2026
Southern California Swimming
Winter Age Group Championships Invitational
December 11-13, 2026

Open to:
Coastal: WAVE, OJAI, PUMA, SLOS, PVST
Desert: LVSC
Eastern: FAC, RST, DSRT, HYDRO, VA
Metro: LKWD, RMDA, SGSG
Orange: SCAT, BREA, AZOT, SCAL, EVO, EAST, WASC, TST, SPRT
Pacific: TORR, BLAST, KSWM, WEST, RYL, VISN

San Clemente Aquatics Center
987 Avenida Vista Hermosa San Clemente CA 92673

Friday/Saturday/Sunday (8:30 AM) Prelims' Sessions

Hosted by:

Southern California Swimming & San Clemente Aquatics Team

2026 Southern California Swimming
Winter Age Group Championships Invitational – December 11-13, 2026

Sanctioned By: Southern California Swimming; USA Swimming
Sponsored By: San Clemente Aquatics Team; So. California Swimming
Location: 987 Avenida Vista Hermosa, San Clemente, CA 92673

Sanction Number: S26-224
Entry Deadline:
DELIVERED BY 8 PM Wednesday, December 2, 2026

Sessions:
Friday, Saturday, and Sunday, December 11th to 13th, 2026

Prelims - **Warm-up:** 7:00 AM (TBA depending on 2 or 3 warm up sessions)
Meet Start Time: 8:30 AM
Finals Start Time: 5:00 PM or Not Before 4:00 PM

Eligibility: Open to 2026 or 2027 USA Swimming registered swimmers who have met and can prove the SCS "Winter Age Group Championships Invitational" time standards shown on this meet form. **180 swimmers from outside SCS will be accepted on a first come first served basis at each site**. Registration application must be completed online in SWIMS by **8 PM, Wednesday, December 2nd**. Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding according to SCS Swimming policy. 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.

Facility: San Clemente Aquatic Center 987 Avenida Vista Hermosa, San Clemente, CA 92673
The competition pool is an outdoor, 50-meter pool, 10' deep at start and turn end. A 25-yard warm-up pool will be available throughout the meet. The competition course has been certified in accordance with 104.2.2(C), on file with USA Swimming. Colorado pads and timing system, starting blocks and Finis backstroke ledges.

Medical Supervision: Swim meet will be overseen by city of San Clemente Lifeguards and includes an AED device.

Partially Closed Deck: Prelims and Finals will be run with a partially **CLOSED DECK**. Several deck areas (including behind the starting blocks, behind coaches, and in tented swimmer area) will be restricted to coaches, officials, athletes and volunteers. Parents will be restricted from these areas.

Meet Start Times: Friday, Saturday and Sunday Prelims will start at **8:30 AM**. Finals will begin no sooner than 2 hours after the completion of the prelim session that day.

Warm-up Times: Warm-ups will be split, and teams will be assigned to specific warm-up times on Fri/Sat/Sun beginning at 7:00 AM in the competition pool. The competition pool will be closed at 8:20 AM, with supervised warm-up/warm-down available in the adjoining pool. Warm-up procedures will be posted at the pool. Swimmers must be under the supervision of a USA Swimming member coach during warmups. ***All swimmers must use 3-point, slide in entries into the pool during warm-up, no jumping or diving.***

Meet Personnel:

Meet Referee: Ted Olivieri – trackmdr@aol.com
Administrative Referee: Julie Fredericks – **fredies6@hotmail.com**
Meet Director (Facility Information): Eve DiMagno – **edimagno@scatswim.org**

Rules: USA Swimming Rules govern; current SCS meet procedures will be in effect and take precedence over any errors or omissions on this form. **SCS reserves the right to modify courses and event order if a venue or meet entries requires it.**

- Coaches must declare scratches daily. The swimmers/events page for each day will be available the night before. Scratches close 1 hour before the start of prelims.
- Swimmers must compete in their own age group. Age on December 11, 2026, determines the age for the meet.
- Prelims and timed finals sessions will be swum slow to fast.

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 a coach member of USA Swimming.

The National Finals' scratch rule will be used. A swimmer must scratch or place an intent to scratch an event within 30 minutes of the announcement of preliminary results. Final "no-show" (original top 24 places for each age group), except the last day, will be removed from the remainder of the meet. A $50.00 fine will be assessed to any swimmer for a "no show" in her/his last event of the meet. This fine must be paid before any future competitions in SCS.

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. This meet may be covered by the media, including photographs, video, web casting and other ways of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

Unaccompanied Athletes: Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

Racing Start Certification: Any swimmer entered in the meet must be certified by a 2026 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.

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: "Tech suits" (suits with bonded seams, kinetic tape or meshed seams) are not permitted at this meet for all 12 & under swimmers. 13&over swimmers are allowed to wear "tech suits" that conform to USA Swimming Rule 102.8. Only swimsuits complying with AQUA swimsuit specifications may be worn in any USA Swimming sanctioned meet. Please see the Tech Suit Policy on the SCS website: www.socalswim.org

Deck Changes: Deck changes are prohibited.

Change of Affiliation: Club Transfers (unattach or attach) can only be completed online on SWIMS 3.0. At a meet, a swimmer may compete as Unattached but is responsible for completing the Club Transfer process online in SWIMS 3.0.

Distance Event:

- The 1000-yard freestyle events will be swum age groups combined:
  - Eligibility to swim is 1000 Freestyle standard on this meet form, the 1650 Freestyle standard or the 1500 Freestyle Summer Age Group Championship time standard. **Qualifying by non-conforming times enter at 1000 Freestyle minimum time.**
  - All heats fast to slow, alternating girls & boys.
  - The fastest 12 swimmers who check in will swim in finals depending on the number of lanes used.
  - The 1000 freestyle will be awarded and scored as one age group per gender.
  - Swimmers in the 1000 freestyle need to supply their own timers and lap counters.
- **500 Freestyle will be timed finals event for 11-12 age group in the Prelim session. There will be one heat in finals for 13-14 and 15 & over age groups.**

Awards: Individual - 1st-8th places, custom medals.
Relays - 1st-3rd place teams, custom medals.

Scoring: Top 24 individuals and top 20 relays will score.
Individual: 24-21-20-19-18-17-16-15-14-13-11-9-8-7-6-5-4-3-2-1
Relays: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

Relays: Relays and relay-only swimmers must be pre-entered electronically and prepaid ($20 per relay and $33.00 per relay-only swimmer, which includes a swimmer and facility surcharge).

- Relays are all timed finals events. **Teams may enter a maximum of three relays per event (A, B, C). No C relay can swim in Finals unless there are empty lanes.**
- Teams may elect to swim their relays at the end of the prelim session on Fri/Sat/Sun. If swimming at the end of the prelim session, they must be checked-in and declared as AM relays by 9:30 AM each day. AM and PM relays will be combined for results and scoring.
- Only **A&B relays will be eligible for scoring**. All other relays will be allowed to swim as exhibition.
- Relays must be checked in by the end of prelims Fri/Sat/Sunday for those swimming with finals.
- Times may be proven based on the aggregate of the team's fastest 4 swimmers in that age group over the qualifying period (since 9/1/2025). A team time achieved during the qualifying period may also be used.
- A club entering multiple relays MUST use the aggregate of each listed swimmer's individual best times. Swimmers used to prove relays must be in the age group of the relay on the first day of the meet. Team times are not allowed for multiple relays. Entries must be proven by a team time achieved in the qualification period or an aggregate of 4 swimmers of proper age as of December 11th.

Finals: A championship final (12 swimmers, 1-12) and consolation final (12 swimmers, 13-24) will be offered for 7-10, 11-12 and 13-14 and 15&over age groups, except for 500 Freestyle which will be 1 heat of each.

Events 53/54, 65/66, and 79/80 will have 1 final and 1 consolation final for 11-14 and 15/over age groups.

Swimmers 19 and over shall not be eligible for finals, unless there is space available.

The national finals' scratch rule will be used (see details above)**.**

Submitted/Qualifying Times: This is a proof-of-time meet. Proof of time is required through SWIMS, the National Times database, or recognized AQUA competitions. Times must be achieved at

(a) a USA Swimming sanctioned competition,
(b) a USA Swimming observed competition,
(c) a USA Swimming approved competition, or
(d) an AQUA approved competition.

Submit ACTUAL times achieved for each event. If Standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y". If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". When entering electronically, "L" or "Y" must be specified and a proof of time report included. If using an individual entry form, time must be clearly marked with either "L" or "Y". Times must have been achieved on or after Sept. 1, 2025, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to SCS Swim Guide. Discrepancies in submitted times may lead to disciplinary action.

Entry Limits: A swimmer may **enter no more than 9 individual events**; **may swim no more than 6 individual events** during the meet, or more than 3 individual events per day.

Bonus Events: All Bonus events must be National BB or faster – NO NTs.

- One qualifying event may enter 2 Bonus events totaling = 3 events.
- Two qualifying events may enter 1 Bonus events totaling = 3 events
- Three qualifying events may enter 1 Bonus events totaling = 4 events
- Four or more qualifying events, no bonus events are allowed.
- The bonus events chosen must be 200 yards or shorter.
- Bonus events are to be identified with "B" designator when entered in Meet Manager program

Entry Procedure: Team Electronic Entry is highly preferred.

- Electronic entry will be accepted ONLY when received with an attached Word or pdf file including electronic signature of coach AND PROOF OF TIME and will be dated as official at that time (8 PM postmark would queue before a 10 PM electronic).
- Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS Board of Review.
- Entry updates (added events) will be processed when received by the processor by the entry deadline.
- Deletions will NOT be refunded.
- Returned checks will incur a service fee per SCS policy.

- For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. The card must be completely filled out, including the entire USA Swimming registration number. To avoid concern regarding receipt of the entry card at the designated address, enclose a stamped, self-addressed envelope or postcard (Receipt of entries will not be verified by phone or e-mail).

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

To avoid concern regarding receipt of the 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.***

Fees: $8.00 for each INDIVIDUAL EVENT, plus $33.00 SURCHARGE ($25.00 Athlete Surcharge and $8.00 Facility Surcharge) per swimmer must accompany each individual entry card, Relays: $20.00.

Entry fee for each **OUTREACH registered swimmer is $15.00 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS.** Returned checks will incur a service fee per SCS policy.

Please make checks payable to: San Clemente Aquatics Team

Mail entries & meet fees to: Julie Fredericks, 36609 Park View Terrace, Yucaipa, CA 92399
Hand delivered to: Julie Fredericks, 36609 Park View Terrace, Yucaipa, CA 92399
Electronic entries to: Julie Fredericks, email: fredies6@hotmail.com

Last Ditch Entries from December 3rd – 6th meets:

- Swimmers achieving a new event for the first time from the due date December 2nd, of the Winter Age Group Championships Invitational entry to Sunday prior to the meet, December 6th may be entered in the meet by submission of an additional TEAM entry **using entry file title: "Last Ditch 2026 Winter Age Group Championships invitational"**
- The instructions and the meet event file will be on the SCS website on Thursday morning December 3, 2026 -**These entries must be submitted no later than 11:59pm PST on Monday, December 7th, 2026.**
- These entries cannot be used to improve the seed time of a prior entry.
- A team representative must enter any swimmers new qualifying times, or any swimmers not previously entered using the Last Ditch 2026 Winter Age Group Championships Invitational and submitting to the meet processor,
  Julie Fredericks: fredies6@hotmail.com on or before Monday, December 7th, 11:59pm.

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising because of injuries to anyone during the conduct of the meet. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) govern this meet.

TIME TRIALS: Time Trials will not be offered at this meet.

ASSUMPTION OF RISK: We have taken enhanced health and safety measures for all attendees. Swimmers must follow all posted instructions. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting the venue for this racing practice, you voluntarily assume all risks related to exposure to COVID-19.

COVID-19: USA Swimming, Inc., cannot prevent participants from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease, Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

COVID-19: By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless USA swimming and Southern California Swimming and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of Covid-19 related to participation in this meet.

PROTOCOLS: The conduct of this meet will follow all State, Local and Facility guidelines as it pertains to Covid-19.

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.

Relays

- All relay times listed are hard cut standards. Relay soft cut standards are in the Southern California Swimming website at http://www.socalswim.org/ in the Time Standards section.
- Enter events **89-90** (13-14/15 & over 200 Medley Relay) with 200 Medley Relay times.
- All relays will swim in event order during finals. Only A&B relays will be eligible for scoring. All other relays will be allowed to swim as exhibition. Teams may enter a maximum of three relay teams per event (A, B, C). C relays must swim in prelims unless there are empty lanes in Finals.
- AM and PM relays will be combined for results and scoring.
- If time available to swim AM relays those entries must be turned in no later than the beginning of finals the day before swim.

Friday – December 11, 2026 - Prelim Session, Warm-up 7:00 AM - Meet start 8:30 AM

EVENT NO	GIRLS		EVENT	AGE	BOYS		EVENT NO
	YARDS	METERS			YARDS	METERS	
1	2:27.20	2:45.00	200 Individual Medley	13-14	2:17.50	2:34.30	2
	2:22.20	2:41.10		15 & over	2:09.50	2:27.00	
3	2:37.20	2:57.40		11-12	2:38.50	2:55.93	4
5	3:06.70	3:28.00		7-10	3:07.80	3:29.60	6
7	27.40	30.90	50 Freestyle	13-14	25.50	29.20	8
	26.40	30.30		15 & over	23.60	27.00	
9	29.00	32.19		11-12	28.60	31.75	10
11	33.50	38.00		7-10	33.10	37.60	12
13	1:09.30	1:17.40	100 Backstroke	13-14	1:05.10	1:12.70	14
	1:05.80	1:14.50		15 & over	1:00.30	1:08.20	
15	1:14.30	1:23.70		11-12	1:15.10	1:23.36	16
17	1:27.30	1:37.10		7-10	1:28.10	1:38.00	18
19	30.69	34.29	50 Butterfly	13-14	28.39	31.89	20
	29.79	33.49		15 & over	27.09	30.59	
21	32.80	36.41		11-12	32.60	36.19	22
23	38.40	42.90		7-10	38.50	43.00	24
25	1:19.00	1:28.80	100 Breaststroke	13-14	1:13.30	1:22.50	26
	1:16.60	1:27.40		15 & over	1:07.90	1:17.40	
27	1:24.80	1:35.60		11-12	1:25.20	1:34.57	28
29	1:37.90	1:49.60		7-10	1:40.30	1:52.40	30
31	1:57.20	2:13.20	200 Free Relay	13-14	1:50.00	2:00.80	32
	1:58.80	2:15.60		15 & over	1:46.00	2:00.80	
33	12:17.30	10:51.60	1000 Freestyle*	11-14	12:03.80	10:39.60	34
	11:58.50	10:34.90		15 & over	11:30.30	10:10.10	

*Heats of the 1000 Freestyle will be swum at the **end** of the Friday prelims session, fast to slow alternating women and men.
Athletes entered and checked in the top 12 will swim with finals in the event order listed. Swimmers may declare "AM" if they wish to be seeded in the heats swimming in prelims. **The deadline to declare AM/PM for the 1000 Freestyle will be 9:00am on Friday.**

2:20.90

Saturday, December 13, 2026 - Prelim Session, Warm-up 7:00 AM - Meet start 8:30 AM

EVENT NO	GIRLS YARDS	GIRLS METERS	EVENT	AGE	BOYS YARDS	BOYS METERS	EVENT NO
35	2:11.60	2:27.80	200 Freestyle	13-14	2:01.90	2:18.50	36
	2:06.30	2:23.40		15 & over	1:54.40	2:10.20	
37	2:20.80	2:36.29		11-12	2:18.90	2:34.18	38
39	2:45.30	3:04.80		7-10	2:45.30	3:04.80	40
41	36.09	40.99	50 Breaststroke	13-14	33.09	37.69	42
	35.19	39.59		15 & over	31.39	35.79	
43	38.60	44.20		11-12	39.30	43.62	44
45	45.10	50.50		7-10	45.90	51.40	46
47	1:08.20	1:16.40	100 Butterfly	13-14	1:02.80	1:10.40	48
	1:04.40	1:12.90		15 & over	56.70	1:04.40	
49	1:14.50	1:23.10		11-12	1:14.40	1:22.58	50
51	1:32.00	1:41.50		7-10	1:33.70	1:44.30	52
53	2:30.70	2:47.28	200 Backstroke	11-14	2:25.00	2:40.95	54
	2:19.09	2:40.09		15 & over	2:06.59	2:27.69	
55	1:13.70	-	100 Individual Medley	11-12	1:13.80	-	56
57	1:26.00	-		7-10	1:25.60	-	58
59	5:19.80	5:57.90	400 Individual Medley	11-14	5:11.00	5:45.21	60
	5:13.70	5:51.10		15 & over	4:56.60	5:32.30	
61	2:02.80	2:19.60	200 Free Relay	11-12	2:03.20	2:16.75	62
63	2:15.60	2:33.60		7-10	2:16.40	2:32.40	64

Sunday, December 13, 2026 – Prelim Session, Warm-up 7:00 AM – Meet start 8:30 AM

EVENT NO	GIRLS YARDS	GIRLS METERS	EVENT	AGE	BOYS YARDS	BOYS METERS	EVENT NO
65	2:50.60	3:09.37	200 Breaststroke	11-14	2:39.30	2:56.82	66
	2:47.90	3:10.40		15 & over	2:30.00	2:50.50	
67	31.09	36.49	50 Backstroke	13-14	28.89	33.89	68
	30.19	35.29		15 & over	27.19	32.39	
69	34.70	38.52		11-12	34.50	38.30	70
71	39.90	44.50		7-10	40.50	45.10	72
73	59.40	1:07.60	100 Freestyle	13-14	55.40	1:03.10	74
	57.60	1:05.60		15 & over	51.90	59.20	
75	1:03.60	1:10.60		11-12	1:03.00	1:09.93	76
77	1:15.10	1:24.10		7-10	1:13.70	1:23.40	78
79	2:37.60	2:56.00	200 Butterfly	11-14	2:20.90	2:36.40	80
	2:22.09	2:40.99		15 & over	2:08.79	2:27.19	
81	6:21.20	5:27.90	500 Freestyle**	11-12	6:21.20	5:27.90	82
83	5:52.00	5:11.10	500 Freestyle	13-14	5:37.70	4:58.40	84
	5:41.60	5:01.90		15 & over	5:14.30	4:40.50	
85	2:38.90	2:59.40	200 Medley Relay	7-10	2:38.90	2:58.90	86
87	2:22.60	2:40.90		11-12	2:23.50	2:39.29	88
89	2:08.49	2:28.49		13-14	1:58.49	2:16.29	90
	2:06.99	2:29.09		15 & over	1:54.99	2:12.89	

- **11-12 500 Freestyle is a timed final event.