



Arcadia Riptides "Last Ditch" Committee Meet



MEET NAME: Arcadia Riptides "Last Ditch" Committee Meet

SPONSORED BY:

Sanction Number: [S26-056]

Southern California Swimming

Team: Arcadia Riptides Swim Club

Committee: Metro

Held under the sanction of USA Swimming.

MEET DATES: March 7-8, 2026

Meet Entry Deadline: 5:00pm, February 25, 2026

Warmup Time: 7:00am Meet Start Time: 8:30am

Pool Address: North View High School Aquatic Center, 1016 W. Cypress Street, Covina, CA 91722

Directions: From 10 Freeway East, take exit 35, Vincent Ave. Turn left (north) on Vincent Ave, continue 1.7 miles. Turn Right on Cypress Street, continue 0.8 miles, parking lot will be on your right.

Pool Dimensions: 25x35 yard outdoor pool. Up to 10 lanes of competition. At least 3 lanes for warm-up will be available during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth at Start & Turn end: 7 feet

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up in 2, 40 minute sessions, between 7:00am-8:20am. Afternoon warm-up will be 2, 30 minute sessions, beginning immediately after conclusion of morning session. Diving will be allowed in designated dive lanes only under the supervision of coaches and marshals. Dive lanes will be assigned as requested by coaches before 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 warm up, no jumping or diving.

RULES: USA Swimming rules will govern this meet. 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 5 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 500 and 1650 yard freestyle are requested to furnish their own timers for three heats, and provide lap counters.

Events will be swum fastest to slowest.

Swimmers may swim a maximum of 3 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. All persons acting in any coaching capacity in a sanctioned event must be coach member of USA Swimming.

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



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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 Metro Committee 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-committee or 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. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rules and Regulations.

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: 12 & Under: A Div: Medals 1-3 Place & Ribbons 4-8 Place; BB/B Div: Ribbons 1-8 Place; Relays: Medal 1st Place & Ribbons 2-3 Place. No awards will be given to Highlighted events and all 13 & Over events.

ENTRY FEES: Surcharge per swimmer: \$15.50. Individual event: \$6.00. Relays \$10.00. Outreach Swimmers: entry fee is \$15.00 flat fee. Teams must submit proof of Outreach status by submitting a team roster. Entry Fees must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee.

ENTRY SUBMISSIONS: Entries must be received by the meet processor no later than 5:00PM, February 25, 2026. 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-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. Deletions will not be refunded. Relays may be pre-entered or deck-entered, payable on entry.

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



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with a check, money order or cash, by the meet processor.

E-MAIL ENTRIES TO: Yvonne Jo joyvonne32@gmail.com

MAKE CHECKS PAYABLE TO: Arcadia Riptides Swim Club. Please bring your check directly to admin at the start of the meet.

The Meet Referee will be in charge of this meet, any questions regarding the conduct of the meet should be directed to the Meet Referee.

Meet Director: Lauren Skinner, email: lauren.skinner@arcadiaswimclub.org

Meet Referee: Sachiko Yokoyama, email: sachi.yokoyama@gmail.com

Meet Processor: Yvonne Jo, email: joyvonne32@gmail.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.

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.

All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

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 current Minor Athlete Abuse Prevention Policy govern this meet.



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Emergency Action Plan

Medical Response and Law Enforcement

Emergency: Dial 911

Fire: LA County Fire Department (626) 974-8361, 807 W. Cypress Street, Covina CA 91722

Emergency Room and Hospital: Emanate Health (626) 331-7331, 210 W. San Bernardino Road, Covina, CA 91723

Urgent Care: Concentra Urgent Care (626) 969-9800, 15768 Arrow Highway, Irwindale, CA 91706

Law Enforcement: Covina Police Department (626) 384-5606, 444 N. Citrus Ave, Covina, CA 91723

Within 1 hour of incident:

FOR ADMINISTRATIVE EMERGENCY & COMMUNICATION of MEDICAL or LAW ENFORCEMENT RESPONSE

GENERAL CHAIR: Smith, Stacy 818-665-6284

ADMINISTRATIVE VICE CHAIR: OFFICIALS: Cracchiolo, Carol 213-200-9410

LEAVE VOICEMAIL & TEXT: SCS & YOUR NAME & INCIDENT *DOCUMENT INCIDENT ASAP WITH WITNESS NAMES & STATEMENTS, TIMELINE, FACTS AS HAPPENED



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March 7-8, 2026 SANCTION NO: S26-056
ENTRIES DUE: WEDNESDAY, February 25, 2025 by 5:00PM

Warm Up Time: 7:00am Saturday AM Session 1 Meet Start Time 8:30AM

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
1	5:39.69Y	13&Up	400 IM	13&Up	5:13.59Y	2
3		13&Up	50 Backstroke	13&Up		4
5		13&Up	200 Freestyle	13&Up		6
7		13&Up	100 Breaststroke	13&Up		8
9		13&Up	50 Freestyle	13&Up		10
11		13&Up	100 Butterfly	13&Up		12
13	2:34.49Y	13&Up	200 Backstroke	13&Up	2:23.69Y	14
15	Relays Time Permitting	13-14	200 Freestyle Relay	13-14	Relays Time Permitting	16
17		15&Up	200 Freestyle Relay	15&Up		18
19	22:01.19Y	13&Up	MIXED 1650 Freestyle	13&Up	20:46.99Y	19

Warm Up Time: 7:00am Sunday AM Session 3 Meet Start Time 8:30AM

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
57	2:57.39Y	13&Up	200 Breaststroke	13&Up	2:42.39Y	58
59		13&Up	50 Butterfly	13&Up		60
61		13&Up	200 IM	13&Up		62
63		13&Up	100 Backstroke	13&Up		64
65		13&Up	50 Breaststroke	13&Up		66
67		13&Up	100 Freestyle	13&Up		68
69	2:38.99Y	13&Up	200 Butterfly	13&Up	2:26.69Y	70
71	Relays Time Permitting	13-14	200 Medley Relay	13-14	Relays Time Permitting	72
73		15&Up	200 Medley Relay	15&Up		74
75	6:22.79Y	13&Up	MIXED 500 Freestyle	13&Up	5:58.19Y	75

Afternoon warm-up will begin immediately following the conclusion of the AM session. Sessions 2 & 4 will start 1 hour after the end of the AM session.

Saturday PM Session 2

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
20	3:10.99Y	11-12	200 Breaststroke	11-12	3:02.39Y	21
22	1:44.29Y	5-10	100 IM	5-10	1:39.69Y	23
24		11-12	100 IM	11-12		25
26	1:45.79Y	5-10	100 Backstroke	5-10	1:40.69Y	27
28		11-12	100 Backstroke	11-12		29
30		5-8	25 Backstroke	5-8		31
32		5-10	50 Butterfly	5-10		33
34		11-12	50 Butterfly	11-12		35
36	3:18.79Y	5-10	200 IM	5-10	3:38.59Y	37
38		11-12	200 IM	11-12		39
40		5-8	25 Freestyle	5-8		41
42		11-12	100 Freestyle	11-12		43
44		5-10	100 Freestyle	5-10		45
46		11-12	50 Breaststroke	11-12		47
48		5-10	50 Breaststroke	5-10		49
50	2:50.29Y	11-12	200 Butterfly	11-12	2:43.99Y	51
52	Relays Time Permitting	5-10	200 Freestyle Relay	5-10	Relays Time Permitting	53
54		11-12	200 Freestyle Relay	11-12		55
56	23:19.69Y	11-12	MIXED 1650 Freestyle	11-12	22:42.89Y	56

Sunday PM Session 4

#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
76	6:03.69Y	11-12	MIXED 400 IM	11-12	5:50.09Y	76
77		5-10	50 Backstroke	5-10		78
79		11-12	50 Backstroke	11-12		80
81	3:00.59Y	5-10	200 Freestyle	5-10	2:50.59Y	82
83		11-12	200 Freestyle	11-12		84
85		5-8	25 Breaststroke	5-8		86
87	2:00.29Y	5-10	100 Breaststroke	5-10	1:54.09Y	88
89		11-12	100 Breaststroke	11-12		90
91		5-10	50 Freestyle	5-10		92
93		11-12	50 Freestyle	11-12		94
95		5-8	25 Butterfly	5-8		96
97		11-12	100 Butterfly	11-12		98
99	1:56.69Y	5-10	100 Butterfly	5-10	1:53.49Y	100
101	2:46.69Y	11-12	200 Backstroke	11-12	2:40.49Y	102
103	Relays Time Permitting	5-10	200 Medley Relay	5-10	Relays Time Permitting	104
105		11-12	200 Medley Relay	11-12		106
107	6:45.69Y	11-12	MIXED 500 Freestyle	11-12	6:29.99Y	107

MEET FORMAT AND DETAILS

TIMED FINALS

All events, including the 500 yd Freestyle and the 1650 yd Freestyle will be swum Fastest to Slowest.

Swimmers in the OPEN 500 and 1650 Freestyle events are required to provide their own timers and lap counters.

Swimmers ages 7-8 may choose to swim either "5-8" or "5-10" or any combination of both.

North View High School Pool will be a closed deck. Parents will not be able to be on deck except in the spectator area.

ENTRIES DUE: WEDNESDAY, February 25, 2026.

MAXIMUM 3 INDIVIDUAL EVENTS PER DAY and 1 RELAY

MAXIMUM 6 Individual EVENTS FOR THE MEET

Team Canopies in designated areas only. There is no spectators seating on deck at the North View High School Aquatic Center