

2025 SBSC SEMANA NAUTICA LC ABC

June 27-29, 2025

Sanctioned by USA Swimming & Southern California Swimming	All entries must be received by 5:00PM June 18th, 2025
Sponsored by SBSC	Friday, June 27: 2:30PM Warm-up, 4:00PM Start
Invited Teams: Free Weekend	Saturday, June 28 and Sunday June 29: 7:00AM Warm-up, 8:30AM Start
Sanction S25-113	

POOL: Los Banos Del Mar Pool. 401 Shoreline Drive; Santa Barbara. Parking across the street at Pershing Park.

COURSE: Outdoor 50 meter pool with 7 competition lanes and 3x15 meter warm-up lanes. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 10.6 turn end 3.6.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00 -8:15. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will 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 a 3-point slide in entry into the pool for warm up, NO jumping or diving.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Mary Jo Swalley (mj64bear@earthlink.net).

RULES: Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. All athletes 18 years and older must complete the online Athlete Protection Training recorded in Swims 3.0 prior to the meet in order to compete. All coaches and officials must be current USA Swimming members. There will be separate restrooms for athletes and coaches/officials. This meet will limit entries to meet the "4 Hour" rule. 12 & Under athletes may only enter one session per day (Open in morning or age group in afternoon). Events will be swum FASTEST TO SLOWEST. Swimmers may swim a maximum of 4 events per day. 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. No deck entries will be allowed. 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 June 27, 2025 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 800 Freestyle event are required to furnish their own timers and lap counters. Swimmers competing in the 400 IM event are required to furnish their own timers. Changes to the meet management may be made with approval of the Meet Host.

MAAPP 3.0: Current USA Swimming Rules, including the Minor Athlete Abuse Protection Policy, will govern this meet. Per MAAPP 3.0, sites are supposed to be able to provide separate athlete and non-athlete restrooms. Coaches and Officials: Must have completed Concussion Training (CDC or NFHS); Coaches must have completed Coaches' Advantage Tutorial. All coaches and officials must complete the CANRA mandatory reporting course.

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 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. Tech suits with bonded seams, kinetic tape, or meshed seams may be worn only for swimmers 13 and older. 12 and under swimmers are not allowed to wear tech suits.

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 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.

ELIGIBILITY: Open to **all athletes** who hold 2025 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to meet entry deadline. No late or deck registration will be accepted. In SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. 18 & Older swimmers must complete Athlete Protection Training (APT) before competing. Out of LSC entries will be accepted space available; please submit a copy of registration with entry.

CHANGE OF AFFILIATION: Club transfers (attached or unattached) 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 the 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.

Swimmers must have achieved a "B" time in their age group to swim the following events. If they have a no time, they must have achieved a "B" time in the next closest distance:

9-10: **400 FR**

11-12: **400 FR**

13+: **1500 FR, 400 IM, 200 Butterfly, 200 Backstroke, 200 Breaststroke**

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. **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. Qualifying outreach swimmers will be verified with SCS.** 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 the entry deadline new swimmers will be accepted if SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

AWARDS: JAMES & RUTH JOHANNSEN MEMORIAL TEAM AWARDS will be awarded based on the 8 top placing girls and 8 top placing boys in the 13-18 50 Freestyle (Events 48 & 49). The team that places the most total swimmers in the top 8 will be awarded 1st place \$5000, the next team with the most swimmers in the top 8 will be awarded 2nd place \$3000, and the next team with the most swimmers in the top 8 will be awarded 3rd place \$1000 for their respective teams. In case of team ties, the monetary awards will be divided between the tied clubs. Unattached swimmers will not be eligible for scoring. There will be an additional \$500 awarded to the team with the fastest 13-18 swimmer in events 48 & 49 each.

CAPPS FAMILY 400 PLAQUE will be awarded to overall 400 Freestyle champions (male & female).

INDIVIDUAL AWARDS: Ribbons: (1-8 for A, BB, B divisions) for individual events in 8 and under, 9-10, 11-12 age groups.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY JUNE 18th, 2025. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). To avoid concern regarding receipt of 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.)

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.

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

For further meet information email Coach Aaron Schlemovitz at coachaaron@sbswim.net

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.

Make Checks payable to: Santa Barbara Swim Club

Questions: please contact the Meet Processor.

MAIL ENTRIES TO: Pam Nguyen; 237 Spruce Drive; Goleta, CA 93117.

Email for team electronic entries only: pam.jam24@gmail.com

Friday June 27, 2025

Session Starts 4:00 PM - Warm-up 2:30 PM

GIRLS EVENT	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	BOYS EVENT
1	OPEN	6:57.99	6:05.79	400 IM	6:30.69	5:37.69	2
3	5-8/ 9-10	ABC	ABC	200 IM	ABC	ABC	4
5	11-12	6:32.89	7:16.89	400 FR	6:21.09	6:59.89	6
7	9-10	7:48.59	8:36.69	400 FR	7:38.29	8:24.29	8
9	OPEN	24:28.39	23:42.89	1500 FR	23:04.59	22:22.89	10

Athletes must provide their own timers for all events on Friday

*Events 7 & 8 may be entered with the 200 or 400 "B" time.

Saturday June 28, 2025
Morning Session starts at 8:30 AM. Warm-up at 7:00 AM

GIRLS EVENT	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	BOYS EVENT
11	13 & Over	ABC	ABC	200 IM	ABC	ABC	12
13	13 & Over	ABC	ABC	100 Freestyle	ABC	ABC	14
15	OPEN	3:13.29	2:46.39	200 Backstroke	3:01.79	2:34.69	16
17	13 & Over	ABC	ABC	100 Breaststroke	ABC	ABC	18
19	OPEN	3:15.69	2:51.19	200 Butterfly	2:59.69	2:36.79	20
	13 & Over			400 Freestyle	ABC	ABC	21

Athletes in Event 21 must provide their own timers.

Saturday Afternoon Session to start no sooner than 60 minutes
after the conclusion of the Morning Session

GIRLS EVENT	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	BOYS EVENT
22	11-12	ABC	ABC	200 IM	ABC	ABC	23
24	5-8/ 9-10	ABC	ABC	50 Freestyle	ABC	ABC	25
26	11-12	ABC	ABC	50 Freestyle	ABC	ABC	27
28	5-8/ 9-10	ABC	ABC	50 Breaststroke	ABC	ABC	29
30	11-12	ABC	ABC	50 Breaststroke	ABC	ABC	31
32	5-8/ 9-10	ABC	ABC	100 Backstroke	ABC	ABC	33
34	11-12	ABC	ABC	100 Backstroke	ABC	ABC	35
36	5-8/ 9-10	ABC	ABC	100 Butterfly	ABC	ABC	37
38	11-12	ABC	ABC	100 Butterfly	ABC	ABC	39

Sunday June 29, 2025
Morning Session 8:30 AM start. Warm-up at 7:00 AM

GIRLS EVENT	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	BOYS EVENT
40	13 & Over	ABC	ABC	200 Freestyle	ABC	ABC	41
42	OPEN	3:40.29	3:10.99	200 Breaststroke	3:22.79	2:54.89	43
44	13 & Over	ABC	ABC	100 Butterfly	ABC	ABC	45
46	13 & Over	ABC	ABC	100 Backstroke	ABC	ABC	47
48	13 & Over	ABC	ABC	50 Freestyle	ABC	ABC	49
50	13 & Over	ABC	ABC	400 Freestyle			

Athletes in Event 50 must provide their own timers.

Sunday Afternoon Session to start no sooner than 60 minutes
after the conclusion of the Morning Session

GIRLS EVENT	AGE	LC MIN	SCY MIN	EVENT	LC MIN	SCY MIN	BOYS EVENT
51	11-12	ABC	ABC	200 Freestyle	ABC	ABC	52
53	5-8/ 9-10	ABC	ABC	200 Freestyle	ABC	ABC	54
55	11-12	ABC	ABC	50 Backstroke	ABC	ABC	56
57	5-8/ 9-10	ABC	ABC	50 Backstroke	ABC	ABC	58
59	11-12	ABC	ABC	50 Butterfly	ABC	ABC	60
61	5-8/ 9-10	ABC	ABC	50 Butterfly	ABC	ABC	62
63	11-12	ABC	ABC	100 Breaststroke	ABC	ABC	64
65	6-8/ 9-10	ABC	ABC	100 Breaststroke	ABC	ABC	66
67	11-12	ABC	ABC	100 Freestyle	ABC	ABC	68
69	5-8/ 9-10	ABC	ABC	100 Freestyle	ABC	ABC	70