



Spartans of La Canada

Pacific Committee Finale

Sponsored by Pacific Committee and SPAR

February 21, 2026

SPARTANS

MEET NAME: Pacific Committee Finale

SPONSORED BY:

Southern California Swimming

Team: Spartans of La Canada

Committee Held under the sanction of USA Swimming.

Sanction Number: #S26-055

Committee: Pacific

MEET DATES: 2/21/2026 Through 2/22/2026

Warmup Time: 7:00AM .

Meet Start Time: Prelims will start at 8:30 AM. Finals will begin no sooner than 2 hours after the completion of the prelim session that day.

Pool Address: 4463 Oak Grove Dr, La Canada, CA 91011

Directions: Drive from I-210 W to La Cañada Flintridge. Take exit 22A from I-210 W. Then Take exit 22A toward Berkshire Ave/Oak Grove Dr. Take Oak Grove Dr. to your destination

Pool Dimensions: 25 yards by 15 lanes

Number of Competition Lanes: 10 **Number of Warm-up Lanes:** 4

Pool depth Start End: 8 feet **Turn End:** 8 feet

Medical Supervision: Lifeguards, on staff nurse and AED device

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00-8:20AM. 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 30 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.

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 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.

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 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 20 places for each age group), except 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 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 2025 USA Swimming Registration in the Pacific Committee. 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. NT entries are accepted for all events that don't have a B minimum.

AWARDS:

Individual - 1st-8th places, ribbons.

Relays - 1st-3rd place teams, ribbons.

Scoring: Top 20 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

Heat winning duck and some hot heat awards

Relays: Relays and relay-only swimmers must be pre-entered electronically and prepaid (\$20 per relay and \$20.00 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).
- Teams may elect to swim their relays at the end of the prelim session on 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. Enter AM or PM relays depending on preference. 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 Sat/Sunday for those swimming with finals.

Finals: A championship final (10 swimmers, 1-10) and consolation final (10 swimmers, 11-20) will be offered for 5-10, 11-12, 13-14 and 15&over age groups, except for 500 Freestyle and 400 IM which will be 1 heat of each. The national finals' scratch rule will be used (see details above).

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

ENTRY FEES: \$20.00 surcharge per swimmer. \$7.00 for each INDIVIDUAL EVENT. 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. Relays: \$20.00

ENTRY SUBMISSIONS: Entries must be received by the meet processor no later than 5 PM on 2/11/2026. 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: madisonmcho@gmail.com

MAIL OR HAND DELIVER TO: Madison Cho 23622 Shadylane Place, Valencia. CA 91354

MAKE CHECKS PAYABLE TO: Spartans of La Canada

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:) John O'Grady 310-383-8744

Meet Referee (Name and Tel Number:) Wes Jackert

Meet Processor (Name and Tel Number:) Madison Cho

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.

Saturday Prelims				
Age	Girls Event #	Time Standards	Event	Boys Event #
11-12	1	BB Max	200 Freestyle	2
13&Over	3	BB Max	200 Freestyle	4
5-10	5	BB Max	200 Freestyle	6
11-12	7	BB Max	50 Butterfly	8
13&Over	9	BB Max	50 Butterfly	10
5-10	11	BB Max	50 Butterfly	12
11-12	13	BB Max	100 Backstroke	14
13&Over	15	BB Max	100 Backstroke	16
5-10	17	BB Max	100 Backstroke	18
11-12	19	BB Max	100 I.M.	20
13&Over	21	B min/BB Max	200 Butterfly	22
5-10	23	BB Max	100 I.M.	24
11-12	25	BB Max	50 Freestyle	26
13&Over	27	BB Max	50 Freestyle	28
5-10	29	BB Max	50 Freestyle	30
11-12	31	BB Max	100 Breaststroke	32
13&Over	33	BB Max	100 Breaststroke	34
5-10	35	BB Max	100 Breaststroke	36
13&Over	37	B min/BB Max	400 I.M.	38

Saturday Finals				
Age	Girls Event #	Time Standards	Event	Boys Event #
11-12	1	BB Max	200 Freestyle	2
13&Over	3	BB Max	200 Freestyle	4
5-10	5	BB Max	200 Freestyle	6
11-12	7	BB Max	50 Butterfly	8
13&Over	9	BB Max	50 Butterfly	10
5-10	11	BB Max	50 Butterfly	12
11-12	13	BB Max	100 Backstroke	14
13&Over	15	BB Max	100 Backstroke	16
5-10	17	BB Max	100 Backstroke	18
11-12	19	BB Max	100 I.M.	20
13&Over	21	B min/BB Max	200 Butterfly	22
5-10	23	BB Max	100 I.M.	24
11-12	25	BB Max	50 Freestyle	26
13&Over	27	BB Max	50 Freestyle	28
5-10	29	BB Max	50 Freestyle	30
11-12	31	BB Max	100 Breaststroke	32
13&Over	33	BB Max	100 Breaststroke	34
5-10	35	BB Max	100 Breaststroke	36
13&Over	37	B min/BB Max	400 I.M.	38
11-12	39	BB Max	200 Free Relay	40
13&Over	41	BB Max	200 Free Relay	42
5-10	43	BB Max	200 Free Relay	44

Sunday Prelims				
Age	Girls Event #	Time Standards	Event	Boys Event #
11-12	45	BB Max	200 I.M.	46
13&Over	47	BB Max	200 I.M.	48
5-10	49	BB Max	200 I.M.	50
11-12	51	BB Max	50 Breaststroke	52
13&Over	53	BB Max	50 Breaststroke	54
5-10	55	BB Max	50 Breaststroke	56
13&Over	57	B min/BB Max	200 Backstroke	58
11-12	59	BB Max	100 Freestyle	60
13&Over	61	BB Max	100 Freestyle	62
5-10	63	BB Max	100 Freestyle	64
11-12	65	BB Max	50 Backstroke	66
13&Over	67	BB Max	50 Backstroke	68
5-10	69	BB Max	50 Backstroke	70
11-12	71	BB Max	100 Butterfly	72
13&Over	73	BB Max	100 Butterfly	74
5-10	75	BB Max	100 Butterfly	76
13&Over	77	B min/BB Max	200 Breaststroke	78
5-10	79	B min/BB Max	500 Freestyle	80
11-12	81	B min/BB Max	500 Freestyle	82
13&Over	83	B min/BB Max	500 Freestyle	84

Sunday Finals				
Age	Girls Event #	Time Standards	Event	Boys Event #
11-12	45	BB Max	200 I.M.	46
13&Over	47	BB Max	200 I.M.	48
5-10	49	BB Max	200 I.M.	50
11-12	51	BB Max	50 Breaststroke	52
13&Over	53	BB Max	50 Breaststroke	54
5-10	55	BB Max	50 Breaststroke	56
13&Over	57	B min/BB Max	200 Backstroke	58
11-12	59	BB Max	100 Freestyle	60
13&Over	61	BB Max	100 Freestyle	62
5-10	63	BB Max	100 Freestyle	64
11-12	65	BB Max	50 Backstroke	66
13&Over	67	BB Max	50 Backstroke	68
5-10	69	BB Max	50 Backstroke	70
11-12	71	BB Max	100 Butterfly	72
13&Over	73	BB Max	100 Butterfly	74
5-10	75	BB Max	100 Butterfly	76
13&Over	77	B min/BB Max	200 Breaststroke	78
5-10	79	B min/BB Max	500 Freestyle	80
11-12	81	B min/BB Max	500 Freestyle	82
13&Over	83	B min/BB Max	500 Freestyle	84
11-12	85	BB Max	200 Medley Relay	86
13&Over	87	BB Max	200 Medley Relay	88
5-10	89	BB Max	200 Medley Relay	90