

2026 SBSC April Pentathlon

April 25-26, 2026

Sanctioned by USA Swimming & Southern California Swimming

Sponsored by SBSC

Sanction Number: #S26-102

Received by deadline 5:00 pm, April 15, 2026

Saturday, April 25 & Sunday, April 26: 7:00am Warm-up / 8:30 a.m. Start

Invited Teams: Coastal Committee

POOL: Los Banos Del Mar Pool. 401 Shoreline Drive; Santa Barbara. Parking across the street at Pershing Park.

COURSE: Outdoor 50 meter pool with 7 competition lanes and 3x15 meter 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 lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00-8:15. 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 15 minutes before the start of each session. All swimmers must use a 3-point slide in entry into the pool for warm up, NO jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Mary Jo Swalley (mj64bear@earthlink.net).

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 per session. Events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 5 events per day. SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES PRIOR TO THE START OF EACH SESSION FOR ALL 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 April 25, 2026 to enter this meet. Timers are requested to be provided by each team. Changes to the meet management may be made with approval of the Meet Host.

PENTATHLON FORMAT: Three sessions will be held across the two days. Saturday Session 1 (15 & Over and 13-14) begins at 8:30 a.m. Saturday Session 2 (11-12 and 10 & Under) will begin approximately 45 minutes after the conclusion of Session 1. Sunday Session 3 (15 & Over, 13-14, and 11-12) begins at 8:30 a.m. Note: If meet attendance warrants, the meet management reserves the right to consolidate Saturday to a single session. All events are timed finals. Swimmers must enter and compete in all 5 events in their session to be eligible for Pentathlon awards. Pentathlon scoring is based on the accumulated times of the five events. A DQ does not make a swimmer ineligible for Pentathlon awards.

MAAPP 3.0: Current USA Swimming Rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Per MAAPP 3.0, 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, 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, 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. 12 and under swimmers are not allowed to wear tech suits.

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 2026 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.

INDIVIDUAL AWARDS: Ribbons: (1-8 for A, BB, B divisions) for individual events in 10 and under, 11-12 age groups. Pentathlon awards for top finishers in each age group based on cumulative times across all 5 events.

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. Qualifying outreach swimmers will be verified with SCS. 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, April 15th, 2026. 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. 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

For further meet information email Coach Mark Stori at coachstori@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

Questions: please contact the Meet Processor.

MAIL ENTRIES TO: Erica Johnson; 321 Cuyler Harbor Drive; Camarillo, CA 93012.

Hand delivered to: Erica Johnson; 321 Cuyler Harbor Drive; Camarillo, CA 93012.

Electronic entries to: Erica Johnson, EricaJohnson.swim@gmail.com.

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.

Saturday April 25th, 2026

Sprint Pentathlon

Session 1 - 8:30 a.m. start. Warm-up at 7:00 a.m.

Open to 15 & Over and 13-14 age groups. Swimmers must enter all 5 events to be eligible for Pentathlon awards.

Girls Event	Age Group	Event Description	Boys Event
1	15 & Over	50 BUTTERFLY	2
3	13-14	50 BUTTERFLY	4
5	15 & Over	50 BACKSTROKE	6
7	13-14	50 BACKSTROKE	8
9	15 & Over	50 BREASTSTROKE	10
11	13-14	50 BREASTSTROKE	12
13	15 & Over	50 FREESTYLE	14
15	13-14	50 FREESTYLE	16
17	15 & Over	200 INDIVIDUAL MEDLEY	18
19	13-14	200 INDIVIDUAL MEDLEY	20

Session 2 - Approximately 45 minutes after the conclusion of Session 1. Warm-up begins approximately 45 minutes after Session 1 concludes.

Open to 11-12 and 10 & Under age groups. Swimmers must enter all 5 events to be eligible for Pentathlon awards.

Note: If meet attendance warrants, meet management reserves the right to consolidate to a single session.

Girls Event	Age Group	Event Description	Boys Event
21	11-12	50 BUTTERFLY	22
23	10 & Under	50 BUTTERFLY	24
25	11-12	50 BACKSTROKE	26
27	10 & Under	50 BACKSTROKE	28
29	11-12	50 BREASTSTROKE	30
31	10 & Under	50 BREASTSTROKE	32
33	11-12	50 FREESTYLE	34
35	10 & Under	50 FREESTYLE	36
37	11-12	200 INDIVIDUAL MEDLEY	38
39	10 & Under	200 INDIVIDUAL MEDLEY	40

All events are timed finals and will be swum fastest to slowest.

Sunday April 26th, 2026

Distance Pentathlon

Session 3 - 8:30 a.m. start. Warm-up at 7:00 a.m.

Open to 15 & Over, 13-14, and 11-12 age groups only. Swimmers must enter all 5 events to be eligible for Pentathlon awards.

Girls Event	Age Group	Event Description	Boys Event
41	15 & Over	100 BUTTERFLY	42
43	13-14	100 BUTTERFLY	44
45	11-12	100 BUTTERFLY	46
47	15 & Over	100 BACKSTROKE	48
49	13-14	100 BACKSTROKE	50
51	11-12	100 BACKSTROKE	52
53	15 & Over	100 BREASTSTROKE	54
55	13-14	100 BREASTSTROKE	56
57	11-12	100 BREASTSTROKE	58
59	15 & Over	100 FREESTYLE	60
61	13-14	100 FREESTYLE	62
63	11-12	100 FREESTYLE	64
65	15 & Over	400 INDIVIDUAL MEDLEY	66

67	13-14	400 INDIVIDUAL MEDLEY	68
69	11-12	400 INDIVIDUAL MEDLEY	70

All events are timed finals and will be swum fastest to slowest.