



Metro Committee Summer Long Course Championship

Hosted by Downey Dolphins Swim Team

August 8 & 9, 2009

Sanctioned by Southern California Swimming
 Entries Due: Monday July 27, 2009
 Walk In Entries: Monday July 27, 2009

Sanction Number: 09-174
 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.

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. Ample free parking, lots of deck and grass space for set up of canopies.

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. The competition course has not 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. 8 and under swimmers must choose to swim as 8 & under OR 10 & under (not any combination thereof). Swimmers who check in and fail to swim an event will be disqualified from their next individual event.

Swimsuits worn in all Age Group competition (as defined by USA Swimming) shall not extend past the top of the shoulder (the acromial process [a triangular projection of the scapula]), and shall not extend further down each leg than the top of the kneecap (patella). Swimsuits worn in all Age Group competition shall not be constructed of any polyurethane or neoprene material, except post-manufacturing logos and decorations. All events at Committee level meets shall be considered Age Group competition under SCS Rules & Procedures, Part Four, I, E.

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 athletes who are 2009 USA Swimming registered Metro Committee members. Registration must be received by SCS Swim Office or the meet host prior to the first day of competition. Registration may be submitted with the entry form. There are substantial penalties to the swimmer and club (see 2009 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 8&UN 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 - 4th through 8th "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 8&UN, 10&UN, 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: \$3.75 for each individual event plus \$6.00 surcharge per swimmer must accompany the entry form. \$10.00 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 Monday July 27, 2009 will be rejected. Entries postmarked by business meter will be accepted if they arrive within 2 days of the entry deadline, provided the meet has not reached capacity. Entries may be hand delivered to the address below until 8:00pm on Monday July 27, 2009 provided the meet has not reached capacity. No certified, registered, or special delivery mail will be accepted.

#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

Make checks payable to: SOUTHERN CALIFORNIA SWIMMING

MAIL entries to: Carol Peña 413 E. 212th Street, Carson, Ca 90745 Electronic HY-TEK entries are to be sent to (ckushipena@hotmail.com)

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

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

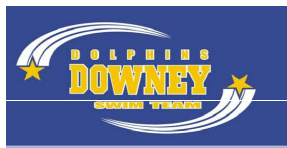
Receipt of entries will not be verified by telephone or E MAIL

Metro Committee Summer Championship

Hosted by Downey Dolphins Swim Team

August 8-9 2009

Entries Due: Monday July 27



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 8, 2009			Event		
Girls	Max	Min				Min	Max	Boys
1	1:19.41		10 & un	100	Freestyle		1:19.31	2
3	5:18.01		11-12	400	Freestyle		5:24.71	4
5	5:01.71		13-14	400	Freestyle		4:52.81	6
7	4:52.51		15 & up	400	Freestyle		4:33.81	8
9	40.71		8 & un	50	Butterfly		40.61	10
11	40.71		10 & un	50	Butterfly		40.61	12
13	35.31		11-12	50	Butterfly		35.61	14
15	43.41		8 & un	50	Backstroke		43.31	16
17	43.41		10 & un	50	Backstroke		43.31	18
19	37.21		11-12	50	Backstroke		38.41	20
21	1:16.51		13-14	100	Backstroke		1:15.21	22
23	1:14.81		15 & up	100	Backstroke		1:08.91	24
25	Deck		8 & un	200	Freestyle Relay	Deck		26
27	Entered		10 & un	200	Freestyle Relay	Entered		28
29	2:52.11	3:17.40	13-14	200	Butterfly	3:08.90	2:46.21	30
31	2:44.71	3:13.00	15 & up	200	Butterfly	2:54.80	2:32.31	32
33	1:45.81		10 & un	100	Breaststroke		1:47.71	34
35	1:32.01		11-12	100	Breaststroke		1:33.51	36
37	1:26.31		13-14	100	Breaststroke		1:23.11	38
39	1:24.61		15 & up	100	Breaststroke		1:18.01	40
41	10:33.61	12:31.70	13 & 14	800	*Freestyle*	12:01.30	10:21.01	42
43	10:17.51	12:04.70	15 & up	800	*Freestyle*	11:38.00	9:48.41	44
45	1:33.11		10 & un	100	Backstroke		1:33.71	46
47	1:22.31		11-12	100	Backstroke		1:22.81	48
49	1:06.11		13-14	100	Freestyle		1:03.21	50
51	1:03.61		15 & up	100	Freestyle		58.31	52
53	1:09.51		11-12	100	Freestyle		1:10.01	54
55	3:05.41	3:43.00	13-14	200	Breaststroke	3:33.00	3:01.01	56
57	3:04.41	3:41.90	15 & up	200	Breaststroke	3:20.40	2:52.41	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 9, 2009			Event		
Girls	Max	Min				Min	Max	Boys
65	5:47.61	6:55.10	13-14	400	IM	6:33.00	5:39.51	66
67	5:41.61	6:37.70	15 & up	400	IM	6:12.80	5:22.71	68
69	1:19.41		8 & un	100	Freestyle		1:19.31	70
71	2:52.11		10 & un	200	Freestyle		2:51.71	72
73	2:30.81		11-12	200	Freestyle		2:31.11	74
75	2:23.21		13-14	200	Freestyle		2:16.91	76
77	2:17.81		15 & up	200	Freestyle		2:07.21	78
79	48.41		8 & un	50	Breaststroke		49.31	80
81	48.41		10 & un	50	Breaststroke		49.31	82
83	42.01		11-12	50	Breaststroke		43.01	84
85	35.91		8 & un	50	Freestyle		36.01	86
87	35.91		10 & un	50	Freestyle		36.01	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		8 & un	200	Medley Relay	Deck		96
97	Entered		10 & un	200	Medley Relay	Entered		98
99	20:19.21	23:13.30	13 & 14	1,500	*Freestyle*	22:51.70	20:00.31	100
101	20:03.01	22:54.80	15 & up	1,500	*Freestyle*	22:08.60	19:07.61	102
103	1:36.01		10 & un	100	Butterfly		1:36.21	104
105	1:20.21		11-12	100	Butterfly		1:21.01	106
107	1:14.21		13-14	100	Butterfly		1:11.01	108
109	1:11.21		15 & up	100	Butterfly		1:03.91	110
111	3:15.41		10 & un	200	IM		3:15.21	112
113	2:51.71		11-12	200	IM		2:51.01	114
115	2:41.81		13-14	200	IM		2:36.21	116
117	2:37.71		15 & up	200	IM		2:25.31	118
119	2:45.21	3:19.60	13-14	200	Backstroke	3:09.20	2:42.31	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

8 and under swimmers must choose to swim as 8 & under
OR 10 & under (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