

# YST April Long Course A/BB/B and 13 and up C

**SPONSORED BY:** Yucaipa Swim Team and SOUTHERN CALIFORNIA SWIMMING **Sanction Number:** [S25-XXX]  
**Sponsored by:** Yucaipa Swim Team, Committee: Eastern Committee  
**Entries Received by:** 5 PM on Date: 03/26/2025

**MEET DATES:** 04/05/2025 through 04/06/2025 **Warmup Time:** 7:00AM **Meet Start Time:** 8:30AM

**POOL ADDRESS:** 11711 Sand Canyon Rd, Yucaipa CA, 92399 (Parking Lot J)

## **COURSE:**

Pool Dimensions: 50 meter X 25 yard  
Number of Competition Lanes: 7 Number of Warm-up Lanes: 1  
The competition course has been certified in accordance with 104.3.2(c) on file with USA Swimming  
[ X ] YES [ ] NO  
Pool depth: Start End 7ft Turn End 7ft

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00AM and 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 20 minutes before the start of the meet. The pool will close 10 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.

**MEET REFEREE:** Paul Szuszkiewicz will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee, e-mail: 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" for 12-Under swimmers, unless a Championship meet.

Swimmers must check in with the Clerk of Course 30 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 and 1500 freestyle are requested to furnish their own timers and provide lap counters.

Events will be swum [ X ] fast-to-slow [ ] slow-to fast.

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.

**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 2025 USA Swimming Registration. 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 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:** Ribbons place 1-6 for A, BB, and B division.

**ENTRY FEES:** \$6.00 per individual event, \$10.00 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. There will also be a \$15.00 facility fee per athlete.

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 emailed 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 RESEND 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.

**ENTRIES CLOSE:** Entries must be received by the meet processor no later than March 26th, 2025 by 5:00pm. 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-MAIL ENTRIES TO:** Julie Fredericks – [fredies6@hotmail.com](mailto:fredies6@hotmail.com)  
Mail Entries to: Julie Fredericks, P.O. Box 624, Yucaipa, CA 92399

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

MAKE CHECKS PAYABLE TO: Yucaipa Swim Team

QUESTIONS? Meet Director (Name and Tel Number:) Shelby Hernandez 909-373-6878

Meet Processor (Name and Tel Number:) Julie Fredericks 909-709-1549

Meet Referee (Name and Tel Number:) Paul Szuszkiewicz 951-741-1738

#### **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).

**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.**

**YST A/BB/B 13 & up C LC**  
**April 5-6 2025**

**ENTRIES MUST BE RECEIVED BY 5:00 PM: March 26, 2025 (Wednesday)**

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

Swimmers should provide their own timers and/or lap counters for \*\*\*800/1500 Freestyle

The 800/1500 Freestyle will be swum alternating girls/boys

Events will be swum fastest to slowest.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

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

Relays swum time permitting.

Saturday AM								
Girls	Min		Division	Distance	Event		Min	Boys
1	3:06.39	B	11-12	200M	Freestyle	B	2:59.19	2
3	3:50.99	B	5-10	200M	Freestyle	B	3:36.69	4
5	49.79	B	11-12	50M	Breaststroke	B	49.79	6
7	1:02.19	B	5-10	50M	Breaststroke	B	1:00.89	8
9	1:40.59	B	11-12	100M	Backstroke	B	1:37.19	10
11	2:01.59	B	5-10	100M	Backstroke	B	1:56.69	12
13	3:39.89	BB	11-12	200M	Breaststroke	BB	3:31.59	14
15	38.49	B	11-12	50M	Freestyle	B	37.39	16
17	45.29	B	5-10	50M	Freestyle	B	43.89	18
19	1:38.29	B	11-12	100M	Butterfly	B	1:35.09	20
21	2:12.79	B	5-10	100M	Butterfly	B	2:09.49	22
23	6:56.79	BB	11-12	400M	IM	BB	6:46.59	24
25	DECK		5-10	100M	Freestyle Relay	DECK		26
27	ENTERED		11-12	200M	Freestyle Relay	ENTERED		28
29	12:42.89	BB	11-12	800M	Freestyle	BB	12:22.99	30

Sunday AM								
Girls	Min		Division	Distance	Event		Min	Boys
63	6:04.79	BB	11-12	400M	Freestyle	BB	5:53.89	64
65	41.79	B	11-12	50M	Butterfly	B	41.99	66
67	54.49	B	5-10	50M	Butterfly	B	52.29	68
69	1:50.39	B	11-12	100M	Breaststroke	B	1:47.79	70
71	2:19.39	B	5-10	100M	Breaststroke	B	2:12.89	72
73	3:15.99	BB	11-12	200M	Butterfly	BB	3:10.19	74
75	44.79	B	11-12	50M	Backstroke	B	44.49	76
77	55.79	B	5-10	50M	Backstroke	B	55.39	78
79	1:25.59	B	11-12	100M	Freestyle	B	1:22.09	80
81	1:44.09	B	5-10	100M	Freestyle	B	1:40.99	82
83	3:13.29	BB	11-12	200M	Backstroke	BB	3:08.49	84
85	4:15.69	B	5-10	200M	IM	B	4:09.49	86
87	3:30.59	B	11-12	200M	IM	B	3:24.39	88
89	DECK		5-10	100M	Medley Relay			90
91	ENTERED		11-12	200M	Medley Relay	DECK ENTERED		92
93	24:14.99	BB	11-12	1500M	Freestyle	BB	24:00.99	94

Saturday PM								
Girls	Min		Division	Distance	Event		Min	Boys
31			13-14	200M	Freestyle			32
33			15-up	200M	Freestyle			34
35			13-14	100M	Breaststroke			36
37			15-up	100M	Breaststroke			38
39	3:01.69	BB	13-14	200M	Butterfly	BB	2:46.79	40
41	2:54.39	BB	15-up	200M	Butterfly	BB	2:39.49	42
43			13-14	50M	Freestyle			44
45			15-up	50M	Freestyle			46
47			13-14	100M	Backstroke			48
49			15-up	100M	Backstroke			50
51	6:28.19	BB	13-14	400M	IM	BB	6:02.79	52
53	6:15.79	BB	15-up	400M	IM	BB	5:47.99	54
55	DECK		13-14	200M	Freestyle Relay	DECK		56
57	ENTERED		15-up	200M	Freestyle Relay	ENTERED		58

Sunday PM								
Girls	Min		Division	Distance	Event		Min	Boys
95	5:41.79	BB	13-14	400M	Freestyle	BB	5:23.49	96
97	5:29.89	BB	15-up	400M	Freestyle	BB	5:10.19	98
99			13-14	100M	Freestyle			100
101			15-up	100M	Freestyle			102
103	2:59.49	BB	13-14	200M	Backstroke	BB	2:48.79	104
105	2:53.39	BB	15-up	200M	Backstroke	BB	2:39.99	106
107			13-14	100M	Butterfly			108
109			15-up	100M	Butterfly			110
111	3:24.59	BB	13-14	200M	Breaststroke	BB	3:08.29	112
113	3:17.29	BB	15-up	200M	Breaststroke	BB	3:00.59	114
115			13-14	200M	IM			116
117			15-up	200M	IM			118
119	DECK		13-14	200M	Medley Relay			120
121	ENTERED		15-up	200M	Medley Relay	DECK ENTERED		122

Saturday Distance								
Girls	Min		Division	Distance	Event		Min	Boys
59	11:50.79	BB	13-14	800M	Freestyle	BB	11:09.19	60
61	11:25.09	BB	15-up	800M	Freestyle	BB	10:44.39	62

Sunday Distance								
Girls	Min		Division	Distance	Event		Min	Boys
123	22:43.49	BB	13-14	1500M	Freestyle	BB	21:25.69	124
125	21:52.49	BB	15-up	1500M	Freestyle	BB	20:33.39	126