

MEET NAME: Fast Before the Feast

SPONSORED BY:

Sanction Number: #S25-239

Southern California Swimming

Team: Lakewood Aquatics

Committee: Metro

Held under the sanction of USA Swimming.

MEET DATES: 11/22/2025 Through 11/23/2025

Warmup Time: 7:00 AM **Meet Start Time:** 8:30 AM

Pool Address: 11110 Alondra Blvd, Norwalk, CA. 90650

Directions: : Exit the 605 freeway exit at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd and Studebaker Road in the City of Norwalk. The Aquatic Center faces North on Alondra Blvd. Ample free parking, lots of deck space and grass area

Pool Dimensions: Outdoor 25-yard pool with up to 10 short course competition lanes with a separate 6 lane warm-up pool and Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 7 ft. at the start end and 7 ft. at the turn end

Number of Competition Lanes: 10 short course lanes **Number of Warm-up Lanes:** 10 short course lanes with separate 6 lane warm-up pool

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

Medical Supervision: First Aid station with AED, first aid box, backboard, and coaches all lifeguarded certified will be available.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7 AM and 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. All swimmers must use 3-point, slide-in entries into the pool during warmup, 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 minutes 30 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 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. All persons acting in any coaching capacity in a sanctioned event must be a 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

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 or 2026 USA Swimming Registration Open to all Teams. 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. 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 (unattached 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: 1- 6th place. Relays: Ribbons 1 – 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.

ENTRY SUBMISSIONS: Entries must be received by the meet processor no later than (5:00 PM postmark would queue before a 10 PM electronic). **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.

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.

E-MAIL ENTRIES TO: Julie Fredericks fredies6@hotmail.com

OR HAND DELIVER TO: 36609 Park View Terrace, Yucaipa, CA. 92339

MAKE CHECKS PAYABLE TO: Lakewood Aquatics

MAIL CHECKS TO: Julie Fredericks, PO Box 624, Yucaipa, CA 92399

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: Son Phan Admin@lakewoodaquatics.org
Meet Referee: Lisa Frederick charligirl88@yahoo.com
Meet Processor: Julie Fredericks fredies6@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.

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.



Lakewood Aquatics Short Course Swim Meet - "FAST BEFORE THE FEAST" November 22 - 23, 2025

Entries Due: November 12, 2025

Saturday, November 22

Warm up Time: 7:00 AM

Meet Start Time: 8:30 AM

Saturday Morning Session 1						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
1	2:46.69	11-12	200 Back			
2	3:22.79	7-10	200 Free	7-10	3:09.49	3
4		11-12	200 Free			
5		5-8	100 Free	5-8		6
7		11-12	100 Breast			
8		7-10	100 Breast	7-10		9
10		5-8	25 Breast	5-8		11
12		11-12	50 Free			
13		7-10	50 Free	7-10		14
15		5-8	50 Free	5-8		16
17		7-10	100 Back	7-10		18
19		11-12	100 Back			
20		5-8	25 Back	5-8		21
22		11-12	100 IM			
23		7-10	100 IM	7-10		24
25		11-12	100 Fly			
26	6:03.69	11-12	400 IM			
27	Relays Time Permitting	5-10	200 Fr Relay	5-10	Relays Time Permitting	28
29		11-12	200 Fr Relay	11-12		
30	23:19.69	11-12	1650 Free			

Sunday, November 23

Warm up Time: 7:00 AM

Meet Start Time: 8:30 AM

Sunday Morning Session 3						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
68	2:50.29	11-12	200 Fly			
69	3:42.09	7-10	200 IM	7-10	3:38.59	70
71		11-12	200 IM			
72		5-8	100 IM	5-8		73
74		7-10	50 Breast	7-10		75
76		11-12	50 Breast			
77		5-8	25 Fly	5-8		78
79		7-10	50 Fly	7-10		80
81		11-12	50 Fly			
82		5-8	25 Free	5-8		83
84		7-10	100 Free	7-10		85
86		11-12	100 Free			
87		7-10	50 Back	7-10		88
89		11-12	50 Back			
90		7-10	100 Fly	7-10		91
92	3:10.99	11-12	200 Breast			
93	Relays Time Permitting	5-10	200 Med Relay	5-10		94
95		11-12	200 Med Relay			
96	6:45.69	11-12	500 Freestyle			

MAXIMUM FOUR INDIVIDUAL EVENTS PER DAY AND ONE RELAY
LAKEWOOD WILL LIMIT THE MEET TO COMPLY WITH THE 4-HOUR RULE- MAIL EARLY

Saturday Afternoon Session 2						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
31	2:50.29	13-UP	200 Fly	11-UP	2:43.99	32
			200 Free	11-12		33
34		13-14	200 Free	13-14		35
36		15-UP	200 Free	15-UP		37
			50 Back	11-12		38
39		13-14	50 Back	13-14		40
41		15-UP	50 Back	15-UP		42
			100 IM	11-12		43
44		13-14	100 Breast	13-14		45
46		15-UP	100 Breast	15-UP		47
			100 Breast	11-12		48
49		13-14	50 Free	13-14		50
51		15-UP	50 Free	15-UP		52
			50 Free	11-12		53
54		13-14	100 Fly	13-14		55
56		15-UP	100 Fly	15-UP		57
			100 Fly	11-12		58
59	2:46.69	13-UP	200 Back	11-UP	2:40.49	60
61	Relays Time Permitting	13-14	200 Fr Relay	13-14	Relays Time Permitting	62
63		15-UP	200 Fr Relay	15-UP		64
			200 Fr Relay	11-12		65
66	23:19.69	13-UP	1650 Free	11-UP	22:42.89	67

Sunday Afternoon Session 4						
#	GIRLS MIN	AGE	EVENT	AGE	BOYS MIN	#
97	3:10.99	13-UP	200 Breast	11-UP	3:02.39	98
			50 Fly	11-12		99
100		13-14	50 Fly	13-14		101
102		15-UP	50 Fly	15-UP		103
			100 Back	11-12		104
105		13-14	100 Back	13-14		106
107		15-UP	100 Back	15-UP		108
			200 IM	11-12		109
110		13-14	200 IM	13-14		111
112		15-UP	200 IM	15-UP		113
			50 Breast	11-12		114
115		13-14	50 Breast	13-14		116
117		15-UP	50 Breast	15-UP		118
			100 Free	11-12		119
120		13-14	100 Free	13-14		121
122		15-UP	100 Free	15-UP		123
124	6:03.69	13-UP	400 IM	11-UP	5:50.09	125
126	Relays Time Permitting	15-UP	200 Med Relay	15-UP	Relays Time Permitting	127
128		13-14	200 Med Relay	13-14		129
			200 Med Relay	11-12		130
131	6:45.69	13-UP	500 Free	11-UP	6:29.99	132

Relays are Deck Entered and swam time Permitting. Swimmers may only swim one per day.

Swimmers in the 500 and 1650 Freestyle are required to provide their own timers and lap counters. The 1650 will swim fastest to slowest alternating girls and boys.

The 1650 will swim fastest to slowest alternating between girls and boys

Swimmers CANNOT be entered in events with a minimum standard if they don't meet it