

RST Spring Splash BB/B/C LC Meet

SPONSORED BY: Redlands Swim Team and SOUTHERN CALIFORNIA SWIMMING **Sanction Number:** S25-141

Sponsored by: Redlands Swim Team, Eastern Committee

Entries Received by: 5 PM on Date: 05/14/2025

MEET DATES: 05/24/25 through 05/25/25

Warmup Time: 07:00

Meet Start Time: 08:30

POOL ADDRESS: Crafton Hills College, 11711 Sand Canyon Rd, Yucaipa, CA 92399. Parking lot J.

DIRECTIONS: From I-10 W, exit Yucaipa Blvd, turn left. From I-10 E, exit Yucaipa Blvd, turn right At Sand Canyon Rd/14th St, turn left. College entrance is on the right

COURSE:

Pool Dimensions: 50 meter X 25 yard

Number of Competition Lanes: 7

Number of Warm-up Lanes: 01

The competition course has been certified in accordance with 104.3.2(c) on file with USA Swimming

☒ YES ☐ NO

Pool depth: Start End: 7ft Turn End: 7ft

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00AM and 8:20AM. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned. Dive lanes will open 20 minutes before the start of the meet. The pool will close 10 minutes before the start of each session. All swimmers must use 3-point, slide-in entries into the pool during warmup, no jumping or diving.

MEET REFEREE: Mike Sheppard will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee, e-mail: cattywampus@roadrunner.com]

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" for 12-Under swimmers, unless a Championship meet.

Swimmers must check in with the Clerk of Course 30 minutes prior to the start of each session for the first 4 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 5 years old on the Start Date of the meet to enter. Timers are required to be provided by each team. Swimmers competing in the following events 800 and 1500 freestyle are requested to furnish their own timers and provide lap counters.

Events will be swum ☒ fast-to-slow ☐ slow-to fast.

Swimmers may swim a maximum of 4 individual events and 1 relays per day.

All coaches and officials on deck must complete the CDC or NFHS Concussion course, and must complete the CANRA Mandatory Reporting course prior to the start of the meet.

RECORDING DEVICES AND 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 or 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 at this meet for 12-Under swimmers. Please see the Tech Suit Policy on the SCS website: www.socalswim.org

DECK CHANGES: Deck Changes are prohibited.

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.

DISABILITY: Coaches entering swimmers with disabilities that require any reasonable accommodations 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.

ELIGIBILITY: Open to athletes who hold 2025 USA Swimming Registration. Online registration in SWIMS 3.0

must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Out-of-LSC entries will be accepted, space available; please submit a copy of registration with entry. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete.

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 to complete the Club Transfer process online in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be the best recorded times short course or long course from this or preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close, Meet Administration may convert non-conforming times. 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 place 1-6 for BB, B and C division.

ENTRY FEES: \$6.00 per individual event, \$10.00 per relay, and \$15.50 surcharge per swimmer. Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries. There will also be at \$15.00 facility fee per athlete.

E-mailed team entry (entry .zip file) will be accepted ONLY when received together with an attached 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 entry, etc.). Full payment (SINGLE TEAM CHECK) for an e-mailed zip file entry must be postmarked within 48 hours of the e-mailed zip file entry. Failure to comply will be referred to the Board of Review. Team entry updates (added events) will be processed when received by the meet processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (including e-mail) ONLY. Prior to entry deadline new swimmers are accepted SPACE PERMITTING. DO NOT RE-SEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

If entering individually, emailed or texted entries are not accepted. Please enter using the SCS Individual Meet Entry Form. Entries are accepted, SPACE PERMITTING, when the entry is received TOGETHER with a check, money order or cash, by the meet processor.

ENTRIES CLOSE: Entries must be received by the meet processor no later than May 14th, 2025 by 5:00pm. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry at the designated address, enclose a self-addressed, stamped envelope or postcard. Receipt of entries will NOT be verified by phone, email or text message.

E-MAIL ENTRIES TO: Julie Fredericks – fredies6@hotmail.com
Mail Entries to: Julie Fredericks, P.O. Box 624, Yucaipa, CA 92399
OR HAND DELIVER TO: 36609 Parkview Terrace, Yucaipa, CA 92399

MAKE CHECKS PAYABLE TO: Redlands Swim Team

QUESTIONS? Meet Director (Name and Tel Number:) Nolan Brown 909-732-6356

Meet Processor (Name and Tel Number:) Julie Fredericks 909-709-1549

Meet Referee (Name and Tel Number:) Mike Sheppard 951-317-3712

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. Reporting must occur when an individual has firsthand

knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to 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.

Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 3.0 (MAAPP 3.0) govern this meet.

RST BB/B/C Meet May 24-25 2025

ENTRIES MUST BE RECEIVED BY 5:00 PM: May 14th, 2025 (Wednesday)

All swimmers ages 10 and under, events will be swum together; awarded separately.

Swimmers should provide their own timers and/or lap counters for **800/1500 free.

Events will be swum fastest to slowest.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

This meet is subject to the 4-hour rule per session.

Relays swum time permitting.

Saturday AM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
1	BB/	11-12	200	Free	BB/	2
3	BB/	10 & U	200	Free	BB/	3
4	BB/	11-12	50	BR	BB/	5
6	BB/	10 & U	50	BR	BB/	6
7	BB/	11-12	100	Back	BB/	8
9	BB/	10 & U	100	Back	BB/	9
10	BB/ /B	11-12	200	BR	BB/ /B	11
12	BB/	11-12	50	Free	BB/	13
14	BB/	10 & U	50	Free	BB/	14
15	BB/	11-12	100	Fly	BB/	16
17	BB/	10 & U	100	Fly	BB/	17
18	BB/ /B	11-12	400	Free	BB/ /B	19
20		11-12	200	Free Relay		21
22		10 & U	200	Free Relay		23
Saturday PM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
24	BB/	13-14	400	IM	BB/	25
26	BB/	15-up	400	IM	BB/	27
28	BB/	13-14	50	Fly	BB/	29
30	BB/	15-up	50	Fly	BB/	31
32	BB/	13-14	200	Free	BB/	33
34	BB/	15-up	200	Free	BB/	35
36	BB/	13-14	100	BR	BB/	37
38	BB/	15-up	100	BR	BB/	39
40	BB/	13-14	200	Fly	BB/	41
42	BB/	15-up	200	Fly	BB/	43
44	BB/	13-14	50	Free	BB/	45
46	BB/	15-up	50	Free	BB/	47
48	BB/	13-14	100	Back	BB/	49
50	BB/	15-up	100	Back	BB/	51
52		13-14	200	Free Relay		53
54		15-up	200	Free Relay		55
Saturday Distance						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
56	BB/ /B	13-14	800	Free	BB/ /B	57
58	BB/ /B	15-up	800	Free	BB/ /B	59

Sunday AM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
60	BB/	11-12	200	IM	BB/	61
62	BB/	10 & U	200	IM	BB/	62
63	BB/	11-12	50	Fly	BB/	64
65	BB/	10 & U	50	Fly	BB/	65
66	BB/	11-12	100	BR	BB/	67
68	BB/	10 & U	100	BR	BB/	68
69	BB/ /B	11-12	200	Fly	BB/ /B	70
71	BB/	11-12	50	Back	BB/	72
73	BB/	10 & U	50	Back	BB/	73
74	BB/	11-12	100	Free	BB/	75
76	BB/	10 & U	100	Free	BB/	76
77	BB/ /B	11-12	200	Back	BB/ /B	78
79		11-12	200	Medley Relay		80
81		10 & U	200	Medley Relay		82

Sunday PM						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
83	BB/	13-14	400	Free	BB/	84
85	BB/	15-up	400	Free	BB/	86
87	BB/	13-14	50	BR	BB/	88
89	BB/	15-up	50	BR	BB/	90
91	BB/	13-14	200	IM	BB/	92
93	BB/	15-up	200	IM	BB/	94
95	BB/	13-14	100	Free	BB/	96
97	BB/	15-up	100	Free	BB/	98
99	BB/	13-14	200	Back	BB/	100
101	BB/	15-up	200	Back	BB/	102
103	BB/	13-14	100	Fly	BB/	104
105	BB/	15-up	100	Fly	BB/	106
107	BB/	13-14	50	Back	BB/	108
109	BB/	15-up	50	Back	BB/	110
111	BB/	13-14	200	BR	BB/	112
113	BB/	15-up	200	BR	BB/	114
115		13-14	200	Medley Relay		116
117		15-up	200	Medley Relay		118

*****Break Will Be Determined by Meet Referee*****

Sunday Distance						
Girls	Max/Min	Division	Distance	Event	Max/Min	Boys
119	BB/ /B	13-14	1500	Free	BB/ /B	120
121	BB/ /B	15-up	1500	Free	BB/ /B	122