

# OC GOLD ORANGE COMMITTEE SUMMER CHAMPIONSHIP SHORT COURSE SWIM MEET

Sanctioned by: USA Swimming and SCS  
Sanction Number: S26 - 159  
Sponsored by: OC Gold  
Orange Committee

DATE OF MEET: July 17, 18 & 19, 2026  
**ENTRIES RECEIVED BY 5:00PM: July 8, 2026 (Wednesday)**

WARM UP TIME: 5:00 PM (Fri), 7:30 AM (Sat/Sun)  
MEET START TIME: 6:00 PM (Fri), 9:00 AM (Sat/Sun)

The following Orange Committee Teams may enter: AAA, BREA, EAST, EVO, FAST, GOLD, GWSC, JCCW, MVN, PTRT, SACA, SNAP, TST, WASC

**\*The second session will begin no sooner than 12:00 pm or 70 minutes after the conclusion of the first session**

- POOL:** EL MODENA HIGH SCHOOL: 3920 E. Spring Street, Orange, CA 92869
- COURSE:** EL MODENA HIGH SCHOOL pool is an outdoor 25 yard pool with up to TEN (10) swimming lanes and a warm-up area. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Start End = 13', Turn End = 7'.
- WARM UP PROCEDURES:** 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 an USA Swimming member coach. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s). **Teams will be assigned warm up time, which will be announced.** 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 at 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 2025 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 must check in for the first 4 events **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **July 18, 2025. All coaches on deck must complete the CDC of NFHS Concussion course, CAT and CANRA.** 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) events per day. Swimmers in the 400 IM, 500, 1000 and 1650 Freestyle are asked to provide a timer for three heats; freestyle requires own lap counter. Swimmers may only enter an event once. 7-10 500 yard Freestyle swimmers enter best 200 Yard Freestyle time that meets or exceeds the stated minimum time. 200 numbered 11/12 events will be swum combined with 13/14 and 15 & Up events. The 400 IM, 500, 1000 and 1650 Yard Freestyles and 200's of stroke will be swum alternating girls and boys. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** Relays will be swum, time permitting. All teams are requested to provide timers.
- 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 FINA swimsuit specifications may be worn in any USA Swimming sanctioned competition. "Tech" suits are not permitted at this meet for swimmers 12 & under.
- 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.
- 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.
- ELIGIBILITY:** OPEN TO ATHLETES WHO ARE 2025 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 or older must complete the free online ATHLETE PROTECTION TRAINING prior to the start of the meet.
- SUBMITTED TIMES:** Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). Coaches and swimmers should be prepared to verify all submitted times. After entries close, Meet Admin will convert non-conforming times for seeding purposes only. Discrepancy in the submitted times can lead to disciplinary action.
- QUALIFYING TIMES:** Swimmers must not exceed the SAG Maximum standards listed for the events entered. Swimmers entered in relays may NOT have exceeded the SAG Maximum time standard for the stroke they swim in the relay, prior to this meet.
- AWARDS:** Awards will be given based on FINISH TIME. Awards will be given to the following age groups: 5-8, 7-10, 11-12  
INDIVIDUAL EVENTS: MEDALS 1<sup>st</sup> - 3<sup>rd</sup>, RIBBONS 4 - 8  
RELAYS: RIBBONS 1<sup>st</sup> - 3<sup>rd</sup>
- ENTRY FEES:** **\$7.00 for each INDIVIDUAL EVENT, plus \$20.00 SURCHARGE per swimmer must accompany each individual entry card.** \$20.00 per Deck entered Relay. E-mail entry (entry.zipfile) 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). 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. The outreach athlete entry fee is a flat \$15.00 fee.
- 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.
- ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY JULY 9, 2025. 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.**

EMAIL TO:	MAKE CHECKS PAYABLE TO:	Orange County GOLD
And MAIL TO:	darlys.ankeny@gmail.com	
	Darlys Ankeny	
	(Include Swimmer's name and SCS Number)	2918 Laureltree Drive
		Ontario, CA 91761

For further meet information email jaolszewski@hotmail.com

Receipt of entry will not be verified by phone or email.

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Sanction Number: S26 - 159  
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**\*The second session will begin no sooner than 12:00 pm or 70 minutes after the conclusion of the first session**

### 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](http://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](http://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.

# GOLD ORANGE COMMITTEE SUMMER CHAMPIONSHIP SHORT COURSE SWIM MEET

DATE OF MEET: JULY 17, 18 & 19, 2026

ENTRIES DUE: JULY 8, 2026 (Wednesday)

Times submitted must be BEST RECORDED TIMES short course or long course.

Swimmers may only swim an event once

You may swim a maximum of 3 events per day.

The following Orange Committee teams may attend: AAA, BREA, EAST, EVO, FAST, GOLD, GWSC, JCCW, MVN, PTRT, SACA, SNAP, TST, WASC

Girls

## FRIDAY, JULY 17, 2026 - EVENING SESSION - 6:00 PM

Boys

No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.	
201		2:35.31	11/12	200 Yard Individual Medley		2:34.21	202	
1		2:25.91	13/14				2:16.61	2
		2:20.31	15 & Up				2:07.01	
3	<b>3:22.79</b>	2:39.61	7-10	500 Yard Freestyle (Enter 200 Yard Freestyle Time)	<b>3:09.49</b>	2:39.91	4	
5		28.61	11/12	50 Yard Freestyle		28.41	6	
7		27.01	13/14				25.01	8
		26.01	15 & Up				23.01	
209	<b>25:07.39</b>	...	11/12	1650 Yard Freestyle	<b>24:27.69</b>	...	210	
9	<b>23:42.89</b>	20:37.81	13/14			<b>22:22.89</b>	20:00.41	10
	<b>23:15.89</b>	20:21.41	15 & Up			<b>21:26.59</b>	19:06.91	
11	Coaches Enter Relays on Deck		11/12	200 Yard Freestyle Relay	Coaches Enter Relays on Deck		12	

## SATURDAY, JULY 18, 2026 - MORNING SESSION - YOUNGERS 9:00 AM

13		1:13.11	5-8	100 Yard Freestyle		1:13.11	14
15		2:58.31	7-10	200 Yard Individual Medley		2:58.41	16
17		14.60	5-8	25 Yard Freestyle		14.65	18
19		44.21	7-10	50 Yard Breaststroke		45.61	20
21		44.21	5-8				45.61
23		1:13.11	7-10	100 Yard Freestyle		1:13.11	24
25		18.50	5-8	25 Yard Backstroke		17.50	26
27		39.41	7-10	50 Yard Backstroke		39.21	28
29		37.91	5-8	50 Yard Butterfly		38.11	30
31		1:30.01	7-10	100 Yard Butterfly		1:30.41	32
33	Coaches Only		7-10	200 Yard Freestyle Relay	Coaches Only		34
35	Enter Relays on Deck		5-8	100 Yard Freestyle Relay	Enter Relays on Deck		36

## SATURDAY, JULY 18, 2026 - AFTERNOON SESSION - OLDERS - 70 Minutes AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

237	<b>6:31.69</b>	...	11/12	400 Yard Individual Medley	<b>6:17.09</b>	...	238	
37	<b>6:05.79</b>	5:18.81	13/14			<b>5:37.69</b>	5:04.81	38
	<b>5:54.99</b>	5:15.71	15 & Up			<b>17-19, 2026</b>	4:44.31	
39		1:02.21	11/12	100 Yard Freestyle		1:02.01	40	
41		58.71	13/14				54.91	42
		56.31	15 & Up				51.51	
43		34.11	11/12	50 Yard Backstroke		34.21	44	
45		31.10	13/14				28.90	46
		30.20	15 & Up				27.20	
247	<b>2:59.49</b>	...	11/12	200 Yard Backstroke	<b>2:52.89</b>	...	248	
47		2:30.61	13/14				2:25.41	48
		2:26.01	15 & Up				2:14.51	
49		1:13.21	11/12	100 Yard Butterfly		1:14.11	50	
51		1:07.21	13/14				1:01.81	52
		1:04.11	15 & Up				56.21	
53		38.01	11/12	50 Yard Breaststroke		38.21	54	
55		36.10	13/14				33.10	56
		35.20	15 & Up				31.40	
257	<b>3:25.69</b>	...	11/12	200 Yard Breaststroke	<b>3:16.39</b>	...	258	
57		2:50.01	13/14				2:40.51	58
		2:48.01	15 & Up				2:29.11	
59		1:13.31	11/12	100 Yard Backstroke		1:14.91	60	
61	Coaches Only		13 & Up	400 Yard Freestyle Relay	Coaches Only		62	
63	Enter Relays on Deck		11/12		Enter Relays on Deck		64	
65	<b>6:52.19</b>	5:46.41	13/14	500 Yard Freestyle	<b>6:25.69</b>	5:36.21	66	
267	<b>6:40.99</b>	5:37.31	15 & Up			<b>6:08.39</b>	5:06.91	268
	<b>7:16.89</b>	6:10.91	11/12			<b>6:59.89</b>	6:15.51	

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ENTRIES DUE: JULY 8, 2026 (Wednesday)

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Girls		SUNDAY, JULY 19, 2026 - MORNING SESSION - YOUNGERS - 9:00 AM					Boys	
No.	Minimum	Maximum	Age	Event	Minimum	Maximum	No.	
69		1:22.10	7-10	100 Yard Individual Medley		1:19.69	70	
71		1:22.10	5-8				1:19.69	72
73		32.31	7-10	50 Yard Freestyle		32.01	74	
75		32.31	5-8				32.01	76
77		1:37.01	7-10	100 Yard Breaststroke		1:38.81	78	
79		19.80	5-8	25 Yard Breaststroke		19.90	80	
81		1:26.21	7-10	100 Yard Backstroke		1:27.11	82	
83		39.41	5-8	50 Yard Backstroke		39.21	84	
85		37.91	7-10	50 Yard Butterfly		38.11	86	
87		16.30	5-8	25 Yard Butterfly		16.50	88	
89		2:39.61	7-10	200 Yard Freestyle	...	2:39.91	90	
91	Coaches Only		5-8	100 Yard Medley Relay	Coaches Only		92	
93	Enter Relays on Deck		7-10	200 Yard Medley Relay	Enter Relays on Deck		94	

## SUNDAY, JULY 19, 2026 AFTERNOON SESSION - OLDERS - 70 Minutes AFTER END OF AM SESSION, BUT NOT BEFORE 12:00 PM

95		2:15.61	11/12	200 Yard Freestyle		2:16.21	96
97		2:08.41	13/14				2:06.61
99		2:03.81	15 & Up	100 Yard Breaststroke		1:51.91	100
101		1:22.11	11/12				1:23.81
103		1:18.01	13/14	50 Yard Butterfly		1:12.21	104
105		1:14.91	15 & Up				1:05.81
107		31.51	11/12	200 Yard Butterfly		31.71	108
109		30.70	13/14				28.40
111		29.80	15 & Up	100 Yard Backstroke		27.10	112
307	<b>3:03.39</b>	...	11/12			<b>2:56.59</b>	
113		2:40.41	13/14	100 Yard Individual Medley		2:33.71	114
115		2:32.71	15 & Up				2:15.91
117		1:08.81	13/14	200 Yard Medley Relay		1:06.01	118
317		1:06.01	15 & Up				1:00.11
119		1:08.91	11/12	400 Yard Medley Relay		1:07.81	120
121		Coaches Only	13 & Up				Coaches Only
123		Enter Relays on Deck	11/12	200 Yard Medley Relay	Enter Relays on Deck		124
125	<b>14:01.09</b>	12:15.31	13/14	1000 Yard Freestyle	<b>13:17.99</b>	11:46.91	126
127	<b>13:52.89</b>	11:56.71	15 & Up			<b>12:51.79</b>	11:12.61
129	<b>15:02.69</b>		11/12		<b>14:43.49</b>		130

### TEAM WARM UP TIME WILL BE ASSIGNED AND ANNOUNCED

The 200 of stroke, 400 Yard IM, 500, 1000 and 1650 Yard Freestyle will be swum alternating girls and boys.

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

200 and 300 numbered 11/12 events will be swum combined with 13/14 and 15 & Up events