

THE SWIM TEAM "LAST CHANCE" LONG COURSE "BB" MINIMUM AGE GROUP SWIM MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S26 - 127
Sponsored by: The Swim Team
Orange Committee

DATE OF MEET: **July 11 & 12, 2026**
ENTRIES RECEIVED BY 5:00 PM: **July 1, 2026 (Wednesday)**

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 8:30 AM (Sat/Sun)

*Afternoon Session will begin no sooner than 30 minutes after the conclusion of the morning session

- POOL:** EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA 92630.
- COURSE:** EL TORO HIGH SCHOOL POOL is an outdoor 50-meter pool with (9) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".
- WARM UP RULES:** USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of a USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.
- MEET REFEREE:** Diana LaMar shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to dianalamar123@yahoo.com
- 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 2026 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. 11/12 swimmers may only swim in 1 session per day. Swimmers must swim in their actual Age Group as determined by their age on **July 11, 2026**. **All coaches on deck must complete the CDC of NFHS Concussion course and CAT.** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 3.0) will govern this meet.
- SPECIAL NOTICE:** Swimmers may swim a maximum of THREE (3) Individual events per day. Entries will be limited to meet the "4 Hour" rule for the 5-12 sessions. Each team is asked to provide timers. Swimmers may only swim an event once. 7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle time that meets the stated minimum time standard. The 400 Meter IM, 400-, 800- and 1500-Meter Freestyle events will be swum alternating girls and boys. Swimmers in the 400, 800 and 1500 Meter Freestyle and 400 Meter IM are requested to provide timers for three heats and their own lap counters. Relays will be swum time permitting. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**
- 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.
- 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 AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. "Tech" Suits are not permitted for 12 & Under swimmers.
- DECK CHANGES:** Deck Changes are prohibited.
- RACING START CERTIFICATION:** Any swimmer entered in the meet unaccompanied by a USA Swimming 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. 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 ATHLETES WHO ARE 2026 USA SWIMMING REGISTERED. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. NO late or deck registration will be accepted. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING prior to the start of the meet.
- CHANGE OF AFFILIATION:** Club Transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, meet admin will convert non-conforming times for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.
- QUALIFYING TIMES:** Swimmers must have met the time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet "NT". (See 2026 Swim Guide for times and exceptions).
- AWARDS:** RIBBONS 1-8TH WILL BE AWARDED FOR 5/6, 7/8, 9/10, 11/12, RELAYS 1-3RD
- ENTRY FEES:** **\$6.00 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry card, \$10.00 per RELAY.** 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. A 5 PM 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. Coaches entering any qualified Outreach athletes in this meet, must provide their team outreach registration roster from SWIMS/USA Swimming to the Meet Admin, when sending their team entry report and file, listing the Outreach athletes' name. Outreach athlete entries are a \$15.00 flat fee.
- DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodation or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the meet referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JULY 1, 2026. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received. NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED. PLEASE MAIL IN A BUSINESS SIZE ENVELOPE. DO NOT FOLD "White" ENTRY CARD---PLEASE.**

MAKE CHECKS PAYABLE TO: EMAIL : And MAIL TO: (Include Swimmer's name and SCS Number)	SET WATERPOLO CLUB Swimworks@gmail.com Robert Mitchell 1590 Arroyo Drive, Laguna Beach, CA 92651
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For further meet information email coachteeter@gmail.com Receipt of entry *will not* be verified by phone or email.

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Sanction Number:	S26 - 127	ENTRIES RECEIVED BY 5:00 PM:	July 1, 2026 (Wednesday)
Sponsored by:	The Swim Team Orange Committee	WARM UP TIME:	7:30 AM (Sat/Sun)
		MEET START TIME:	8:30 AM (Sat/Sun)

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USA Swimming Meet 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.

During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted.

Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.

Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.

A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency.

For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit www.usaswimming.org/report.

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.

THE SWIM TEAM "LAST CHANCE" LONG COURSE "BB" MINIMUM AGE GROUP SWIM MEET

Date of Meet: JULY 11 & 12, 2026

Entries Due: July 1, 2026 (Wednesday)

SUBMIT BEST RECORDED LONG COURSE METER TIMES
 Swimmers will be limited to a maximum of 3 events per day
 11/12 Swimmers may only swim one session

TST WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE
 RELAYS WILL BE SWUM TIME PERMITTING.
 Swimmers may only swim an event once.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

Girls				Saturday, July 11, 2026 8:30 am			Boys	
No.	Age	Minimum	Event	Minimum	Age	No.		
1	7-10	3:25.69	200 Meter Freestyle	3:14.99	7-10	2		
3	11/12	2:53.09		2:46.39	11/12	4		
5	7-10	1:55.39	100 Meter Butterfly	1:52.89	7-10	6		
7	11/12	1:30.49		1:27.29	11/12	8		
9	7-10	49.69	50 Meter Backstroke	49.29	7-10	10		
11	5-8	54.40		53.20	5-8	12		
13	11/12	41.59	50 Meter Freestyle	41.09	11/12	14		
15	7-10	40.89		39.79	7-10	16		
17	11/12	35.89	50 Meter Breaststroke	34.79	11/12	18		
19	7-10	55.49		54.39	7-10	20		
21	5-8	58.60	50 Meter Breaststroke	57.10	5-8	22		
23	11/12	46.19		45.89	11/12	24		
25	5-10	By Coach	200 Meter Medley Relay	By Coach	5-10	26		
27	11/12	Deck Entered	400 Meter Freestyle Relay	Deck Entered	11/12	28		

Girls				Sunday, July 12, 2026 8:30 am			Boys	
No.	Age	Minimum	Event	Minimum	Age	No.		
49	11/12	3:15.59	200 Meter Individual Medley	3:08.99	11/12	50		
51	7-10	3:48.89		3:43.69	7-10	52		
53	11/12	1:42.19	100 Meter Breaststroke	1:39.59	11/12	54		
55	7-10	2:03.89		1:59.19	7-10	56		
57	5-8	45.60	50 Meter Freestyle	44.40	5-8	58		
59	11/12	38.79	50 Meter Butterfly	38.69	11/12	60		
61	7-10	48.09		46.39	7-10	62		
63	5-8	52.00	100 Meter Backstroke	52.70	5-8	64		
65	11/12	1:32.69		1:29.59	11/12	66		
67	7-10	1:48.09	100 Meter Freestyle	1:44.49	7-10	68		
69	11/12	1:19.49		1:16.19	11/12	70		
71	7-10	1:32.99	100 Meter Freestyle	1:30.59	7-10	72		
73	5-8	1:39.30		1:35.50	5-8	74		
75	7-10	3:25.69	400 Meter Freestyle	3:14.99	7-10	76		
	11/12	6:04.79		5:53.89	11/12			
77	11/12	Deck Entered	200 Meter Freestyle Relay	Deck Entered	11/12	78		
79	5-10	By Coach		By Coach	5-10	80		

Second Session will begin no sooner than 30 minutes after the conclusion of first session

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29	11 & Up	BB for Age	400 Meter Individual Medley	BB for Age	11 & Up	30
31	11 & Up	BB for Age	200 Meter Freestyle	BB for Age	11 & Up	32
33	11 & Up	BB for Age	100 Meter Butterfly	BB for Age	11 & Up	34
35	11 & Up	BB for Age	200 Meter Breaststroke	BB for Age	11 & Up	36
37	11 & Up	BB for Age	50 Meter Breaststroke	BB for Age	11 & Up	38
39	11 & Up	BB for Age	50 Meter Freestyle	BB for Age	11 & Up	40
41	11 & Up	BB for Age	50 Meter Backstroke	BB for Age	11 & Up	42
43	11 & Up	BB for Age	200 Meter Backstroke	BB for Age	11 & Up	44
45	11 & Up	Deck Entered	400 Meter Medley Relay	By Coach	11 & Up	46

81	11 & Up	BB for Age	400 Meter Freestyle	BB for Age	11 & Up	82
83	11 & Up	BB for Age	200 Meter Individual Medley	BB for Age	11 & Up	84
85	11 & Up	BB for Age	50 Meter Butterfly	BB for Age	11 & Up	86
87	11 & Up	BB for Age	100 Meter Freestyle	BB for Age	11 & Up	88
89	11 & Up	BB for Age	100 Meter Backstroke	BB for Age	11 & Up	90
91	11 & Up	BB for Age	200 Meter Butterfly	BB for Age	11 & Up	92
93	11 & Up	BB for Age	100 Meter Breaststroke	BB for Age	11 & Up	94
95	11 & Up	Deck Entered	400 Meter Freestyle Relay	By Coach	11 & Up	96

10 Minute Break at the discretion of the referee

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			800 Meter Freestyle	BB for Age	11 & Up	47
48	11 & Up	BB for Age	1500 Meter Freestyle			

97	11 & Up	BB for Age	800 Meter Freestyle			
			1500 Meter Freestyle	BB for Age	11 & Up	98

7-10 swimmers entering the 400 Meter Freestyle must enter with an achieved 200 Meter Freestyle Time that meets the minimum time standard.

The 400 Meter IM, 400, 800 & 1500 Meter Freestyle will be swum alternating girls and boys.

Swimmers in the 400 IM, 400, 800 & 1500 Meter Freestyle are requested to provide timers for three heats. Swimmers in the 800 and 1500 Meter Freestyle are requested to provide their own lap counters