



LTA Toys-For-Tots Meet  
December 2-3  
2023



SANCTIONED BY: Southern California Swimming, USA Swimming  
SPONSORED BY: Lompoc Tsunami Aquatics and Coastal Committee.  
DATE: December 2-3 2023  
WARM-UP: Sat. & Sun. 7:30 AM

SANTION No: #S23-282  
RECEIVED BY DEADLINE: 5:00 pm, November 22, 2023  
START OF THE MEET: Sat. & Sun. 9:00 am  
NOVICE SESSION: Sat. 2:00 pm

POOL: Lompoc Aquatic Center, 207 W College Ave., Lompoc, California 93436

DIRECTIONS: From HWY 101 South, take the Orcutt exit to HWY 135. Exit HWY 1-Lompoc to "H" street. West at College Ave. Turn North past the YMCA and drive to the Lompoc Aquatic Center. HWY 101 North, Next to HWY 1-Lompoc, one-mile past Gaviota Park. Turn West to Ocean Ave. Turn North to "H" street. Turn West to College Ave. Turn North past the YMCA and drive to the Lompoc Aquatic Center. Overflow parking is West of the Lompoc Aquatic Center at Lompoc High School.

COURSE: Indoor 25 yd. x 85-foot pool with 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7' to 9', turn end 7' to 9'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:55 AM Saturday and Sunday for Age Group Sessions and 1:30-1:55 PM Saturday for the Novice Session. All swimmers must use a 3- point slide in entry into the pool for warm up/warm down, no jumping or diving. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. The pool will close 5 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Ernie Peterson: ErnieP@kcienv.com

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern. 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. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 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 December 2, 2023 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 & 1650 Free and 400 I.M. are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events per day. All officials and coaches on deck must have completed the CDC or NFHS online Concussion course. All officials on deck must have completed the CANRA Mandatory Reporting course.

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.

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-Un swimmers; please see the Tech Suit Policy on the SCS website: [www.socialswim.org](http://www.socialswim.org).

DECK CHANGES: Deck Changes are prohibited.

**Concussion Protocol:** ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE COURSE.

Concussion Informed Consent Acknowledgement Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure

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.

ELIGIBILITY: Open to Coastal Committee athletes who hold 2023 or 2024 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 or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet in order to compete. Current USA Swimming Rules, including the Minor Athlete Prevention Policy 2.0 (MAAPP 2.0) will govern this 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 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 the preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close Meet Administration will 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 1st – 8th place. All results and awards will be separated into Girls and Boys. Prizes will be awarded to heat winners.

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 Prevention Policy ("MAAPP 2.0"), will govern.

ENTRY FEES: \$5.50 for each individual event along with a \$15.00 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry. zip file) will be accepted ONLY when received with an attached .PDF file including electronic signature of coach and will be dated as official at that time. (5PM 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. Prior to entry deadline 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. Relays will be deck entered at \$10.00 each.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 22, 2023. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

Make Checks payable to: LTA Aquatics

MAIL ENTRIES TO:

Pam Nguyen  
237 Spruce Drive  
Goleta, CA 93117

Email for team electronic entries only: pam.jam24@gmail.com

Questions: Please contact Coach Elias daniellaw260@yahoo.com or 805-944-7666 or the Meet Processor or the SCS office (310-684-1151)

Glass containers are not allowed on the pool deck! PARK ONLY IN DESIGNATED SPACES, IF THE AQUATIC CENTER LOT IS FULL PARK IN THE LOMPOC HIGH SCHOOL LOT OR ON THE STREET!

**All those in attendance will receive a special Lompoc Tsunami Aquatics Toys-For-Tots Meet swim cap with the donation of an unwrapped toy valued at \$10 or above.**

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SATURDAY, DECEMBER 2, 2023 AGE GROUP SESSION I			
GIRLS	AGE GROUP	EVENT	BOYS
1	13-UP	200 FREE	2
3	11-12	200 FREE	4
5	10-UNDER*	200 FREE	6
7	13-UP	200IM	8
9	11-12	100IM	10
11	10-UNDER*	100IM	12
13	13-UP	100 BACK	14
15	11-12	50 BACK	16
17	10-UNDER	50 BACK	18
19	13-UP	100 BREAST	20
21	11-12	50 BREAST	22
23	10-UNDER	50 BREAST	24
25	13-UP	200 FLY	26
27	11-12	100 FLY	28
29	10-UNDER	100 FLY	30
31	13-UP	50 FREE	32
33	11-12	50 FREE	34
35	10-UNDER	50 FREE	36
37 (7:08.79)	11-12	500 FREE	(6:57.29Y) 38
39	13-UP	500 FREE	40

- Events 37-40 will be seeded and swam together by time.
- Swimmers in the 500 FR must provide their own lap counter and timers.
- All events go Fastest to Slowest.

SATURDAY, DECEMBER 2, 2023 - NOVICE SESSION II			
GIRLS	AGE GROUP	EVENT	BOYS
41	8-UN, 9-10, 11-12, 13-UP	100 FREE	42
43	8-UN, 9-10, 11-12, 13-UP	25 BREAST	44
45	8-UN, 9-10, 11-12, 13-UP	50 BREAST	46
47	8-UN, 9-10, 11-12, 13-UP	25 KICK	48
49	8-UN, 9-10, 11-12, 13-UP	25 BACK	SO
51	8-UN, 9-10, 11-12, 13-UP	50 BACK	52
53	8-UN, 9-10, 11-12, 13-UP	25 FLY	54
55	8-UN, 9-10, 11-12, 13-UP	50 FLY	56
57	8-UN, 9-10, 11-12, 13-UP	25 FREE	58
59	8-UN, 9-10, 11-12, 13-UP	50 FREE	60

\*Coaches are encouraged to use common sense and discretion in entering the NOVICE session.

\* Athletes may not compete in both Session 1 and Session 2 -they must choose one session only.

**SUNDAY DECEMBER 3, 2023 SESSION III**

GIRLS	AGE GROUP	EVENT	BOYS
61	13-UP	100 FREE	62
63	11-12	100 FREE	64
65	10-UNDER	100 FREE	66
67	13-UP	200 BACK	68
69	11-12	100 BACK	70
71	10-UNDER	100 BACK	72
73	13-UP	200 BREAST	74
75	11-12	100 BREAST	76
77	10-UNDER	100 BREAST	78
79	13-UP	100 FLY	80
81	11-12	50 FLY	82
83	10-UNDER	50 FLY	84
85	10-UNDER	2001M	86
87	11-12	2001M	88
89	13-UP	4001M	90
91	13-UP	1650	92

. Event #89/90 will be seeded & swam together. Event #91/92 will be seeded & swam together