

2025 CA RAA September A/BB/B/C Short Course Meet

SPONSORED BY:

Southern California Swimming.

Held under the sanction of USA Swimming

Team: Riverside Aquatics Assoc.

Sanction Number: S25-203

Committee: Eastern

MEET DATES: 9/27/2025 Through 9/28/2025

Warmup Time: 7:00 AM

Meet Start Time: 8:30 AM

Pool Address: Riverside Aquatic Complex, 4800 Magnolia Avenue, Riverside, Ca 92506

Directions: From 91 Fwy, exit 14th Street, go west to Olivewood, turn left. Turn right on City College Drive, turn right on Saunders. Pool is at the end of Saunders.

Pool Dimensions: Competition pool is an outdoor 25 yard x 50 meter pool. Competition course has been certified in accordance with 104.22.2(C) on file with USA Swimming.

Number of Competition Lanes: 10 Number of Warm-up Lanes: 12

Pool depth Start End: 8' Turn End: 7'

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 7:00 AM and 8:15 AM. 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 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 500 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 4 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.

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 or 2026 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. 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: A, B & C Divisions: 1st-6th place. Relays: Ribbons for 1st-3rd place.

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.

ENTRY SUBMISSIONS: Entries must be received by the meet processor no later than 5:00 PM on Wednesday September 17, 2025. 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: Susie Sheppard suzshep@roadrunner.com

OR HAND DELIVER TO: Susie Sheppard 11110 Davis Street, Moreno Valley, CA 92557

MAKE CHECKS PAYABLE TO: Riverside Aquatics Association

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: Bryan Haile	raageneralmanager@gmail.com
Meet Referee: Mike Sheppard	cattywampus@roadrunner.com
Meet Processor: Susie Sheppard	suzshep@roadrunner.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.

Saturday September 27, 2025

Session #1

Girls	Age	Min	Event		Min	Age	Boys
1	11-12	2:33.89	200 yd Backstroke	A/BB	2:40.49	11-12	2
3	7-10	3:22.79	200 yd Freestyle	AB	3:09.49	5-10	4
5	11-12	2:42.59	200 yd Freestyle	AB	2:35.99	11-12	6
7	5-8	1:30.79	100 yd Freestyle	AB	1:27.99	5-8	8
9	11-12	36.89	50 yd Butterfly	AB	37.09	11-12	10
11	7-10	48.39	50 yd Butterfly	AB	46.49	5-10	12
13	5-8	25.60	25 yd Butterfly	AB	25.60	5-8	14
15	11-12	1:14.69	100 yd Breaststroke	AB	1:11.49	11-12	16
17	7-10	1:30.79	100 yd Breaststroke	AB	1:27.99	5-10	18
19	5-8	:54.59	50 yd Breaststroke	AB	53.59	5-8	20
21	11-12	38.79	50 yd Backstroke	AB	38.49	11-12	22
23	7-10	48.59	50 yd Backstroke	AB	48.29	5-10	24
25	5-8	26.60	25 yd Backstroke	AB	25.90	5-8	26
27	11-12	1:25.19	100 yd IM	AB	1:21.89	11-12	28
29	7-10	1:44.29	100 yd IM	AB	1:39.69	5-10	30
31	5-8	21.70	25 yd Freestyle	AB	21.10	5-8	32
33	11-12	33.99	50 yd Freestyle	AB	32.79	11-12	34
35	7-10	39.79	50 yd Freestyle	AB	38.19	5-10	36
37	5-8		100 yd Free Relay			5-8	38
39	11-12		200 yd Free Relay			11-12	40
41	7-10		200 yd Free Relay			5-10	42
43	11-12	2:50.29	200 yd Butterfly	A/BB	2:34.49	11-12	44

****45 min break****

Session #2

Girls	Age	Min	Event		Min	Age	Boys
45	13-14		200 yd Backstroke	ABC		13-14	46
47	15/Over		200 yd Backstroke	ABC		15/Over	48
49	13-14		200 yd Freestyle	ABC		13-14	50
51	15/Over		200 yd Freestyle	ABC		15/Over	52
53	13-14		100 yd Butterfly	ABC		13-14	54
55	15/Over		100 yd Butterfly	ABC		15/Over	56
57	13-14		100 Breaststroke	ABC		13-14	58
59	15/Over		100 Breaststroke	ABC		15/Over	60
61	13-14		50 yd Freestyle	ABC		13-14	62
63	15/Over		50 yd Freestyle	ABC		15/Over	64
65	13-14	5:39.69	400 yd IM	A/BB	5:13.59	13-14	66
	15/Over	5:29.69	400 yd IM	A/BB	4:59.19	15/Over	
67	13-14		200 yd Free Relay			13-14	68
69	15/Over		200 yd Free Relay			15/Over	70
71	13-14	13:10.29	1000 yd Freestyle	AB	12:20.99	13-14	72
	15/Over	12:53.49	1000 yd Freestyle	AB	11:56.69	15/Over	

Sunday September 28, 2025

Session #3

Girls	Age	Min	Event		Min	Age	Boys
73	11-12	3:03.89	200 yd IM	AB	2:59.29	11-12	74
75	7-10	3:18.79	200 yd IM	A/BB	3:15.99	5-10	76
77	5-8	1:44.29	100 yd IM	AB	1:39.69	5-18	78
79	11-12	1:14.69	100 yd Freestyle	AB	1:11.49	11-12	80
81	7-10	1:30.79	100 yd Freestyle	AB	1:27.99	5-10	82
83	5-8	39.79	50 yd Freestyle	AB	38.19	5-8	84
85	11-12	43.99	50 yd Breaststroke	AB	43.49	11-12	86
87	7-10	54.29	50 yd Breaststroke	AB	53.59	5-10	88
89	5-8	28.80	25 yd Breaststroke	AB	28.00	5-8	90
91	11-12	1:25.79	100 yd Butterfly	AB	1:22.89	11-12	92
93	7-10	1:56.69	100 yd Butterfly	AB	1:53.49	5-10	94
95	5-8	21:36.00	50 yd Butterfly	AB	46.49	5-8	96
97	11-12	1:26.59	100 yd Backstroke	AB	1:22.19	11-12	98
99	7-10	1:45.79	100 yd Backstroke	AB	1:40.69	5-10	100
101	5-8	48.59	50 yd Backstroke	AB	48.29	5-8	102
103	11-12	3:10.99	200 Breaststroke	A/BB	3:02.39	11-12	104
105	11-12		200 Medley Relay			11-12	106
107	7-10		200 Medley Relay			5-10	108
109	5-8		100 Medley Relay			5-8	110
111	11-12	6:45.69	500 yd Freestyle	A/BB	6:29.99	11-12	112

****45 min break****

Session #4

Girls	Age	Min	Event		Min	Age	Boys
113	13-14		200 yd IM	ABC		13-14	114
115	15/Over		200 yd IM	ABC		15/Over	116
117	13-14		100 yd Backstroke	ABC		13-14	118
119	15/Over		100 yd Backstroke	ABC		15/Over	120
121	13-14		200 yd Butterfly	ABC		13-14	122
123	15/Over		200 yd Butterfly	ABC		15/Over	124
125	13-14		100 yd Freestyle	ABC		13-14	126
127	15/Over		100 yd Freestyle	ABC		15/Over	128
129	13-14		200 yd Breaststroke	ABC		13-14	130
131	15/Over		200 yd Breaststroke	ABC		15/Over	132
133	13-14		200 Medley Relay			13-14	134
135	15/Over		200 Medley Relay			15/Over	136
137	13-14	6:52.19	500 yd Freestyle	AB	6:25.69	13-14	139
	15/Over	6:40.99	500 yd Freestyle	AB	6:08.39	15/Over	

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday September 17, 2025.

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 for 400 IM & timers/lap counters for 500 & 1000 free .

Events will be swum fastest to slowest.

This meet is subject to the 4 hour rule per session, relays swum time permitting.