

MEET NAME: CCAQ Summer Sizzle Easter Committee LC H&F Championship Meet

SPONSORED BY: _____ **Sanction Number: S26-141**

Southern California Swimming

Team: Circle City Aquatics (CCAQ)

Held under the sanction of USA Swimming.

Committee: Eastern Committee

MEET DATES: 07/10/2026 through 07/12/2026

Warm-up Time: 4:00pm Friday, 7:00am Saturday & Sunday

Meet Start Time: 5:00pm Friday, 8:30am Saturday & Sunday

Pool Address: Eleanor Roosevelt High School – 7447 Scholar Way, Eastvale, CA 92507

Directions: Take Limonite exit off I-15. Go west on Limonite (from North, turn right, from South turn left). Turn left onto Scholar Way. School is on the right-hand side. There is a large parking lot located on Citrus on the back side of the school.

Pool Dimensions: Outdoor 25-yard x 50-meter pool.

Number of Competition Lanes: 7

Number of Warm-up Lanes: 1

Pool depth: Start End: Start End - 14' Turn End – 4.5'

Medical Supervision: First aid and AED device available to athletes participating in the meet.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00am and 8:15am. Diving will be allowed in designated dive lanes only under the supervision of 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 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 the meet to enter. Timers are required to be provided by each team. Swimmers competing in the following events 800/1500 Freestyle 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 [3] individual events and [1] 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.

RELAYS: All relays will be swum as timed final events at the end of the morning sessions. A club may enter no more than TWO (2) relays in each relay event. Relays must be pre-entered. Relays must CHECK-IN by the scratch deadline for the day swum. Relay fee is \$20.00 per entry, and relay-only swimmers (\$20.00) swimmer surcharge, must be pre-entered.

FINALS: A championship final will be offered for all age groups, based on prelim time, regardless of division/seed time. The 400m, 800m, 1500m Freestyle events AND 400 IM will be swum as Timed Finals. The national finals' scratch rule will be used. A swimmer must scratch or place an intent on an event within 30 minutes of announcement of preliminary results. Final "no-show" (original top places only) except last day (fee will be imposed) will be removed from the remainder of the meet. 19 and Up swimmers will be considered for finals if space is available.

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

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 SCS athletes must be members of an Eastern Committee Team. 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: Awards will be based on final times, regardless of division/seed time. For all ages, medals will be awarded for the top seven finishers in individual events and relay medals for ages first through third in all relay events. Top 14 finishers will score. Team awards: Top 3 teams Combined Team Scoring will receive trophies. Swimmers who are 19 years older are not eligible for awards.

ENTRY FEES: \$ 7.00 per individual event, \$ 20.00 per relay, and \$ 20.00 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 Wednesday, July 1, 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. DO NOT RE-SEND 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.

E-MAIL ENTRIES TO: Julie Fredericks - fredies6@hotmail.com

OR HAND DELIVER TO: 36609 Parkview Terrace, Yucaipa, CA 92399

MAKE CHECKS PAYABLE TO: Circle City Aquatics

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: Charity Greenwalt - meetmanager2025@circlecityaquatics.com

Meet Referee: Krystal Van Buren – kgaavb@verizon.net

Meet Processor: Julie Fredericks - fredies6@hotmail.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. 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.

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.

CCAQ Summer Sizzle Eastern Committee LC H&F Championship Meet
Hosted by CCAQ - July 10-12, 2026

Friday Night - Timed Finals

GIRLS	Min/Max	AGE				STROKE	Min/Max	BOYS
1	3:48.89/	5-10	BB	200	m	IM	3:43.69.79/	2
3	6:56.79/	11-12	BB	400	m	IM	6:46.59/	4
5*	6:28.19/	13-14	BB	400	m	IM	6:02.79/	6*
	6:15.79/	15-up	BB	400	m	IM	5:47.99/	
7	7:01.69/	5-10	BB	400	m	Freestyle	6:52.49/	8
9*	24:14.99/	11-12	BB	1500	m	Freestyle	24:00.99/	10*
	22:43.49/	13-14	BB	1500	m	Freestyle	21:25.69/	
	21:52.49/	15-up	BB	1500	m	Freestyle	20:33.39/	

Saturday - Prelims

GIRLS	Min/Max	AGE				STROKE	Min/Max	BOYS
11*	3:01.69/	11-14	BB	200	m	Butterfly	2:46.79/	12*
13	3:07.79/	15-up	B	200	m	Butterfly	2:51.69/	14
15	1:44.09/	5-10	B	100	m	Freestyle	1:40.99/	16
17	1:25.59/	11-12	B	100	m	Freestyle	1:22.09/	18
19	1:21.19/	13-14	B	100	m	Freestyle	1:15.09/	20
21	1:18.39/	15-up	B	100	m	Freestyle	1:11.79/	22
23	39.99/	13-14	B	50	m	Butterfly	37.29/	24
25	38.99/	15-up	B	50	m	Butterfly	35.69/	26
27	1:02.19/	5-10	B	50	m	Breaststroke	1:00.89/	28
29	49.79/	11-12	B	50	m	Breaststroke	49.79/	30
31	3:32.49/	15-up	B	200	m	Breaststroke	3:14.49/	32
33*	3:24.59/	11-14	BB	200	m	Breaststroke	3:08.29/	34*
35	2:01.59/	5-10	B	100	m	Backstroke	1:56.69/	36
37	1:40.59/	11-12	B	100	m	Backstroke	1:37.19/	38
39	1:29.69/	13-14	B	100	m	Backstroke	1:23.69/	40
41	1:26.89/	15-up	B	100	m	Backstroke	1:19.39/	42
43	54.49/	5-10	B	50	m	Butterfly	52.29/	44
45	41.79/	11-12	B	50	m	Butterfly	41.99/	46
47	37.19/	13-14	B	50	m	Freestyle	34.29/	48
49	36.09/	15-up	B	50	m	Freestyle	32.89/	50
51	3:30.59/	11-12	B	200	m	IM	3:24.39/	52
53	47.79/	13-14	B	50	m	Breaststroke	43.99/	54
55	46.19/	15-up	B	50	m	Breaststroke	41.79/	56

Saturday Timed Finals

57	Pre-entered	5-10		200	m	Free Relay	Pre-entered	58
59		11-12		200	m	Free Relay		60
61	Pre-entered	13-14		200	m	Free Relay	Pre-entered	62
63		15-up		200	m	Free Relay		64
65*		12:42.89/	11-12	BB	800	m		Freestyle
	11:50.79/	13-14	BB	800	m	Freestyle	11:09.19/	
	11:25.09/	15-up	BB	800	m	Freestyle	10:44.39/	

ENTRIES RECEIVED BY 5:00 PM: July 1, 2026 (Wednesday)

>Times submitted must be best recorded times short or long course, maximum 3 individual events per day + 1 relay. No more than six total individual events for the meet.

>Timed Finals Events will be swum fastest to slowest

>Distance Events 400M+ will be swam alternating girls and boys.

>Swimmers in the 800/1500 Free are requested to have their own timers and lap counters.

>*Awarded separately as it includes multiple age groups.

Sunday - Prelims

GIRLS	Min/Max	AGE				STROKE	Min/Max	BOYS
67*	2:59.49/	11-14	BB	200	m	Backstroke	2:48.79/	68*
69	3:06.79/	15-up	B	200	m	Backstroke	2:52.29/	70
71	2:19.39/	5-10	B	100	m	Breaststroke	2:12.89/	72
73	1:50.39/	11-12	B	100	m	Breaststroke	1:47.79/	74
75	1:42.39	13-14	B	100	m	Breaststroke	1:33.79/	76
77	1:38.59/	15-up	B	100	m	Breaststroke	1:29.49/	78
79	3:25.69	5-10	BB	200	m	Freestyle	3:14.99	80
81	3:06.39/	11-12	B	200	m	Freestyle	2:59.19/	82
83	2:55.29/	13-14	B	200	m	Freestyle	2:43.99/	84
85	2:49.19/	15-up	B	200	m	Freestyle	2:36.59/	86
87	55.79/	5-10	B	50	m	Backstroke	55.39/	88
89	44.79/	11-12	B	50	m	Backstroke	44.49/	90
91	3:17.19	13-14	B	200	m	IM	3:02.89/	92
93	8:11.19/	15-up	B	200	m	IM	2:56.19/	94
95	2:12.79/	5-10	B	100	m	Butterfly	2:09.49/	96
97	1:38.29/	11-12	B	100	m	Butterfly	1:35.09/	98
99	1:27.19/	13-14	B	100	m	Butterfly	1:20.29/	100
101	1:24.29/	15-up	B	100	m	Butterfly	1:16.79/	102
103	45.29/	5-10	B	50	m	Freestyle	43.89/	104
105	38.49/	11-12	B	50	m	Freestyle	37.39/	106
107	42.59/	13-14	B	50	m	Backstroke	39.49/	108
109	41.19/	15-up	B	50	m	Backstroke	37.79/	110

Sunday Timed Finals

111	Pre-entered	5-10		200	m	Medley Relay	Pre-entered	112
113		11-12		200	m	Medley Relay		114
115	Pre-entered	13-14		200	m	Medley Relay	Pre-entered	116
117		15-up		200	m	Medley Relay		118
119*	6:04.79/	11-12	BB	400	m	Freestyle	5:53.89/	120*
	5:41.79/	13-14	BB	400	m	Freestyle	5:23.49/	
	5:29.89/	15-up	BB	400	m	Freestyle	5:10.19/	