



BCA Winter Heats
January 31-February 1, 2026
Hosted by: Beach Cities Alpha
Entries Due: 5pm January 21, 2026
Warm Up Start Time: 7:20 AM*



Sanctioned by: USA Swimming & So. California Swimming
Sanction #S26-021

Meet Start Time: 8:30 AM

POOL: George Mannon Aquatic Center: 2320 Crenshaw Blvd. Torrance, CA 90501. From the 405 Freeway South/North: Exit at Crenshaw Blvd. and go South. Just past the Honda Service Center and before Sepulveda Blvd., turn left into the driveway to the parking lot. Traffic circle is for drop-off only. NO PARKING IN TRAFFIC CIRCLE. Park in lined-marked spaces only.

COURSE: George Mannon Aquatic Center is an outdoor 50-meter by 25-yard pool with up to 12 competition lanes and 11 warm-up lanes. Water depth at start end is 7.6 ft. and the same depth at the turn end. The competition course has been certified in accordance with 104.2.2c.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:20am* and 8:20am. *Warm-up may start earlier than 7:20am, if meet officials deem it necessary. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned. 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: The Meet Referee Jetta Mate matejett@yahoo.com will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. The Meet Referee will manage the deck officials.

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. Check-in format used will be determined once entries are in. 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 January 31, 2026, to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 Free and 1000 Free are required to furnish their own timers and lap counters. Events will be swum fastest to slowest. Swimmers may enter a maximum of 3 events each day. ALL COACHES AND OFFICIALS ON DECK MUST COMPLETE THE CDC OR NFHS CONCUSSION COURSE and the CANRA reporting course.

RECORDING DEVICES & 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, webcasting and other forms of 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 FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. This meet will follow the USA Swimming Rule 102.8 regarding swimsuits.

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 SCS Pacific Committee athletes who hold 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 **may** be accepted, space permitting, with email approval from Meet Ref, Admin Ref **and** host team; 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. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METERS time, indicated on entry by "L". If Standard is achieved in YARDS, enter event with YARDS time, indicated on entry by "Y". 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 given to the top 8 finishers in the 5-10 and 11-12 age groups.

ENTRY FEES: \$6.00 for each individual event along with a \$15.50 surcharge per swimmer must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. E-mail entry (entry .zip file) will be accepted ONLY when received with an attached PDF file including electronic signature of coach and will be dated as official at that time. (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. Prior to entry deadline, new swimmers may be 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.

***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.**

ENTRIES CLOSE: Entries must be received by the meet processor no later than Wednesday, January 21, 2026 at 5pm. 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: Erica Johnson - ericajohnson.swim@gmail.com

MAIL ENTRIES TO: BCA Winter Heats
% Erica Johnson
321 Cuyler Harbor Drive
Camarillo, CA 93012

MAKE CHECKS PAYABLE TO: Beach Cities Swimming

QUESTIONS: Meet Director (Theresa Le - theresahtle@gmail.com)
Meet Processor/Admin Ref (Erica Johnson - ericajohnson.swim@gmail.com)
Meet Referee (Jetta Mate - matejetta@yahoo.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.

MEDICAL SUPERVISION: Lifeguards, First Aid Kit & AED provided.

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.

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	Mixed Gender	Saturday AM						Saturday PM			
EVENT #	AGE	EVENT	SCY min	LCM min			EVENT #	AGE	EVENT	SCY min	LCM min
1	11-12	200 IM	B 3:03.89	3:30.59			15	13+ Girls	400 IM	BB 5:39.69	6:28.19
2	5-10	200 IM	B 3:42.09	4:15.69			16	13+ Boys	400 IM	BB 5:13.59	6:02.79
3	11-12	100 Fly	B 1:25.79	1:38.29			17	13+ Girls	50 Breast		
4	5-10	100 Fly	B 1:56.69	2:12.79			18	13+ Boys	50 Breast		
5	11-12	50 Breast					19	13+ Girls	100 Fly	B 1:16.79	1:27.19
6	5-10	50 Breast					20	13+ Boys	100 Fly	B 1:10.49	1:20.29
7	11-12	200 Back	BB 2:46.69	3:13.29			21	13+ Girls	200 Back	BB 2:34.49	2:59.49
8	5-10	100 Free					22	13+ Boys	200 Back	BB 2:23.69	2:48.79
9	11-12	100 Free					23	13+ Girls	100 Free		
10	5-10	50 Back					24	13+ Boys	100 Free		
11	11-12	50 Back					25	13+ Girls	200 Breast	BB 2:57.39	3:24.59
12	11-12	200 Breast	BB 3:10.99	3:39.89			26	13+ Boys	200 Breast	BB 2:42.39	3:08.29
13	5-10	500 Free	BB *3:00.59*	*3:25.69*			27	13+ Girls	50 Back		
14	11-12	500 Free	BB 6:45.69	6:04.79			28	13+ Boys	50 Back		
	Enter 200 Free time for 5-10 500 Free						29	13+ Girls	500 Free	BB 6:22.79	5:41.79
							30	13+ Boys	500 Free	BB 5:58.19	5:23.49

	Mixed Gender	Sunday AM						Sunday PM			
EVENT #	AGE	EVENT	SCY min	LCM min			EVENT #	AGE	EVENT	SCY min	LCM min
31	11-12	200 Free	B 2:42.59	3:06.39			45	13+ Girls	200 IM	B 2:51.79	3:17.19
32	5-10	200 Free	B 3:22.79	3:50.99			46	13+ Boys	200 IM	B 2:37.99	3:02.89
33	11-12	200 Fly	BB 2:50.29	3:15.99			47	13+ Girls	50 Free		
34	5-10	100 Back	B 1:45.79	2:01.59			48	13+ Boys	50 Free		
35	11-12	100 Back	B 1:26.59	1:40.59			49	13+ Girls	200 Fly	BB 2:38.99	3:01.69
36	5-10	50 Fly					50	13+ Boys	200 Fly	BB 2:25.59	2:46.79
37	11-12	50 Fly					51	13+ Girls	100 Back	B 1:16.89	1:29.69
38	5-10	100 Breast	B 2:00.29	2:19.39			52	13+ Boys	100 Back	B 1:11.29	1:23.69
39	11-12	100 Breast	B 1:36.49	1:50.39			53	13+ Girls	200 Free	B 2:33.59	2:55.29
40	5-10	50 Free					54	13+ Boys	200 Free	B 2:22.49	2:43.99
41	11-12	50 Free					55	13+ Girls	50 Fly		
42	5-10	100 IM					56	13+ Boys	50 Fly		
43	11-12	100 IM					57	13+ Girls	100 Breast	B 1:28.69	1:42.39
44	11-12	400 IM	BB 6:03.69	6:56.79			58	13+ Boys	100 Breast	B 1:20.49	1:33.79
							59	13+ Girls	1000 Free	BB 13:10.29	11:50.79
							60	13+ Boys	1000 Free	BB 12:20.99	11:09.19

3 EVENTS MAXIMUM (PER DAY)

PROVIDE YOUR OWN TIMERS & LAP COUNTERS – 500 FREE & 1000 FREE

5-10 500 FREE – PLEASE ENTER 200 FREE TIME (STANDARD IS 10 & UNDER GIRLS 200 FREE BB)