

**MEET NAME:** 2026 SBSC Semana Nautica LC ABC

**SPONSORED BY:**

Southern California Swimming

Team: Santa Barbara Swim Club

Held under the sanction of USA Swimming.

**Sanction Number:** S26 - 108

Committee: Coastal

**MEET DATES:** June 26, 2026 Through June 28, 2026

**Warmup Time:** Friday 2:30 PM | Sat & Sun 7:00 AM **Meet Start Time:** Friday 4:00 PM | Sat & Sun 8:30 AM

**Pool Address:** 401 Shoreline Drive, Santa Barbara, CA 93101

**Directions:** Los Banos Del Mar Pool. Parking across the street at Pershing Park.

**Pool Dimensions:** Outdoor 50-meter pool, 7 competition lanes, 3 x 15-meter warm-up lanes

Number of Competition Lanes: 7 Number of Warm-up Lanes: 3

Pool depth Start End: 10.6 ft Turn End: 3.6 ft

**Medical Supervision:** Lifeguards on duty throughout the meet. AED device available on deck at all times.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 AM and 8:15 AM (Friday: 2:30 PM – 3:45 PM) and 8:15 AM (Friday warm-up ends 3:45 PM). 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 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 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 check in with the Clerk of Course minutes 30 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 the meet to enter. Timers are required to be provided by each team. Swimmers competing in the following events 1500 Freestyle (timers and lap counters required) and 400 IM (timers required) are requested to furnish their own timers for three heats, and provide lap counters. Swimmers must be at least 11 to enter the OPEN events.

Events will be swum **FASTEST TO SLOWEST**

Swimmers may swim a maximum of 4 individual events and 0 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. All persons acting in any coaching capacity in a sanctioned event must be 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:** Open to athletes who hold 2026 USA Swimming Registration and members of Southern California Swimming. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. Swimmers must be at least 5 years old on June 26, 2026. This meet will be capped at 600 swimmers; acceptance based upon date of receipt of entries. 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 (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:** JAMES & RUTH JOHANSEN MEMORIAL TEAM AWARDS will be awarded based upon the 8 top placing girls and 8 top placing boys in the 13-18 50 Freestyle (Events 54 & 55). The team that places the most total swimmers in the top 8 will be awarded 1st prize and \$7,500, the next team will be awarded 2nd and \$4,000 and the next team will be awarded 3rd and \$1,500 (ties split; unattached swimmers not eligible). Fastest 13-18 swimmer in Events 54 & 55 earns their team \$1,000 (unattached swimmers not eligible for this award either). CAPP'S FAMILY 400 PLAQUE: Awarded to overall male and female 400 Freestyle champions. Individual Awards: Ribbons for places 1-8 (A/BB/B divisions) in 8-Under, 9-10, and 11-12 age group events.

**ENTRY FEES:** \$6.00 per individual event, N/A – no relay events 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.

**ENTRY SUBMISSIONS:** Entries must be received by the meet processor no later than 5:00 PM, Wednesday, June 17, 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:** pam.jam24@gmail.com

**OR HAND DELIVER TO:** Pam Nguyen; 237 Spruce Drive; Goleta, CA 93117

**MAKE CHECKS PAYABLE TO:** Santa Barbara Swim Club

The Meet Referee will be in charge of this meet, any questions regarding the conduct of the meet should be directed to the Meet Referee.

Meet Director (Name and Tel Number:) Mark Stori (805) 708-0698  
Meet Referee (Name and Tel Number:) Mary Jo Swalley (805) 895-6002  
Meet Processor (Name and email:) Pam Nguyen pam.jam24@gmail.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).

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.

## EVENT SCHEDULE

FRIDAY JUNE 26, 2026 — Session Starts 4:00 PM   Warm-up 2:30 PM							
EVENT (Girls)	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	EVENT (Boys)
1	OPEN	ABC	ABC	50 Butterfly	ABC	ABC	2
3	OPEN	6:57.99	6:05.79	400 IM	6:30.69	5:37.69	4
5	9-10	ABC	ABC	200 IM	ABC	ABC	6
7	11-12	6:32.89	7:16.89	400 Freestyle	6:21.09	6:59.89	8
9	9-10	7:48.59	8:36.69	400 Freestyle	7:38.29	8:24.29	10
11	OPEN	24:28.39	23:42.89	1500 Freestyle	23:04.59	22:22.89	12
<i>Athletes must provide their own timers for ALL events on Friday.</i>							
<i>*Events 9 &amp; 10 may be entered with the 200 or 400 "B" time.</i>							
SATURDAY JUNE 27, 2026 — Morning Session 8:30 AM   Warm-up 7:00 AM							
EVENT (Girls)	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	EVENT (Boys)
13	OPEN	ABC	ABC	50 Backstroke	ABC	ABC	14
15	13 & Over	ABC	ABC	200 IM	ABC	ABC	16
17	13 & Over	ABC	ABC	100 Freestyle	ABC	ABC	18
19	OPEN	3:13.29	2:46.39	200 Backstroke	3:01.79	2:34.69	20
21	13 & Over	ABC	ABC	100 Breaststroke	ABC	ABC	22
23	OPEN	3:15.69	2:51.19	200 Butterfly	2:59.69	2:36.79	24
				400 Freestyle (Boys Only)	ABC	ABC	25
<i>Event 25 (Boys only). Athletes in Event 25 must provide their own timers.</i>							
SATURDAY AFTERNOON — Starts no sooner than 60 minutes after Morning Session							
EVENT (Girls)	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	EVENT (Boys)
26	11-12	ABC	ABC	200 IM	ABC	ABC	27
28	5-8 / 9-10	ABC	ABC	50 Freestyle	ABC	ABC	29
30	11-12	ABC	ABC	50 Freestyle	ABC	ABC	31
32	5-8 / 9-10	ABC	ABC	50 Breaststroke	ABC	ABC	33

34	11-12	ABC	ABC	50 Breaststroke	ABC	ABC	35
36	7-8 / 9-10	ABC	ABC	100 Backstroke	ABC	ABC	37
38	11-12	ABC	ABC	100 Backstroke	ABC	ABC	39
40	7-8 / 9-10	ABC	ABC	100 Butterfly	ABC	ABC	41
42	11-12	ABC	ABC	100 Butterfly	ABC	ABC	43

**SUNDAY JUNE 28, 2026 — Morning Session 8:30 AM | Warm-up 7:00 AM**

EVENT (Girls)	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	EVENT (Boys)
44	OPEN	ABC	ABC	50 Breaststroke	ABC	ABC	45
46	13 & Over	ABC	ABC	200 Freestyle	ABC	ABC	47
48	OPEN	3:40.29	3:10.99	200 Breaststroke	3:22.79	2:54.89	49
50	13 & Over	ABC	ABC	100 Butterfly	ABC	ABC	51
52	13 & Over	ABC	ABC	100 Backstroke	ABC	ABC	53
54	13 & Over	ABC	ABC	50 Freestyle	ABC	ABC	55
56	13 & Over	ABC	ABC	400 Freestyle (Girls Only)			

*Event 56 (Girls only). Athletes in Event 56 must provide their own timers.*

**SUNDAY AFTERNOON — Starts no sooner than 60 minutes after Morning Session**

EVENT (Girls)	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	EVENT (Boys)
57	11-12	ABC	ABC	200 Freestyle	ABC	ABC	58
59	9-10	ABC	ABC	200 Freestyle	ABC	ABC	60
61	11-12	ABC	ABC	50 Backstroke	ABC	ABC	62
63	5-8 / 9-10	ABC	ABC	50 Backstroke	ABC	ABC	64
65	11-12	ABC	ABC	50 Butterfly	ABC	ABC	66
67	5-8 / 9-10	ABC	ABC	50 Butterfly	ABC	ABC	68
69	11-12	ABC	ABC	100 Breaststroke	ABC	ABC	70
71	7-8 / 9-10	ABC	ABC	100 Breaststroke	ABC	ABC	72
73	11-12	ABC	ABC	100 Freestyle	ABC	ABC	74
75	5-8 / 9-10	ABC	ABC	100 Freestyle	ABC	ABC	76

**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:**

9-10: 400 FR

11-12: 400 FR

13+ and Open: 1500 FR, 400 IM, 200 Butterfly, 200 Backstroke, 200 Breaststroke.

For further meet information, email Coach Mark Stori at [coachstori@sbswim.net](mailto:coachstori@sbswim.net)