

2026 HVDA Beat the Heat SC Meet for BB, B, C swimmers

SPONSORED BY: HVDA and SOUTHERN CALIFORNIA SWIMMING

Sanction Number: S26-105

Sponsored by: HVDA, Eastern Committee

Entries Received by: 5 PM Wednesday: 06/10/26

MEET DATES: 06/20/26 through 06/21/26

Warmup Time: 7:00 am

Meet Start Time: 8:30 am

POOL: West Valley High School, 3401 Mustang Way, Hemet, California 92545

DIRECTIONS: From the 10 Fwy, exit Hwy 79/Beaumont Ave. Go South on CA Hwy-79. Hwy 79 will turn into Sanderson Ave at Ramona Exp. Follow Sanderson Ave for 7.5 miles and turn right on Mustang Way– School is on the left. From 215 Fwy exit Newport Ave. Go East. Newport Ave will turn into Domenigoni Pkwy, follow to Sanderson Ave and turn left on Sanderson, then left again on Mustang Way.

COURSE: Outdoor 25 yard x 25 meter with 8 competition lanes and additional warm-up lanes. Pool depth: start and turn ends range from 13' - 8'.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up 7:00 am - 8:15 am. 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 45 minutes before the start of the meet. The pool will close 15 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. MEDICAL SUPERVISION ON DECK: a lifeguard and EMR will be on deck at all times.

MEET REFEREE: Paul Szuszkiewicz will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee, e-mail: pszsz@hotmail.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. Swimmers must check in with the Clerk of Course 40 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 events 500 yds or longer are requested to furnish their own timers for three heats, and provide lap counters. Events will be swum fast-to-slow. Swimmers may swim a maximum of 4 individual events and 1 relay 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.socialswim.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 Eastern Committee team athletes who hold 2026 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: BB/B/C divisions: Ribbons for 1st - 6th place Relays: Ribbons for 1st - 3rd place.

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. 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 5:00 pm Wednesday, June 10.

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: Jan Szuszkiewicz janszszswim@gmail.com

OR HAND DELIVER TO: Jan Szuszkiewicz - 1437 E Palm Ave, Redlands, CA 92374

MAKE CHECKS PAYABLE TO: Hemet Valley Dolphins

QUESTIONS? Meet Director: Randy Palma

hvdarandy@gmail.com

Meet Processor: Jan Szuszkiewicz

janszszswim@gmail.com

Meet Referee: Paul Szuszkiewicz

pszsz@hotmail.com

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.

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 2.0 (MAAPP 2.0) govern this meet.

Beat the Heat SC Meet for BB/B/C Swimmers

hosted by HVDA

June 20-21 2026

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, June 10, 2026

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

Events will be swum fastest to slowest, starred events swum together awarded separately.

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

500 & 1000 yd events swimmers are requested to provide own timers and lap counters.

5-6 and 7-8 year olds may swim a distance only once in the meet (may not swim the same distance both Saturday and Sunday).

Saturday

	Age	Gender	Distance/Stroke	Girls		Boys	
				Min/Max	Min/Max	Min/Max	Min/Max
1	11-12	Girls	200 yd IM		/2:37.60		
2	5-8	Mixed	25 yd Backstroke		/22.21		/21.61
3	7-10	Mixed	50 yd Backstroke		/38.00		/37.60
4	11-12	Girls	50 yd Backstroke		/33.20		
5	5-8	Mixed	25 yd Freestyle		/18.11		/17.61
6	5-8	Mixed	50 yd Freestyle		/40.51		/39.41
7	7-10	Mixed	50 yd Freestyle		/32.10		/31.10
8	11-12	Girls	50 yd Freestyle		/29.30		
9	5-8	Mixed	25 yd Butterfly		/21.31		/21.31
10	5-8	Mixed	50 yd Butterfly		55.60/46.31		56.40/47.01
11	7-10	Mixed	100 yd Butterfly		/1:26.10		/1:24.40
12	11-12	Girls	100 yd Butterfly		/1:12.10		
13	5-8	Mixed	100 yd Freestyle		1:46.10 /1:28.41		1:42.00/1:25.01
14	7-10	Mixed	100 yd Freestyle		/1:11.50		/1:09.80
15	11-12	Girls	100 yd Freestyle		/1:04.00		
16	5-8	Mixed	25 yd Breaststroke		/24.01		/23.31
17	7-10	Mixed	50 yd Breaststroke		/42.80		/42.10
18	11-12	Girls	50 yd Breaststroke		/37.70		
19	5-8	Mixed	100 yd Freestyle Relay				
20	7-10	Mixed	200 yd Freestyle Relay		DECK		DECK
21	11-12	Girls	200 yd Freestyle Relay		ENTERED		ENTERED

Minimum 45 minute Break

22	11-12	Boys	200 yd IM				/2:32.30
23	13-14	Mixed	100 yd Backstroke		/1:05.90		/1:01.10
24	15-Up	Mixed	100 yd Backstroke		/1:04.10		/:57.90
25	11-12	Boys	50 yd Backstroke				/32.70
26	13-14	Mixed	50 yd Freestyle		/27.90		/25.70
27	15-Up	Mixed	50 yd Freestyle		/27.20		/25.80
28	11-12	Boys	50 yd Freestyle				/28.10
29*	13-14	Mixed	200 yd Butterfly		/2:26.70		/2:14.40
29*	15-Up	Mixed	200 yd Butterfly		/2:22.10		/2:08.80
30	11-12	Boys	100 yd Butterfly				/1:09.30
31	13-14	Mixed	100 yd Freestyle		/1:00.90		/55.70
32	15-Up	Mixed	100 yd Freestyle		/58.90		/53.20
33	11-12	Boys	100 yd Freestyle				/1:01.30
34	13-14	Mixed	100 yd Breaststroke		/1:16.00		/1:09.00
35	15-Up	Mixed	100 yd Breaststroke		/1:13.70		/1:05.90
36	11-12	Boys	50 yd Breaststroke				/36.70
37*	13-14	Mixed	50 yd Butterfly		/30.70		/28.40
37*	15-Up	Mixed	50 yd Butterfly		/29.60		/26.60
38*	11-12	Boys	200 yd Freestyle Relay				
39*	13-14	Mixed	200 yd Freestyle Relay		DECK		DECK
39	15-Up	Mixed	200 yd Freestyle Relay		ENTERED		ENTERED

Sunday

	Age	Gender	Distance/Stroke	Girls		Boys	
				Min/Max	Min/Max	Min/Max	Min/Max
41	11-12	Girls	100 yd IM		/1:13.10		
42	5-8	Mixed	100 yd IM		/1:41.21		/1:38.51
43	7-10	Mixed	100 yd IM		/1:22.10		/1:19.70
44	5-8	Mixed	25 yd Butterfly		/21.31		/21.31
45	7-10	Mixed	50 yd Butterfly		/37.00		/36.00
46	11-12	Girls	50 yd Butterfly		/31.60		
47	5-8	Mixed	25 yd Breaststroke		/24.01		/23.31
48	5-8	Mixed	50 yd Breaststroke		1:02.80/52.31		1:01.20/51.01
49	7-10	Mixed	100 yd Breaststroke		/1:33.60		/1:30.60
50	11-12	Girls	100 yd Breaststroke		/1:22.20		
51	5-8	Mixed	25 yd Backstroke		/22.21		/21.61
52	5-8	Mixed	50 yd Backstroke		57.80/48.11		56.30/46.81
53	7-10	Mixed	100 yd Backstroke		/1:22.30		/1:19.60
54	11-12	Girls	100 yd Backstroke		/1:13.00		
55	5-8	Mixed	25 yd Freestyle		/18.11		/17.61
56	7-10	Mixed	200 yd Freestyle		02:38.4		/2:31.60
57	11-12	Girls	200 yd Freestyle		/2:19.30		
58	5-8	Mixed	100 yd Medley Relay				
59	7-10	Mixed	200 yd Medley Relay		DECK		DECK
60	11-12	Girls	200 yd Medley Relay		ENTERED		ENTERED

Minimum 45 minute Break

61	13-14	Mixed	200 yd IM		/2:27.20		/2:15.40
62	15-up	Mixed	200 yd IM		/2:22.40		/2:09.40
63	11-12	Boys	100 yd IM				/1:10.00
64*	13-14	Mixed	50 yd Backstroke		/31.10		/28.90
64*	15-up	Mixed	50 yd Backstroke		/29.70		/26.40
65	11-12	Boys	50 yd Butterfly				/31.20
66	13-14	Mixed	100 yd Butterfly		/1:05.90		/1:00.40
67	15-up	Mixed	100 yd Butterfly		/1:03.80		/:57.60
68	11-12	Boys	100 yd Breaststroke				/1:18.40
69*	13-14	Mixed	200 yd Breaststroke		/2:43.80		/2:29.90
69*	15-up	Mixed	200 yd Breaststroke		/2:39.50		/2:24.20
70	11-12	Boys	100 yd Backstroke				/1:09.30
71*	13-14	Mixed	200 yd Backstroke		/2:22.60		/2:12.60
71*	15-up	Mixed	200 yd Backstroke		/2:19.10		/2:06.60
72	11-12	Boys	200 yd Freestyle				/2:13.70
73	13-14	Mixed	200 yd Freestyle		/2:11.70		/2:02.20
74	15-up	Mixed	200 yd Freestyle		/2:07.70		/1:56.60
75*	13-14	Mixed	50 yd Breaststroke		/36.10		/33.10
75*	15-up	Mixed	50 yd Breaststroke		/34.60		/30.40
76	11-12	Boys	200 yd Medley Relay				
77*	13-14	Mixed	200 yd Medley Relay		DECK		DECK
77*	15-up	Mixed	200 yd Medley Relay		ENTERED		ENTERED