

**MEET NAME: Senior (11 & Up) "Q Meet" Short Course Invitational Hosted by GOLD & TST**

Last chance to qualify for sectionals

**SPONSORED BY:**

**Southern California Swimming Team:** Gold and TST  
Held under the sanction of USA Swimming.

**Sanction Number: [S26-005]**

**Committee:** Orange

**MEET DATES:** February 14, 2026 **Through** February 16, 2026

**Warmup Time:** 7:00 AM

**Prelims: Start Time:** 8:300AM

**Finals Warmup Time:** 2:30 PM

**Finals: Start Time:** 3:30 PM

**Pool Address:** EL TORO HIGH SCHOOL, 25255 Toledo Way, Lake Forest, CA. 92630

**Directions:** from I-5, exit Lake Forest Drive. Head North on Lake Forest to Toledo Way. Head East on Toledo Way to El Toro High School.

**Pool Dimensions:** 25 Yard x 50 Meters

**Number of Competition Lanes:** 10 **Number of Warm-up Lanes:** 19

**Pool depth Start End: Lane 1: 8'2" slopes to Lane 10: 8'1" Turn End: Lane 1: 8'2" slopes to Lane 10: 8'1"**

**Medical Supervision:** Lifeguards, AED device, Volunteer Medical professionals that will be available at this meet per Article 202.4.11.N.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 AM. and 8:45 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 30 minutes before the start of the meet. The pool will close 15 minutes before the start of each session. 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 be at least 11 years old and meet the minimum times standard.

The meet will be pre-seeded. 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 11 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 free, and the 1000 Free are requested to furnish their own timers for these heats and provide lap counters.

Events will be swum championship seeded fastest to slowest 400 IM, 500 Free and 1000 Free will be swum alternating 2 heats women/men.

Swimmers may swim a maximum of 3 individual events and 2 relays per day. Swimmers entering 50's of stroke must enter event with their 100-stroke time

**Finals:** There will be an A & B final and if numbers warrant, coaches can vote for a C relay.

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](http://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:** Free Weekend - Open to 11 and up athletes who meet the time standard and 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-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:** Not applicable

**NATIONAL SCRATCH RULE:** The national Championship Final's Scratch rule will be used. Athletes qualifying 1-8 must scratch within 30 minutes of the preliminary results announcement if they do not intend to swim for finals (or declare "intent" pending another event in the session). Failure to swim finals will result in disqualification from the rest of the meet or a \$50 fine if no show occurs on the athlete's final event. Fine must be paid to SCS before athlete can compete again in the LSC.

**ENTRY FEES:** \$10.00 per individual event, \$25.00 per relay, and \$25.00 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. Relay entries will be accepted on deck 30 minutes before the beginning of each session.

**ENTRY SUBMISSIONS:** Entries must be received by the meet processor no later than 5 PM, Wednesday Feb 4. 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.

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:** darlys.ankeny@gmail.com

**OR HAND DELIVER TO:** 2918 Laureltree Drive, Ontario, CA 91761

**MAKE CHECKS PAYABLE TO:** Orange County Gold

The Meet Referee will be in charge of this meet, any questions regarding the conduct of the meet should be directed  
SCS Meet Form Rev. 2025\_C

to the Meet Referee.

**Meet Director (Name and Tel Number:)** Jerry Olszewski 602-740-8338  
**Meet Referee:** Diana LaMar - 760-518-8573 and/or [dianalamar123@yahoo.com](mailto:dianalamar123@yahoo.com)  
**Meet Processor:** Darlys Ankeny - 909-644-7311

**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).

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.

**Senior (11 & Up) "Q Meet" Short Course Invitational Hosted by GOLD & TST**  
**February 14-16, 2026**

**Saturday, Feb 14**

Warm Up 7:00am/ Meet Start Time 8:30 am

Event #	Girls Time Standard	Event	Boys Time Standard	Event #
1	2:22.69	11 & UP 200 Free	2:12.29	2
3	NTS	11 & UP 50 Fly	NTS	4
5	2:34.49	11 & UP 200 Back	2:23.69	6
7	1:22.29	11 & UP 100 Breast	1:14.79	8
9	30.19	11 & UP 50 Free	27.69	10
11	5:39.69	11 & UP 400 IM**	5:13.59	12
13	NTS	11 & UP 200 Free Relay***	NTS	14

**Sunday, Feb 15**

Warm Up 7:00am/ Meet Start Time 8:30 am

Event #	Girls Time Standard	Event	Boys Time Standard	Event #
15	1:05.89	11 & UP 100 Free	1:00.29	16
17	NTS	11 & UP 50 Back	NTS	18
19	2:57.39	11 & UP 200 Breast	2:42.39	20
21	1:11.29	11 & UP 100 Fly	1:05.49	22
23	6:22.79	11 & UP 500 Free**	5:58.19	24
25	NTS	11 & UP 200 Medley Relay***	NTS	26

**Monday, Feb 16**

Warm Up 7:00am/ Meet Start Time 8:30 am

Event #	Girls Time Standard	Event	Boys Time Standard	Event #
27	2:39.49	11 & UP 200 IM	2:26.69	28
29	NTS	11 & UP 50 Breast	NTS	30
31	2:38.99	11 & UP 200 Fly	2:25.59	32
33	1:11.39	11 & UP 100 Back	1:06.19	34
35	13:10.29	11 & UP 1000 Free**	12:20.99	36

\*\* Events 400 IM, 500 Free, 1000 Free will be swum alternating 2 heats men/women in Timed Finals at the end of prelims with a 10-minute break before the 1<sup>st</sup> heat. There will be an A & B final and if numbers warrant, coaches can vote for a C relay.. Must provide your own timers and lap counters for these events.

\*\*\* Relay entries will be due before the end of the prelim session and will be swum at finals..