.21		6
7		56.91	13-14	100	Freestyle	53.81		8
9		55.11	15-up	100	Freestyle	50.21		10
11		NTS	8 & un	25	Backstroke	NTS		12
13		36.91	10 & un	50	Backstroke	37.01		14
15		32.81	11-12	50	Backstroke	32.81		16
17		2:20.31	13-14	200	Backstroke	2:16.61		18
19		2:18.01	15-up	200	Backstroke	2:07.61		20
21		NTS	8 & un	25	Butterfly	NTS		22
23		35.21	10 & un	50	Butterfly	35.41		24
25		31.21	11-12	50	Butterfly	31.31		26
27		2:23.01	13-14	200	Butterfly	2:18.91		28
29		2:16.81	15-up	200	Butterfly	2:06.01		30
31		NTS	8 & un	100	Freestyle Relay	NTS		32
33		NTS	10 & un	200	Freestyle Relay	NTS		34
35	6:59.50	5:50.91	11-12	500	Freestyle	7:05.30	5:53.61	36
	6:32.30	5:29.41	13-14	500	Freestyle	6:20.30	5:19.71	
	6:29.90	5:20.01	15-up	500	Freestyle	6:05.30	4:59.41	
37		1:30.11	10 & un	100	Breaststroke	1:31.31		38
39		1:18.51	11-12	100	Breaststroke	1:20.01		40
41		1:13.21	13-14	100	Breaststroke	1:10.31		42
43		1:12.61	15-up	100	Breaststroke	1:04.81		44
45		1:20.21	10 & un	100	Backstroke	1:20.41		46
47		1:09.91	11-12	100	Backstroke	1:10.71		48
49		2:49.61	10 & un	200	IM	2:50.01		50
51		2:29.01	11-12	200	IM	2:29.71		52
53		2:19.11	13-14	200	IM	2:14.11		54
55		2:17.41	15-up	200	IM	2:05.61		56
57		Coaches	11-12	200	Freestyle Relay	Coaches		58
59		enter	13-14	200	Freestyle Relay	enter		60
61		relays	15-up	200	Freestyle Relay	relays		62

Girls			Sunday February 21, 2010				Boys	
Event	Min	Max	Min	Max	Event	Min	Max	Event
63		1:19.31	8 & un	100	IM	1:18.71		64
65		1:19.31	10 & un	100	IM	1:18.71		66
67		1:09.51	11-12	100	IM	1:10.31		68
69	6:07.30	4:56.91	13-14	400	IM	5:47.30	4:49.01	70
	6:33.00	4:49.51	15-up	400	IM	5:28.80	4:30.51	
71		31.31	8 & un	50	Freestyle	31.01		72
73		31.31	10 & un	50	Freestyle	31.01		74
75		27.91	11-12	50	Freestyle	27.91		76
77		26.41	13-14	50	Freestyle	25.01		78
79		25.81	15-up	50	Freestyle	23.11		80
81		NTS	8 & un	25	Breaststroke	NTS		82
83		42.01	10 & un	50	Breaststroke	42.01		84
85		36.31	11-12	50	Breaststroke	36.81		86
87		2:37.21	13-14	200	Breaststroke	2:32.71		88
89		2:36.01	15-up	200	Breaststroke	2:24.11		90
91		NTS	8 & un	100	Medley Relay	NTS		92
93		NTS	10 & un	200	Medley Relay	NTS		94
95	22:57.70	19:11.81	13-14	1650	Freestyle	22:35.80	18:42.01	96
	22:18.40	18:37.91	15-up	1650	Freestyle	21:32.00	17:10.41	
97		1:21.31	10 & un	100	Butterfly	1:21.51		98
99		1:08.71	11-12	100	Butterfly	1:09.41		100
101		1:04.01	13-14	100	Butterfly	1:01.21		102
103		1:01.21	15-up	100	Butterfly	55.51		104
105		2:28.71	10 & un	200	Freestyle	2:29.31		106
107		2:11.31	11-12	200	Freestyle	2:11.71		108
109		2:02.91	13-14	200	Freestyle	1:57.81		110
111		1:59.91	15-up	200	Freestyle	1:49.11		112
113		1:05.11	13-14	100	Backstroke	1:02.81		114
115		1:03.81	15-up	100	Backstroke	58.31		116
117		Coaches	11-12	200	Medley Relay	Coaches		118
119		enter	13-14	200	Medley Relay	enter		120
121		relays	15-up	200	Medley Relay	relays		122

NTS= No time standard applies to this event

8 & Under swimmers must choose to swim as "8 & Under" or "10 & Under" not any combination.

Swimmers in the 500, and 1650 Free must provide their own lap counters.

The 1650 Free will be swum fastest to slowest alternating girls then boys.

Combined age group events will be scored and awarded separately.

Events 35,36,69,70,95,96 will be scored and awarded separately Blue and Red division.