



4th ANNUAL JON URBANCHEK INVITATIONAL
Hosted by Fullerton Aquatics Sports Team
June 5-7, 2026 -- "Move it!"



FAST is pleased to invite teams to the ultimate summer tune-up meet in honor of 7-time Olympic Coach Jon Urbanchek. A unique format encourages quality swimming by:

- Creating a training-friendly format -- Friday PM, Saturday AM/PM, Sunday AM (with pre- and post-meet training options available upon request)
- Providing a morning Finals experience to encourage fast swimming early in the day
- Offering prize money for event winners, top performances & record-setting swims

The meet will be hosted at the Independence Park pool, which Coach Jon helped open in 1976 and where he trained his first Olympian. We invite you to come experience FAST history!

If you have any questions, please contact Coach Brian Brown bbrown@fastswimming.net. We look forward to seeing you!

SANCTION: USA Swimming and Southern California Swimming, #S26-103

POOL: Janet Evans Swim Complex, 801 West Valencia Drive, Fullerton, CA, 92832.

COURSE: The competition will be held in an outdoor 8-lane, 50-meter pool. A separate 6-lane, 25-yard pool for warm up/warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth measurement – 7.0' (start) and 4.0' (turn).

WARM-UP RULES: USA Swimming warm-up policies will be enforced by USA Swimming officials. Swimmers warming up 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 entries into the pool for warm up, no jumping or diving in.. **MEDICAL SUPERVISION:** Lifeguards, first aid, and AED device available to athletes participating in the meet.

REFEREE: The Meet Referee will oversee the meet and deck officials. Questions regarding conduct of the meet should be directed to referee **Mary Jo Swalley – mj64bear@earthlink.net**.

RULES: All USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP2.0), will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All officials and coaches on deck must have completed the CDC or NFHS Concussion and CANRA course. Current SCS Meet procedures for Heats and Finals Meets will be enforced (See 2025 SCS Swim Guide): the National finals' scratch rule will be used. A swimmer must scratch or place an intent on an event within 30 minutes of an announcement of preliminary results. Final "no-show" (original top places entered in finals after scratch deadline) except last day will be removed from the remainder of the meet. A \$50.00 fine will be assessed to the swimmer for a no show in her/his last event of the meet.

USA SWIMMING MEET 360: 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.



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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.

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.

NOTICE: 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.

ELIGIBILITY: Open to all interested teams. All athletes (attached and unattached) must hold 2025 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. All athletes 18 years old and older must complete the free online USAS Athlete Protection Training course to compete. Contact **Brian Brown – bbrown@fastswimming.net** for more information.

QUALIFYING: Submit actual times achieved for each event. If standard is achieved in Long Course Meters, indicate with an "L" on the entry. If standard is achieved in Short Course Yards, indicate with a "Y". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. All events will be seeded: long course meters, short course yards, bonus meters and bonus yards. All entry times will be verified in advance through the SWIMS database. Times must have been achieved on or after September 1, 2023, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) – refer to 2025 SCS Swim Guide. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action.

FORMAT: Prelims will be conducted in the afternoon sessions; finals will be held in the morning sessions. 800/1500 events are timed finals. The fastest heat of each distance will swim at the start of prelims; remaining heats will swim at the end of prelims, fastest to slowest and alternating by gender. **A/B/C/D Finals will be offered for all events 400 meters or less.**

- Swimmers are allowed 1 bonus event per day (less than 400 meters).
- Prizes will be awarded for all individual events – 1st Place \$75, 2nd Place \$50, 3rd Place \$25.
- Awards for new meet records established by the conclusion of the meet -- \$50 each.
- "Move It!" awards for the top World Aquatics point performances (male and female) in finals -- \$100 each.

ENTRY LIMIT: A swimmer may enter all events for which the time standard has been met and verified. A swimmer may swim no more than 3 individual events per day. Swimmers are eligible for one bonus event per day (400 meters or less) with no qualifying time.

ENTRY FEES: \$7.50 per event, along with a \$25.00 surcharge per swimmer. No Refunds. Returned checks may incur a service fee. Checks are due at the start of the meet. Make Checks Payable to: **FAST**

OUTREACH ENTRY FEES: Coaches entering a qualified Outreach athlete(s) in this meet must provide a registration roster from SWIMS/USAS to the meet admin when sending their team entry report and a file listing the Outreach athlete(s) name. The Outreach athlete entry fee is a flat \$15.00 fee.

ENTRY DEADLINE: Entries due **Wednesday, May 27 by 11:59 PST**. Email entry file and pdf entry report to **Yvonne Jo – Joyvonne32@gmail.com**.



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PROOF OF TIME: This is a PROOF OF TIME meet. Entries will be run through SWIMS Times Recon prior to the meet. See SCS Swim Guide for Proof of Time procedures and penalties.

NOTE: Proof of time is required through SWIMS, the National Times database, or recognized World Aquatics (AQUA)

competitions. Times must be achieved at (a) a USA Swimming-sanctioned competition, (b) a USA Swimming observed competition, (c) a USA Swimming approved competition, or a World Aquatics (AQUA) approved competition. Times in the database are not meet entry, only proof of entered times.

- If Standard is achieved in LONG COURSE METERS, enter event with LCM time, indicated on entry by "L".
- If Standard is achieved in YARDS, enter event with SCY time, indicated on entry by "Y".
- If Standard is achieved in SHORT COURSE METERS, enter event with SCM time, indicated on entry by "S".
- Enter BONUS events with swimmer's actual time: indicate "LB" on entry for BONUS time achieved in LONG COURSE METERS, indicate "YB" on entry for BONUS time achieved in YARDS, indicate "SB" on entry for BONUS time achieved in SHORT COURSE METERS.

SCORING: None

CHANGE OF AFFILIATION: Club Transfers (to become Unattached or Attached) can only be completed in SWIMS 3.0. A swimmer may compete as Unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.

AWARDS: There will be no medals or ribbons, but the following prizes will awarded:

- Top 3 prizes are awarded for all individual events – 1st \$75, 2nd \$50, 3rd \$25.
- Prize monies for the Urbanchek Signature 400 Meter Freestyle events will be doubled.
- Awards for new meet records established at the conclusion of the meet -- \$50 each.
- 2 "Move it!" awards for top male/female World Aquatics point performances in finals – \$100 each.

BONUS EVENTS: Swimmers are permitted 1 bonus event per day (less than 400 meters).

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 all 12 and under swimmers per the USA rules.

DECK CHANGES: Deck changes are prohibited.

SCRATCHES: Scratches should be sent to **Yvonne Jo** – Joyvonne32@gmail.com. Coaches may scratch the night before each prelim session (by email) or during the first hour of warm-up (in person). After that deadline coaches can DFS prior to the start of the event. Any DFS counts as one of that day's swims. The meet will be seeded after the scratch deadline each day. If a swimmer misses their prelim event, they will not get to swim that event but will be able to swim their next event. For Finals a swimmer must scratch or place intent on an event within 30 minutes of announcement of preliminary results.

AMATEURS: Amateur athletes are responsible for complying with all necessary requirements from their specific governing body to not be in violation of any rule regarding the acceptance of any award at this meet. The Fullerton Aquatics Sports Team and its Employees, Meet Director, Meet Referee, All Officials, and Sponsors shall not be responsible for any possible conflict regarding amateur athlete status with any governing body other than USAS.

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.



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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 without the use of the backstroke ledge. 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.

HOSPITALITY INFORMATION: Hospitality will be provided for coaches and officials before each session. Athletes will be provided with free pancakes (or similar) for breakfast. A catered luncheon on Saturday will be provided for coaches and officials in attendance.

HOTEL INFORMATION:

- Fullerton Marriott -- 2701 Nutwood Ave, Fullerton, CA 92831 -- (714) 738-7800
- Springhill Suites -- 380 S. Placentia Ave, Placentia, CA 92870 -- (657) 258-0092

EMERGENCY ACTION PLAN – EAP:

Southern California Swimming / Emergency Action Plan (EAP)
Event: 4th Annual Jon Urbanchek Invitational
Team/Host Name: Fullerton Aquatics Sports Team (FAST)

Date: June 5-6-7, 2026 / Start time 9:00 AM; Finish time 7:00 PM
Location: Janet Evans Swim Complex. 801 W Valencia Dr, Fullerton, CA
Sanction Number: #S26-103

Meet Manager: (Brian Brown, bbrown@fastswimming.net 646-323-0827)
Head Meet Referee: (Mary Jo Swalley, mj64bear@earthlink.net. 805-682-0135)
Event Admin: (Yvonne Jo, Joyvonne32@gmail.com, 323-855-5039)

Certified Lifeguard present (yes)

First Aid Station location: Office – on site

Medical Responses:

Medical emergencies—Call 911 and notify lifeguard at the meet. Control crowd around the victim. Notify the meet referee and meet Admin

Fire—Call 911 and Notify lifeguard and meet officials.

Nearest Fire Department Fire Station --- Fullerton Fire Dept. non-emergency phone #714-738-6300. Emergency call 911

Law Enforcement & Civil disturbances Emergencies—Call 911, notify lifeguard, and meet officials.

Nearest Police Department address: Fullerton Police Dept. 237 Commonwealth Ave, Fullerton, CA non-emergency phone #714-738-6300. Emergency call 911

Missing Person/Child---Notify the Admin & Meet Referee. Obtain descriptions of the missing person and announce as appropriate for help to locate the missing person. Contact law enforcement if more support is needed.

Life safety: Weather Emergencies—Adhere to the facility EAP protocols and if need to evacuate the facility by following the directions of the facility, meet marshals and meet officials.

Earthquake— Adhere to the facility EAP protocols and if need to evacuate the facility by following the directions of the facility, meet marshals and meet officials.

Thunder and lightning—Clear the pool immediately. All occupants must leave the pool and the pool deck for at least 30 minutes after the last lightning strike.

Hazardous Material Emergencies-- Adhere to the facility EAP protocols and if needed to evacuate the facility by following the directions of the facility, meet marshals and meet officials.

Closest Hospital—St Jude 101 E Valencia Mesa Dr. Fullerton, CA 714-449-6230

Closest Urgent Care---St Jude Heritage Urgent Care, 2251 N Harbor Blvd, Fullerton, CA 714-449-6230 SCS emergency contacts (within ONE hour of an incident). Contact SCS General Chair Stacy Smith at 818-665-6284 for urgent administrative, medical, or law enforcement responses within 1 hour. Leave a voice message or text 911 SCS & your name, incident, and brief details.



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FRIDAY PM PRELIMS -- JUNE 5 2:30 PM WU/4:00 PM START		NAG 15-16 AA TIME STANDARD		SATURDAY AM FINALS -- JUNE 6 7:30 AM WU/9:00 AM START
EVENT		LCM	SCY	MEET RECORD
1	W 800 FREESTYLE*	10:05.99	11:24.19	Marlene Kahler (TROJ-CA) – 8:45.07 (2023)
2	M 1500 FREESTYLE*	18:11.09	17:36.89	Matthew Chai (FAST-CA) – 15:39.93 (2023)
3	W 100 BUTTERFLY	1:09.29	1:01.09	Allison Mann (SCAL-CA) – 1:01.94 (2025)
4	M 200 BUTTERFLY	2:21.09	2:03.39	Arthur Balva (UN-NJ) – 2:00.31 (2025)
5	W 200 BREASTSTROKE	2:54.49	2:32.79	Sophia Szymanowski (NOVA-CA) – 2:35.74 (2024)
6	M 100 BREASTSTROKE	1:13.49	1:03.19	Chris O’Grady (SPAR-CA) – 1:02.70 (2023)
7	W 200 FREESTYLE	2:18.99	2:02.39	Marlene Kahler (TROJ-CA) – 2:02.23 (2023)
8	M 400 FREESTYLE	4:34.39	5:02.69	Marwan Elkamash (TST-CA) – 3:55.77 (2024)
9	W 50 BREASTSTROKE	:37.89	:33.79	Record Needed
10	M 50 BUTTERFLY	:29.29	:25.89	Record Needed
11	W 100 BACKSTROKE	1:11.39	1:01.39	Angel Yus (NOVA-CA) – 1:04.24 (2024)
12	M 200 BACKSTROKE	2:21.49	2:01.29	Farrel Tangkas (NOVA-CA) – 2:02.14 (2024)
13	W 400 INDIVIDUAL MEDLEY	5:32.49	4:51.59	Grace Wharton (NOVA-CA) – 4:59.04 (2024)
14	M 200 INDIVIDUAL MEDLEY	2:24.69	2:03.99	Chris O’Grady (SPAR-CA) – 2:05.68 (2023)
15	W 100 FREESTYLE	1:04.39	:56.49	Vasilissa Buinaia (NOVA-CA) – :57.15 (2023)
16	M 50 FREESTYLE	:26.99	:23.19	Santo Condorelli (FAST-CA) – :22.13 (2025)
17	W 50 BACKSTROKE	:33.89	:28.99	Record Needed
SATURDAY PM PRELIMS -- JUNE 6 2:30 PM WU/4:00 START		NAG 15-16 AA TIME STANDARD		SUNDAY AM FINALS -- JUNE 7 7:30 AM WU/9:00 AM START
EVENT		LCM	SCY	MEET RECORD
18	M 800 FREESTYLE*	9:29.99	10:33.99	Marwan Elkamash (TST-CA) – 8:16.30 (2024)
19	W 1500 FREESTYLE*	19:21.09	19:06.69	Eveline Grannis (FAST-CA) – 17:43.96 (2025)
20	M 100 BUTTERFLY	1:03.09	:55.19	Tomer Frankel (ISC-IN) -- :52.52 (2024)
21	W 200 BUTTERFLY	2:34.29	2:16.19	Sammy Cummins (NOVA-CA) – 2:18.48 (2025)
22	M 200 BREASTSTROKE	2:39.79	2:17.29	Ben Dillard (TROJ-CA) – 2:16.17 (2023)
23	W 100 BREASTSTROKE	1:20.99	1:10.59	Bianca Nwaizu (NOVA-CA) – 1:11.55 (2025)
24	M 200 FREESTYLE	2:08.69	1:51.79	Rafael Miroslaw (ISC-CA) – 1:48.02 (2024)
25	W 400 FREESTYLE	4:51.79	5:29.39	Marlene Kahler (TROJ-CA) – 4:16.91 (2023)
26	M 50 BREASTSTROKE	:34.29	:30.09	Record Needed
27	W 50 BUTTERFLY	:32.09	:28.59	Record Needed
28	M 100 BACKSTROKE	1:05.19	:55.49	Farrel Tangkas (NOVA-CA) -- :56.20 (2024)
29	W 200 BACKSTROKE	2:33.39	2:13.29	Alice Waldow (TROJ-CA) – 2:13.68 (2023)
30	M 400 INDIVIDUAL MEDLEY	5:07.79	4:24.69	Anthony Dornoff (RMDA-CA) – 4:28.73 (2024)
31	W 200 INDIVIDUAL MEDLEY	2:36.99	2:16.49	Isabella Schneideer (TROJ-CA) – 2:19.79 (2025)
32	M 100 FREESTYLE	:58.99	:50.99	Rafael Miroslaw (ISA-CA) – :49.21 (2024)
33	W 50 FREESTYLE	:29.59	:26.09	Vasilissa Buinaia (NOVA-CA) – :26.50 (2023)
34	M 50 BACKSTROKE	:31.09	:26.09	Record Needed

PRIZES -- 1st Place \$75, 2nd Place \$50, 3rd Place \$25. New meet records at the conclusion of the meet -- \$50 each. "Move It!" awards for the top World Aquatics point performances (male and female) IN FINALS -- \$100 each.