

# FAC SPRING SPLASH

**SPONSORED BY:** FAC and SOUTHERN CALIFORNIA SWIMMING

**Sanction Number:** S25-072

**Sponsored by:** Team FAC, Eastern Committee

**Entries Received by:** 5 PM on 04/02/2025

**MEET DATES:** April 12-13, 2025

**Warmup Time:** 7:30am

**Meet Start Time:** 9:00pm

**POOL ADDRESS:** 15610 Summit Ave, Fontana CA 92336

**Directions:** Access from 15 and 210 freeway (chery ave exit). The pool is located in the park on the corner of SUMmit and Knox ave, across the street from Summit HS and Shady trails community.

## COURSE:

Pool Dimensions: The meet short course will run in an outdoor 14 lane, 25 yards pool. Competition will swim in **8 lanes**; **6 lanes** for warm up and 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 at start end is 12' 7" and pool depth at turn end is 12' 7".

Number of Competition Lanes: **8**

Number of Warm-up Lanes: **6**

The competition course has been certified in accordance with 104.3.2(c) on file with USA Swimming

☒ YES ☐ NO

Pool depth: Start End 7-12 feet Turn End 7-12 feet

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30am and 8:50am. 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 20 minutes before the start of the meet. The pool will close 10 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.

**MEET REFEREE:** Lisa Fredericks will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee, e-mail: charligirl88@yahoo.com

**RULES:** USA Swimming rules 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" for 12-Under swimmers, unless a Championship meet.

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 6 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 400 IM, 500 Free, 1000 Free are requested to furnish their own timers for three heats, and provide lap counters.

Events will be swum fast-to-slow.

Swimmers may swim a maximum of 4 individual events and 2 relays per day.

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.

**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, webcasting 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:** Open to athletes who 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. 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.

**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 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:** B Division (includes B and BB): Ribbons 1st - 6th place, Relays: Medals 1st place, Ribbons 2nd - 3rd place

**ENTRY FEES:** \$6 per individual event, \$10 per relay, and \$15.50 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.

E-mailed team entry (entry .zip file) will be accepted ONLY when received together with an attached PDF file, including the 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 emailed 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. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. 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.

**ENTRIES CLOSE:** Entries must be received by the meet processor no later than Wednesday 5:00pm April 2nd, 2025. 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-MAIL ENTRIES TO:** fredies6@hotmail.com

**OR HAND DELIVER TO:** 36609 Park View Terrace, Yucaipa, CA 92399

**Mail to:** Julie Fredericks, P.O Box 624, Yucaipa, CA 92399.

**MAKE CHECKS PAYABLE TO:** Fontana Aquatics Club

**QUESTIONS?** Meet Director: Renata Martinez, [renata.martinez@fontanaaquatics.org](mailto:renata.martinez@fontanaaquatics.org)

Meet Processor: Julie Fredericks, [fredies6@hotmail.com](mailto:fredies6@hotmail.com)

Meet Referee: Lisa Frederick, [charligirl88@yahoo.com](mailto:charligirl88@yahoo.com)

**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).

**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 2.0 (MAAPP 2.0) govern this meet.**

## SATURDAY

SESSION 1 (AM)						
Girls Max			Age	Boys Max		
1	2:55.50	200 IM	7-10	200 IM	2:53.50	2
3	1:41.21	100 IM	5-8	100 IM	1:38.51	4
5	1:26.10	100 Butterfly	7-10	100 Butterfly	1:24.40	6
7	21.31	25 Butterfly	5-8	25 Butterfly	21.31	8
9	1:22.30	100 Backstroke	7-10	100 Backstroke	1:19.60	10
11	48.11	50 Backstroke	5-8	50 Backstroke	46.81	12
13	42.80	50 Breaststroke	7-10	50 Breaststroke	42.10	14
15	24.01	25 Breaststroke	5-8	25 Breaststroke	23.31	16
17	32.10	50 Freestyle	7-10	50 Freestyle	31.10	18
19	40.51		5-8		39.41	20
21	coach entered	200 Medley Relay	7-10	200 Medley Relay	coach entered	22
23	coach entered	100 Medley Relay	5-8	100 Medley Relay	coach entered	24
25	8:36.69Y/ 6:53.40Y	500 Freestyle	9-10	500 Freestyle	8:24.29Y/ 6:43.40Y	26
SESSION 2 (PM)						
Girls Max			Age	Boys Max		
27	2:27.20	200 IM	13 & Up	200 IM	2:15.40	28
29	2:37.60		11-12		2:32.30	30
31	1:00.90	100 Freestyle	13 & Up	100 Freestyle	55.70	32
33	1:04.00		11-12		1:01.30	34
35	30.70	50 Butterfly	13 & Up	50 Butterfly	28.40	36
37	31.60		11-12		31.20	38
39	2:59.49Y/ 2:33.90Y	200 Backstroke	11 & Up	200 Backstroke	2:52.89Y/ 2:28.20Y	40
41	1:16.00	100 Breaststroke	13 & Up	100 Breaststroke	1:09.00	42
43	1:22.20		11-12		1:18.40	44
45	31.10	50 Backstroke	13 & Up	50 Backstroke	28.90	46
47	33.20		11-12		32.70	48
49	3:03.39Y/2:37.20Y	200 Butterfly	11 & Up	200 Butterfly	2:56.59Y/ 2:31.40Y	50
51	coach entered	200 Medley relay	11-14	200 Medley relay	coach entered	52
53	coach entered	200 Medley relay	15 & Up	200 Medley relay	coach entered	54
55	7:16.89Y/ 6:14.50Y	500 Freestyle	11 & Up	500 Freestyle	6:59.89Y/ 6:00.00Y	56
57	6:31.69Y/ 5:35.80Y	400 IM	11 & Up	400 IM	6:17.09Y/ 5:23.20Y	58

## SUNDAY

SESSION 3 (AM)						
Girls Max			Age	Boys		
59	2:38.40	200 Freestyle	7-10	200 Freestyle	2:31.60	60
61	1:28.41	100 Freestyle	5-8	100 Freestyle	1:25.01	62
63	1:33.60	100 Breaststroke	7-10	100 Breaststroke	1:30.60	64
65	52.31	50 Breaststroke	5-8	50 Breaststroke	51.01	66
67	38.00	50 Backstroke	7-10	50 Backstroke	37.60	68
69	22.21	25 Backstroke	5-8	25 Backstroke	21.61	70
71	1:22.10	100 IM	7-10	100 IM	1:19.70	72
73	46.31	50 Butterfly	5-8	50 Butterfly	47.01	74
75	37.00		7-10		36.00	76
77	21.71	25 Freestyle	5-8	25 Freestyle	17.61	78
79	1:11.50	100 Freestyle	7-10	100 Freestyle	1:09.80	80
81	coach entered	200 Freestyle relay	7-10	200 Freestyle relay	coach entered	82
83	coach entered	100 Freestyle relay	5-8	100 Freestyle relay	coach entered	84
85	3:42.09Y/ 2:55.50Y	400 IM **	9-10	400 IM **	3:38.59Y/ 2:53.50Y	86
SESSION 4 (PM)						
Girls Max			Age	Boys Max		
87	2:11.70	200 Freestyle	13 & Up	200 Freestyle	2:02.20	88
89	2:19.30		11-12		2:13.70	90
91	27.90	50 Freestyle	13 & Up	50 Freestyle	25.60	92
93	29.30		11-12		28.10	94
95	3:25.69Y/ 2:56.30Y	200 Breaststroke	11 & Up	200 Breaststroke	3:16.39Y/ 2:48.40Y	96
97	1:05.90	100 Backstroke	13 & Up	100 Backstroke	1:01.10	98
99	1:13.00		11-12		1:09.30	100
101	36.10	50 Breaststroke	13 & Up	50 Breaststroke	33.10	102
103	37.70		11-12		36.70	104
105	2:27.20	100 IM **	13 & Up	100 IM **	2:15.40	106
107	1:13.10		11-12		1:10.00	108
109	1:05.90	100 Butterfly	13 & Up	100 Butterfly	1:00.40	110
111	1:12.10		11-12		1:09.30	112
113	coach entered	200 Freestyle relay	11-14	200 Freestyle relay	coach entered	114
115	coach entered	200 Freestyle relay	15 & Up	200 Freestyle relay	coach entered	116
117	15:02.69Y/ 12:53.80Y	1000 Freestyle	11 & Up	1000 Freestyle	14:43.49Y/ 12:37.30Y	118

\*\* 9-10 enter 200 IM time for the 400 IM

\*\* 13 and up enter 200 IM time for the 100 IM