

## 2025 January SBSC Coastal Meet January 25-26, 2025

Sanctioned by USA Swimming & Southern California Swimming	All entries must be received by 5:00pm. Wednesday January 15, 2025
Sponsored by SBSC	Saturday, January 25 and Sunday, January 26: 7:30am Warm-up, 9:00 a.m. Start
Sanction Number: #S25-025	Invited Teams: Coastal Committee

**POOL:** Carpinteria Community Pool located at 5305 Carpinteria Ave, Carpinteria, CA 93013.

**COURSE:** Outdoor 25 yard pool with 8 competition lanes and 2 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 10'6", turn end 3'6".

**WARM-UP Procedures:** All warm-up must be supervised by current USA Swimming Coach members. Warm-ups for morning sessions will be 7:30-8:50am. A minimum 45 minute warm-up for the afternoon will start at the end of morning sessions. Based on attendance, warm-up may be split into two (or more) sessions. Teams will be assigned warm-up lanes based on team size and will control their lane(s) for warm-up. The pool will close 10 minutes before each session. All swimmers must use 3-point, slide-in entries into the pool during warm-up, no jumping or diving.

**MEET REFEREE:** Jeff Conrad (jconrad@jscarchitect.com) will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

**RULES:** Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete. All coaches and officials must be current USA Swimming members. There will be separate restrooms for athletes and coaches/officials. This meet will limit entries to meet the "4 Hour" rule. Events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 4 events per day. 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. No deck entries will be allowed. 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 January 25, 2025 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 Freestyle event are required to furnish their own timers and lap counters. Swimmers competing in the 400 IM event are required to furnish their own timers. Changes to the meet management may be made with approval of the Meet Host.

**MAAPP 2.0: Current USA Swimming Rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Per MAAPP 2.0, sites are supposed to be able to provide separate athlete and non-athlete restrooms. Coaches and Officials: Must have completed Concussion Training (CDC or NFHS); Coaches must have completed Coaches' Advantage Tutorial. All coaches and officials must complete 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, webcasting 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 with bonded seams, kinetic tape, or meshed seams may be worn only for swimmers 13 and older.

**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 without the use of a 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.

**ELIGIBILITY:** Open to Coastal Committee athletes who hold 2025 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to meet entry deadline. No late or deck registration will be accepted.

**CHANGE OF AFFILIATION:** Club transfers (attached or unattached) 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 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. Swimmers must have achieved a "B" time in their age group to swim the following events. If they have a no time, they must have achieved a "B" time in the next closest distance:

8 and under: 100 FR

9-10: 200 FR, 100 FL, 100 BK, 100 BR, 200 IM

11-12: 500 FR

13+: 500 FR, 400 IM, 200 BK, 200 BR, 200 FL

**INDIVIDUAL AWARDS: Ribbons:** (1-8 for A, BB, B divisions) for individual events in 8 and under, 9-10, 11-12 age groups

**ENTRY FEES:** \$6.00 for each individual event along with a \$15.50 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. **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.** 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 the entry deadline new swimmers will be accepted if SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, **WEDNESDAY, January 15th, 2025.** IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of entry card to the designated address, enclose a stamped, self-addressed envelope or postcard. (Receipt of entries will not be verified by phone or e-mail.)

**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.

**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)

For further meet information email Coach Aaron Schlemovitz at [coachaaron@sbswim.net](mailto:coachaaron@sbswim.net)

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.

---

Make Checks payable to Santa Barbara Swim Club  
MAIL ENTRIES TO: Pam Nguyen; 237 Spruce Drive; Goleta, CA 93117.  
Email for team electronic entries only: [pam.jam24@gmail.com](mailto:pam.jam24@gmail.com).

Questions: please contact the Meet Processor.

**Saturday January 25, 2025**  
Session Starts 9:00 AM - Warm-up 7:30 AM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
1	13+			200 Individual Medley			2
3	13+			50 Breaststroke			4
5	13+			100 Breaststroke			6
7	13+	3:13.29	2:46.39	200 Backstroke	3:01.79	2:34.69	8
9	13+			100 Freestyle			10
11	13+	3:15.69	2:51.19	200 Butterfly	2:59.69	2:36.79	12
*13	13+	6:08.09	6:52.19	500 Freestyle	5:48.39	6:25.69	*14

\* Athletes in Events 13-14 must supply their own timers/lap counters.

**Saturday afternoon session starts a minimum 45 minutes after the conclusion of the morning session**

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
15	11-12			200 Individual Medley			16
17	9-10	4:15.69	3:42.09	200 Individual Medley	4:09.49	3:38.59	18
19	11-12			50 Breaststroke			20
21	9-10			50 Breaststroke			22
23	8 and under			50 Breaststroke			24
25	11-12			100 Freestyle			26
27	8 and under			25 Freestyle			28
29	9-10			100 Freestyle			30
31	11-12			50 Backstroke			32
33	9-10			50 Backstroke			34
35	8 and under			50 Backstroke			36
37	11-12			100 Butterfly			38
39	9-10	2:12.79	1:56.69	100 Butterfly	2:09.49	1:53.49	40
41	8 and under			25 Butterfly			42
*43	11-12	6:32.89	7:16.89	500 Freestyle	6:21.09	6:59.89	*44

**\*Athletes in Event 43-44 must supply their own timers/lap counters.**

# Sunday January 26, 2025

Morning Session 9:00 AM start. Warm-up at 7:30 AM

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
45	13 & Over			200 Freestyle			46
47	13 & Over			50 Backstroke			48
49	13 & Over			100 Backstroke			50
51	13 & Over	3:40.29	3:10.99	200 Breaststroke	3:22.79	2:54.89	52
53	13 & Over			50 Butterfly			54
55	13 & Over			100 Butterfly			56
57	13 & Over			50 Freestyle			58
*59	13 & Over	6:57.99	6:05.79	400 Individual Medley	6:30.69	5:37.69	*60

**\*Athletes in Event 59 and 60 must provide their own timers.**

**Sunday afternoon session starts a minimum 45 minutes after the conclusion of the morning session**

GIRLS EVENT	AGE	LC MIN	SC MIN	EVENT	LC MIN	SC MIN	BOYS EVENT
61	11-12			200 Freestyle			62
63	9-10	3:50.99	3:22.79	200 Freestyle	3:36.69	3:09.49	64
65	8 and under	1:44.09	1:30.79	100 Freestyle	1:40.99	1:27.99	66
67	11-12			50 Butterfly			68
69	9-10			50 Butterfly			70
71	8 and under			50 Butterfly			72
73	11-12			100 Backstroke			74
75	9-10	2:01.59	1:45.79	100 Backstroke	1:56.69	1:40.69	76
77	8 and under			25 Backstroke			78
79	11-12			50 Freestyle			80
81	9-10			50 Freestyle			82
83	8 and under			50 Freestyle			84
85	11-12			100 Breaststroke			86
87	9-10	2:19.39	2:00.29	100 Breaststroke	2:12.89	1:54.09	88
89	8 and under			25 Breaststroke			90
91	11-12			100 Individual Medley			92
93	9-10			100 Individual Medley			94
95	8 and under			100 Individual Medley			96