

HVDA July SC Meet for BB/B/C Swimmers

JULY 19-20, 2025

Sanctioned by: USA Swimming & Southern California Swimming

Sponsored By: HVDA & Eastern Committee

Warm-up: 7:00 am Saturday & Sunday

Sanction No. #S25-143

Received by deadline: 5:00 pm, Wednesday, July 9, 2025

Meet Start Time: 8:30 Saturday & Sunday

POOL: West Valley High School, 3401 Mustang Way, Hemet, California 92545

DIRECTIONS: From the 10 Fwy, exit Hwy 79/Beaumont Ave. Go South on CA Hwy-79. Hwy 79 will turn into Sanderson Ave at Ramona Exp. Follow Sanderson Ave for 7.5 miles and turn right on Mustang Way– School is on the left. From 215 Fwy exit Newport Ave. Go East. Newport Ave will turn into Domenigoni Pkwy, follow to Sanderson Ave and turn left on Sanderson, then left again on Mustang Way.

COURSE: Outdoor 25 yard x 40 meter pool with 8 competition lanes and 4 additional warm-up lanes. Pool depth: ranges from 13'-8' on both sides of the course.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 – 8:15 am. 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 3-point, slide in entries into the pool during warm up, no jumping or diving.**

MEET REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Paul Szuszkiewicz - pszsz@hotmail.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. If entries do not warrant two sessions, events will be renumbered and combined into a single session (see event side for renumbering.) Swimmers must check in with the clerk of the course 40 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 the start date of this meet to enter. Timers are required to be provided by each team. Swimmers competing in events 400 yards/meters or longer are requested to furnish their own timers. Events will be swum fastest to slowest. Swimmers may swim a maximum of 4 individual events and 1 relay 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. All coaches on deck must complete the CDC or NFHS concussion 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 AQUA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are NOT permitted for 12-Under swimmers. Please see the tech suit policy on the SCS website: 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 Eastern Committee athletes who hold 2024 USA Swimming registered. 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 complete 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**). 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. For seeding purposes only, after entries close, Meet Administration will convert non-conforming times.

AWARDS: BB/B: Ribbons for 1st thru 6th place C Division: Ribbons for 1st thru 6th place

Relays: Ribbons for 1st thru 3rd place. Events will be scored for places first through sixth and relays 1st through 3rd as follows: BB/B division: 20, 16, 14, 12, 11, 10 C division: 8, 6, 4, 3, 2, 1 Relays: 40, 32, 28

ENTRY FEES: \$6.00 for each INDIVIDUAL EVENT along with a \$15.50 SURCHARGE per swimmer, \$10.00 for each relay.

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Outreach athletes are \$15.00 flat fee for the meet. Teams must provide proof of outreach athlete status by including their team roster when submitting entries. **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. (5 PM postmark would queue before a 10 PM 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, newswimmers 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 may be pre-entered or deck-entered, payable on entry. If entering individually, emailed or texted are not accepted. Please enter using the SCS Individual Meet Entry Form. Entries are admitted, SPACE PERMITTING, when the entry is received with a check, money order, or cash by the meet processor.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, July 9, 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 the designated address, enclose a stamped, self-addressed envelope or postcard. *(Receipt of entries will NOT be verified by phone, e-mail, or text message.)*

NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED.

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.

Please make Checks payable to: Hemet Valley Dolphins Aquatics

E-Mail entries to: Jan Szuszkiewicz – janszszswim@gmail.com

Mail or hand deliver entries to: Jan Szuszkiewicz – 1437 E Palm Ave, Redlands, CA 92374

Questions:

Meet Director - Randy Palma - hvdarandy@gmail.com

Meet Referee - Paul Szuszkiewicz - pszs@hotmail.com

Admin Referee - Jan Szuszkiewicz - janszszswim@gmail.com

E-Mail entries to: Jan Szuszkiewicz – janszszswim@gmail.com

Mail or hand deliver entries to: Jan Szuszkiewicz – 1437 E Palm Ave, Redlands, CA 92374

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 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 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,

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.

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hosted by HVDA

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ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, July 9, 2025

This meet is subject to the 4 hour rule per session.

Events will be swum fastest to slowest, starred events swum together awarded separately.

Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.

500 yd events will be swum alternating girls and boys, swimmers are requested to provide own timers, and lap counters.

5-6 and 7-8 year olds may swim a distance only once in the meet (may not swim the same distance both Saturday and Sunday).

	Age	Gender	Distance/Stroke			Girls	Boys
						Min/Max	Min/Max
1	11-12	Girls	200 yd	IM		/2:34.50	
2	5-8	Mixed	25 yd	Backstroke		/22.21	/21.61
3	7-10	Mixed	50 yd	Backstroke		/36.70	/37.00
4	11-12	Girls	50 yd	Backstroke		/32.70	
5	5-8	Mixed	25 yd	Freestyle		/18.11	/17.61
6	5-8	Mixed	50 yd	Freestyle		/40.51	/39.41
7	7-10	Mixed	50 yd	Freestyle		/31.40	/31.00
8	11-12	Girls	50 yd	Freestyle		/30.00	
9	5-8	Mixed	25 yd	Butterfly		/21.31	/21.31
10	5-8	Mixed	50 yd	Butterfly		55.60/46.31	56.40/47.01
11	7-10	Mixed	100 yd	Butterfly		/1:24.10	/1:22.80
12	11-12	Girls	100 yd	Butterfly		/1:20.80	
13	5-8	Mixed	100 yd	Freestyle		1:46.10 /1:28.41	:42.00/1:25.01
14	7-10	Mixed	100 yd	Freestyle		/1:10.50	/1:09.70
15	11-12	Girls	100 yd	Freestyle		/1:03.10	
16	5-8	Mixed	25 yd	Breaststroke		/24.01	/23.31
17	7-10	Mixed	50 yd	Breaststroke		/41.70	/41.00
18	11-12	Girls	50 yd	Breaststroke		/36.90	
19	5-8	Mixed	100 yd	Freestyle Relay			
20	7-10	Mixed	200 yd	Freestyle Relay		DECK	DECK
21	11-12	Girls	200 yd	Freestyle Relay		ENTERED	ENTERED

Minimum 45 minute Break

22	11-12	Boys	50 yd	Backstroke			/32.10
23	13-14	Mixed	100 yd	Backstroke		/1:05.70	/1:01.30
24	15-UP	Mixed	100 yd	Backstroke		/1:04.00	/:58.40
25	11-12	Boys	50 yd	Freestyle			/27.90
26	13-14	Mixed	50 yd	Freestyle		/27.90	/25.70
27	15-UP	Mixed	50 yd	Freestyle		/27.20	/24.40
28	11-12	Boys	100 yd	Butterfly			/1:09.30
29*	13-14	Mixed	200 yd	Butterfly		/2:24.90	/2:15.60
29*	15-UP	Mixed	200 yd	Butterfly		/2:21.70	/2:09.70
30	11-12	Boys	50 yd	Breaststroke			/36.10
31	13-14	Mixed	100 yd	Breaststroke		/1:15.40	/1:09.70
32	15-UP	Mixed	100 yd	Breaststroke		/1:13.60	/1:05.60
33	11-12	Boys	200 yd	IM			/2:30.70
34	13-14	Mixed	100 yd	Freestyle		/1:00.50	/56.30
35	15-UP	Mixed	100 yd	Freestyle		/59.00	/53.50
36	11-12	Boys	100 yd	Freestyle			/1:00.90
37	15-up	Mixed	200 yd	Freestyle Relay			
38	13-14	Mixed	200 yd	Freestyle Relay		DECK	DECK
39	11-12	Boys	200 yd	Freestyle Relay		ENTERED	ENTERED
40*	13-14	Mixed	500 yd	Freestyle		/5:49.60	/5:31.40
40*	15-up	Mixed	500 yd	Freestyle		/5:43.40	/5:17.70

Sunday

	Age	Gender	Distance/Stroke			Girls	Boys
						Min/Max	Min/Max
41	11-12	Girls	100 yd	IM		/1:18.10	
42	5-8	Mixed	100 yd	IM		/1:41.21	/1:38.51
43	7-10	Mixed	100 yd	IM		/1:20.80	/1:19.00
44	5-8	Mixed	25 yd	Butterfly		/21.31	/21.31
45	7-10	Mixed	50 yd	Butterfly		/36.70	/35.40
46	11-12	Girls	50 yd	Butterfly		/31.30	
47	5-8	Mixed	25 yd	Breaststroke		/24.01	/23.31
48	5-8	Mixed	50 yd	Breaststroke		1:02.80/52.31	1:01.20/51.01
49	7-10	Mixed	100 yd	Breaststroke		/1:31.90	/1:30.00
50	11-12	Girls	100 yd	Breaststroke		/1:20.20	
51	5-8	Mixed	25 yd	Backstroke		/22.21	/21.61
52	5-8	Mixed	50 yd	Backstroke		57.80/48.11	56.30/46.81
53	7-10	Mixed	100 yd	Backstroke		/1:19.30	/1:18.80
54	11-12	Girls	100 yd	Backstroke		/1:11.40	
55	5-8	Mixed	25 yd	Freestyle		/18.11	/17.61
56	7-10	Mixed	200 yd	Freestyle		/2:42.01	/2:41.81
57	11-12	Girls	200 yd	Freestyle		/2:17.50	
58	5-8	Mixed	100 yd	Medley Relay			
59	7-10	Mixed	200 yd	Medley Relay		DECK	DECK
60	11-12	Girls	200 yd	Medley Relay		ENTERED	ENTERED

Minimum 45 minute Break

61	11-12	Boys	50 yd	Butterfly			/31.20
62	13-14	Mixed	100 yd	Butterfly		/1:05.50	/1:01.00
63	15-up	Mixed	100 yd	Butterfly		/1:04.00	/:57.90
64	11-12	Boys	100 yd	Breaststroke			/1:17.50
65*	13-14	Mixed	200 yd	Breaststroke		/2:43.70	/2:31.40
65*	15-up	Mixed	200 yd	Breaststroke		/2:39.50	/2:24.20
66	11-12	Boys	100 yd	Backstroke			/1:09.20
67*	13-14	Mixed	200 yd	Backstroke		/2:23.00	/2:14.00
67*	15-up	Mixed	200 yd	Backstroke		/2:19.70	/2:06.90
68	11-12	Boys	200 yd	Freestyle			/2:12.50
69	13-14	Mixed	200 yd	Freestyle		/2:10.40	/2:02.60
70	15-up	Mixed	200 yd	Freestyle		/2:08.10	/1:57.00
71	11-12	Boys	100 yd	IM			/1:09.10
71	13-14	Mixed	200 yd	IM		/2:25.50	/2:17.10
73	15-UP	Mixed	200 yd	IM		/2:23.00	/2:10.10
74	11-12	Boys	200 yd	Medley Relay			
75	13-14	Mixed	200 yd	Medley Relay		DECK	DECK
76	15-UP	Mixed	200 yd	Medley Relay		ENTERED	ENTERED