# Orange Committee's December 'ABC' Meet – Hosted by Anaheim Aquatics Association

DATE OF MEET: **DECEMBER 5 & 6, 2026**

Sanctioned by: USA Swimming and SCS
ENTRIES RECEIVED BY 5:00 PM: **NOVEMBER 23, 2026, (MONDAY)**
Sanction Number: S26 - 242
Sponsored by: Anaheim Aquatics Association
Orange Committee

WARM UP TIME: 7:30 AM (Sat/Sun)
MEET START TIME: 9:00 AM (Sat/Sun)

The following teams may attend this meet: AAA, FAST, MVN, SOCAL, SPRT, STOP, WASC

**PM Session will begin no sooner than 11:00 AM or 45 minutes after the conclusion of the AM Session**

**POOL:** CANYON HIGH SCHOOL, 220 S. IMPERIAL HIGHWAY, ANAHEIM, CA 92807.

**COURSE:** CANYON HIGH SCHOOL pool is an outdoor 25 Yard pool with eight (8) 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 Measurements at Start End Lane 1 = 6.1' to Lane 8 = 4.8', Turn End Lane 1 = 11.7' to Lane 8 = 4.7'.

**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 an 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:** Judy Shim shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to Judyshim@cox.net

**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 their respective session. Swimmers must swim in their actual Age Group as determined by their age on **December 5, 2026**. All Coaches and Officials on deck must complete the CDC or NFHS Concussion course, CAT and CANRA. Meet Check-in may or may not be available depending on the site's guidelines. 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 FOUR (4) INDIVIDUAL EVENTS PER DAY**. AAA will limit entries to meet the "4 Hour" rule for each session. 9/10 year old swimmers entering the 400 Yard IM must enter with their 200 IM time that meets the stated time standard. Each team is asked to provide timers. 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, is 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 are open ceiling locker rooms) anytime 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 or approved competition. "Tech" suits are not permitted at this meet 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 or 2027 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. In order to compete, all athletes 18 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)**. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

**QUALIFYING TIMES:** If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2026 Swim Guide for exceptions). After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

**AWARDS:** RIBBONS 1-8TH Place will be awarded to 5-6, 7-8, 9-10 & 11-12 Age Groups Only, in the 'C' and 'B' Divisions Only

**ENTRY FEE:** **$6.00 for each INDIVIDUAL EVENT, plus $15.00 SURCHARGE** *per swimmer must accompany each individual entry car.* $10.00 per Deck Entered 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. (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. The Outreach athlete entry fee is 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, November 25, 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.**

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|---|---|
| MAKE CHECKS PAYABLE TO: | ANAHEIM AQUATICS ASSOCIATION |
| EMAIL: | aycswimming@gmail.com |
| And MAIL TO: | Allison Cho |
| (Include Swimmer's name and SCS Number) | 23622 Shadylane Place |

For further meet Information email marius@anaheimaquatics.org Receipt of entry *will not* be verified by phone.

# Orange Committee's December 'ABC' Meet – Hosted by Anaheim Aquatics Association

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Orange Committee
MEET START TIME: 9:00 AM (Sat/Sun)

The following teams may attend this meet: AAA, FAST, MVN, SOCAL, SPRT, STOP, WASC

**PM Session will begin no sooner than 11:00 AM or 30 minutes after the conclusion of the AM Session**

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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 grated.

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.

# Orange Committee's December ABC Meet - Hosted by Anaheim Aquatics Association

Date of Meet: December 5 & 6, 2026

**ENTRIES RECEIVED BY 5:00 PM: November 23, 2026 (Monday)**

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

AAA WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

**YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY**

Times submitted must be Best Recorded Times short course or long course.

**The following team may enter this meet: AAA, FAST, MVN, SOCAL, SPRT, STOP, WASC**

| Girls | Saturday, December 5, 2026 9:00 am | | | | Boys | Girls | Sunday, December 6, 2026 9:00am | | | | Boys |
|---|---|---|---|---|---|---|---|---|---|---|---|
| No. | Minimum | Age | Event | Minimum | No. | No. | Minimum | Age | Event | Minimum | No. |
| 1 | | 7-10 | 200 Yard Freestyle | | 2 | 59 | | 7-10 | 200 Yard Individual Medley | | 60 |
| 3 | | 5-8 | 100 Yard Freestyle | | 4 | 61 | | 5-8 | 100 Yard Individual Medley | | 62 |
| 5 | | 7-10 | 100 Yard Backstroke | | 6 | 63 | | 7-10 | 100 Yard Butterfly | | 64 |
| 7 | | 5-8 | 25 Yard Backstroke | | 8 | 65 | | 5-8 | 25 Yard Butterfly | | 66 |
| 9 | | 9-10 | 100 Yard Individual Medley | | 10 | 67 | | 9-10 | 50 Yard Backstroke | | 68 |
| 11 | | 5-8 | 50 Yard Butterfly | | 12 | 69 | | 5-8 | | | 70 |
| 13 | | 9-10 | | | 14 | 71 | | 7-10 | 100 Yard Breaststroke | | 72 |
| 15 | | 5-8 | 25 Yard Freestyle | | 16 | 73 | | 5-8 | 25 Yard Breaststroke | | 74 |
| 17 | | 9-10 | 100 Yard Freestyle | | 18 | 75 | | 9-10 | 50 Yard Freestyle | | 76 |
| 19 | | 5-8 | 50 Yard Breaststroke | | 20 | 77 | | 5-8 | | | 78 |
| 21 | | 9-10 | | | 22 | 79 | Coach Entered | 7-10 | 200 Yard Medley Relay | Coach Entered | 80 |
| 23 | Coach Entered | 7-10 | 200 Yard Free Relay | Coach Entered | 24 | 81 | 8:36.69 | 9-10 | 500 Yard Freestyle | 8:24.29 | 82 |
| 25 | 3:42.09 | 9-10 | 400 Yard Individual Medley | 3:38.59 | 26 | | | | | | |

Second sessions will begin no sooner than 11:00am or 45 minutes after the end of the AM Session

| No. | Minimum | Age | Event | Minimum | No. | No. | Minimum | Age | Event | Minimum | No. |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 27 | | 13 & Up | 200 Yard Freestyle | | 28 | 83 | | 13 & Up | 200 Yard Individual Medley | | 84 |
| 29 | | 11/12 | | | 30 | 85 | | 11/12 | | | 86 |
| 31 | | 13 & Up | 50 Yard Breaststroke | | 32 | 87 | | 13 & Up | 100 Yard Freestyle | | 88 |
| 33 | | 11/12 | | | 34 | 89 | | 11/12 | | | 90 |
| 35 | | 13 & Up | 100 Yard Backstroke | | 36 | 91 | | 13 & Up | 50 Yard Butterfly | | 92 |
| 37 | | 11/12 | | | 38 | 93 | | 11/12 | | | 94 |
| 39 | | 11 & Up | 200 Yard Breaststroke | | 40 | 95 | | 11 & Up | 200 Yard Backstroke | | 96 |
| 41 | | 13 & Up | 50 Yard Freestyle | | 42 | 97 | | 13 & Up | 100 Yard Breaststroke | | 98 |
| 43 | | 11/12 | | | 44 | 99 | | 11/12 | | | 100 |
| 45 | | 13 & Up | 100 Yard Butterfly | | 46 | 101 | | 13 & Up | 50 Yard Backstroke | | 102 |
| 47 | | 11/12 | | | 48 | 103 | | 11/12 | | | 104 |
| 49 | | 13 & Up | 100 Yard Individual Medley | | 50 | 105 | | 11 & Up | 200 Yard Butterfly | | 106 |
| 51 | | 11/12 | | | 52 | 107 | Coach Entered | 11 & Up | 200 Yard Medley Relay | Coach Entered | 108 |
| 53 | Coach Entered | 11 & Up | 200 Yard Medley Relay | Coach Entered | 54 | 109 | 7:16.89 | 11 & Up | 500 Yard Freestyle | 6:59.89 | 110 |
| 55 | 6:31.69 | 11 & Up | 400 Yard Individual Medley | 6:17.09 | 56 | 111 | 25:07.39 | 11 & Up | 1650 Yard Freestyle | 24:27.69 | 112 |
| 57 | 15:02.69 | 11 & Up | 1000 Yard Freestyle | 14:43.49 | 58 | | | | | | |

Swimmers entering the 400 IM, 500 Free, 1000 Free, 1650 Free must meet the minimum time standard and are are asked to provide timers and lap counters.

9-10 Year Old Swimmers entering the 400 Yard Individual Medley must enter with the stated 200 Yard Individual Medley Time and should have 3 B times to enter.

Relays will be swum time permitting

13 & Up Swimmers entering the 50's of stroke must enter the event with their 50 stroke time.