

# Swim Team of Placentia's Short Course Meter Invitational

Sanctioned by: USA Swimming and SCS  
Sanction Number: **S26** -131  
Sponsored by: Swim Team of Placentia  
Orange Committee

**ENTRIES RECEIVED BY 5:00 PM:**

DATE OF MEET: May 23rd, 2026  
**May 13th, 2026 (Wednesday)**

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

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

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- POOL:** VALENCIA HIGH SCHOOL, 500 Bradford, Placentia, CA 92870. 57 Freeway North, exit Chapman Avenue in Fullerton. Head East towards Placentia, Turn left onto Bradford Ave. School on right.
- COURSE:** VALENCIA HIGH SCHOOL pool is an outdoor 25 Yard pool with eight (8) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 ( C ) on file with USA Swimming. Pool Depth Measurement at Start and Turn End: 6.5' – 13.5'.
- 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:** Lisa Frederick shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to Lisa at: charlgirl88@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 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 **March 21st, 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 2.0) will govern this meet.
- SPECIAL NOTICE:** **SWIMMERS MAY SWIM A MAXIMUM OF SIX (6) INDIVIDUAL EVENTS PER DAY.** STOP will limit entries to meet the "4 Hour" rule for each session. 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.**
- 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.
- 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 ARE **2026** USA Swimming REGISTERED. SCS athletes must be members of the Orange Committee to be eligible for entry into this meet. 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**). After entries close, meet admin will convert non-conforming times for seeding purposes only. 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 1-8 will be awarded to 8 & Under, 9/10, 11-12, 13&Up for 'C', 'B', and 'A' divisions

**ENTRY FEE:** **\$6.00 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry car.** \$20.00 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.

Outreach athletes are \$15 flat fee for the meet. Teams must provide proof of outreach athlete status by including a copy of their team roster when submitting entries.

**ENTRIES CLOSE:** **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, May 13th, 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.**

MAKE CHECKS PAYABLE TO:	SWIM TEAM OF PLACENTIA
EMAIL:	MADISONMCHO@GMAIL.COM
And MAIL TO:	MADISON CHO
(Include Swimmer's name and SCS Number)	23622 SHADY LANE PLACE
	VALENCIA, CA 91354

Receipt of entry will not be verified by phone.

**QUESTIONS?** Meet Director: Devon Ames: swimcoachdevon@yahoo.com  
Meet Processor: Madison Cho: madisonmcho@gmail.com  
Meet Referee: Lisa Frederick: charligirl@yahoo.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](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.**

**Current USA Swimming rules, including the Minor Athlete Abuse**

## Swim Team of Placentia - Short Course Meter Invitational

Date of Meet: MAY 23rd

Entries Due: Wednesday, May 13th at 5:00 pm

Girls Saturday, MAY 23rd 8:30 AM Boys

No.	Minimum	Age	Event	Minimum	No.
1		11-12	200 Meter Individual Medley		2
3		10 & Under	200 Meter Individual Medley		4
5		11-12	50 Meter Backstroke		6
7		10 & Under	50 Meter Backstroke		8
9		11-12	100 Meter Freestyle		10
11		10 & Under	100 Meter Freestyle		12
13		11-12	100 Butterfly		14
15		10 & Under	100 Butterfly		16
17	Deck Entered	11-12	200 Meter Free Relay	By Coach	18
19	Deck Entered	10 & Under	200 Meter Free Relay	By Coach	20
21		11-12	50 Meter Breaststroke		22
23		10 & Under	50 Meter Breaststroke		24
25		11-12	100 Meter Backstroke		26
27		10 & Under	100 Meter Backstroke		28
29		11-12	200 Meter Freestyle		30
31		10 & Under	200 Meter Freestyle		32
33		11-12	100 Meter Breaststroke		34
35		10 & Under	100 Meter Breaststroke		36
37		11-12	50 Meter Butterfly		38
39		10 & Under	50 Meter Butterfly		40
41		11-12	100 Individual Medley		42
43		10 & Under	100 Individual Medley		44
45		11-12	50 Meter Freestyle		46
47		10 & Under	50 Meter Freestyle		48
49	Deck Entered	11-12	200 Meter Medley Relay	By Coach	50
51	Deck Entered	10 & Un	200 Meter Medley Relay	By Coach	52

11-12 YEAR OLDS MAY SWIM IN THE 1ST SESSION, OR THE 2ND SESSION, BUT NOT BOTH

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

SWIMMERS SWIM AN UNLIMITED NUMBER OF EVENTS

TIMES SUBMITTED MUST BE BEST RECORDS SHORT COURSE YARD TIMES

RELAYS WILL BE SWUM IF TIME PERMITS

Girls 2nd Session Starts Not Before 12 Noon Boys

No.	Minimum	Age	Event	Minimum	No.
53		11 & Up	200 Meter Individual Medley		54
55		11 & Up	50 Meter Backstroke		56
57		11 & Up	100 Meter Freestyle		58
59	3:03.39 Yards	11 & Up	200 Meter Butterfly	2:56.59 Yards	60
61		11 & Up	50 Meter Breaststroke		62
63	Deck Entered	11 & Up	200 Meter Free Relay	By Coach	64
65		11 & Up	100 Meter Backstroke		66
67		11 & Up	200 Meter Freestyle		68
69		11 & Up	100 Butterfly		70
71	3:25.69 Yards	11 & Up	200 Meter Breaststroke	3:16.36 Yards	72
73		11 & Up	100 Individual Medley		74
75	2:59.49 Yards	11 & Up	200 Meter Backstroke	2:52.89 Yards	76
77		11 & Up	50 Meter Freestyle		78
79		11 & Up	50 Meter Butterfly		80
81		11 & Up	100 Meter Breaststroke		82
83	Deck Entered	11 & Up	200 Meter Medley Relay	By Coach	84
85	7:16.86 (500 Yd)	11 & Up	400 Meter Freestyle	6:59.89 (500 yd)	86

BOTH SESSION WILL ADHERE TO THE 4-HOUR RULE

SWIMMER ENTERING THE 400 FREE MUST ENTER THEIR 500 YARD FREE TIME