



Lakewood Aquatics Free Weekend Closed Invitational Swim Meet

November 23 - 24, 2013

SANCTIONED BY: SOUTHERN CALIFORNIA SWIMMING
SANCTION NO: 13-276

ENTRIES DUE: 5:00 PM Wednesday, November 13, 2013
WARM-UP BEGINS 7:30 AM
STARTING TIME: 9:00 AM

LAKEWOOD AQUATICS WILL LIMIT THE MEET TO COMPLY WITH THE 4 HOUR RULE — MAIL EARLY
MAXIMUM 6 INDIVIDUAL EVENTS, 3 EVENTS PER DAY
All events will swim fastest to slowest

POOL: The Cerritos College Aquatics Center is located on the campus of Cerritos College, 11110 Alondra Blvd., Norwalk, CA 90650.

DIRECTIONS: Exit the 605 freeway exit at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd and Studebaker Road in the City of Norwalk. The Aquatic Center faces North on Alondra Blvd. Ample free parking, lots of deck space and grass area. <http://cms.cerritos.edu/uploads/CampusGuide/CampusMapJun2013.pdf>

COURSE: Outdoor 25-yard pool with up to 10 short course competition lanes with a separate 6 lane warm-up pool and Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C) Pool depth is 7 ft. at the start end and 7 ft. at the turn end.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:45 am. 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 45 minutes before the start of the meet. The pool will close 15 minutes 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.

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 ALL 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 age years old on Date to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the event number or description are requested to furnish their own timers for three heats and lap counters in event number or description. Events will be swum fastest to slowest. **Swimmer may swim a maximum of 3 events per day. 7-8 swimmers may enter 5-8 or 7-10 events but not a combination.**

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, 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.

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.

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 LKWD, SCAL, CAA, FAST, MESA, PASA, RMDA, ROSE, TRID, WAC and ZAP athletes who hold 2013 or 2014 USA Swimming Registration. Registration application must be received by the meet entry deadline by 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 entry form. **In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition.**

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: Ribbons for all swimmers 12 & under achieving best times.

ENTRY FEES: \$3.25 for each individual event along with a \$7.00 surcharge **per swimmer 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) 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 13, 2013. 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: SOUTHERN CALIFORNIA SWIMMING

MAIL entries to: Darlys Ankeny, 2918 Lauretree Dr, Ontario, CA 91761
Email for team electronic entries only: darlys.ankeny@gmail.com

FOR FURTHER INFORMATION CALL: Ruth Anatolio (562) 627-1748

NO CERTIFIED, REGISTERED, COURIER, OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

Lakewood Aquatics Free Weekend Closed Invitational Swim Meet

November 23- 24, 2013

Entry Due Date: **November 13, 2013**

You may swim a **TOTAL of 6 individual events.**

You may swim a maximum of 3 individual events Saturday & Sunday

Girls		Saturday November 23, 2013	Boys	
Event	Age/MIN		Age/MIN	Event
1	7-10	100 Yard Individual Medley	7-10	2
3	5-8	100 Yard Individual Medley	5-8	4
5	7-10	50 Yard Breaststroke	7-10	6
7	5-8	25 Yard Breaststroke	5-8	8
9	7-10	100 Yard Butterfly	7-10	10
11	5-8	50 Yard Backstroke	5-8	12
13	7-10	50 Yard Freestyle	7-10	14
15	5-8	50 Yard Freestyle	5-8	16
17	7-10	100 Yard Backstroke	7-10	18
19	5-8	25 Yard Butterfly	5-8	20
21	7-10	200 Yard Freestyle	7-10	22

Walk In Deadline: Wednesday, November 13, 2013

Warm Up

Meet Start Time

Saturday & Sunday 7:30 am

Saturday & Sunday 9:00 am

Girls		Sunday November 24, 2013	Boys	
Event	Age/MIN		Age/MIN	Event
49	5-8	100 Yard Freestyle	5-8	50
51	7-10	50 Yard Backstroke	7-10	52
53	5-8	25 Yard Freestyle	5-8	54
55	7-10	100 Yard Freestyle	7-10	56
57	5-8	50 Yard Butterfly	5-8	58
59	7-10	50 Yard Butterfly	7-10	60
61	5-8	25 Yard Backstroke	5-8	62
63	7-10	100 Yard Breaststroke	7-10	64
65	5-8	50 Yard Breaststroke	5-8	66
67	7-10	200 Yard Individual Medley	7-10	68

PM Session will begin no sooner than 11:30 AM or 30 Minutes (per session) after the conclusion of the AM Session or at the discretion of the Meet Referee

23	11-12	200 Yard Freestyle	11-12	24
25	13 & Up	200 Yard Freestyle	13 & Up	26
27	11-12	50 Yard Breaststroke	11-12	28
29	13 & Up	100 Yard Breaststroke	13 & Up	30
31	11-12	100 Yard Butterfly	11-12	32
33	11-12	200 Yard Backstroke	11-12	34
	13 & Up	200 Yard Backstroke	13 & Up	
35	11-12	100 Yard Breaststroke	11-12	36
37	13 & Up	50 Yard Freestyle	13 & Up	38
39	11-12	50 Yard Freestyle	11-12	40
41	11-12	200 Yard Butterfly	11-12	42
	13 & Up	200 Yard Butterfly	13 & Up	
43	11-12	100 Yard Individual Medley	11-12	44
45	13 & Up	400 Yard Individual Medley	13 & Up	46
47	6:24.60	OPEN 500 Freestyle	6:29.80	48

69	11-12	200 Yard Individual Medley	11-12	70
71	13 & Up	200 Yard Individual Medley	13 & Up	72
73	11-12	100 Yard Freestyle	11-12	74
75	13 & Up	100 Yard Freestyle	13 & Up	76
77	11-12	50 Yard Backstroke	11-12	78
79	11-12	200 Yard Breaststroke	11-12	80
	13 & Up	200 Yard Breaststroke	13 & Up	
81	11-12	50 Yard Butterfly	11-12	82
83	13 & Up	100 Yard Butterfly	13 & Up	84
85	11-12	100 Yard Backstroke	11-12	86
87	13 & Up	100 Yard Backstroke	13 & Up	88
89	21:32.10	OPEN 1650 Yard Freestyle	21:51.50	90

Swimmers in the 500 Yard Freestyle and 1650 Freestyle are asked to provide timers for three heats and your own lap counters

7/8 swimmers may enter 5-8 or 7-10 events but not a combination