

MEET NAME: HARVEST CLASSIC 2026 SCY

SPONSORED BY:

Southern California Swimming

Team: Lakewood Aquatics

Committee: Metro

Held under the sanction of USA Swimming.

Sanction Number: [S26-181]

MEET DATES: 11/21/2026 Through 11/22/2026

Warmup Time: 7:00 AM Meet Start Time: 8:30 AM

Pool Address: 11110 Alondra Blvd, Norwalk, CA. 90650

Directions: Exit the 605 freeway exit at Alondra Blvd. Cerritos College is located at the corner of Alondra Blvd and Studebaker Road in the City of Norwalk. The Aquatic Center faces North on Alondra Blvd. Ample free parking, lots of deck space and grass area

Pool Dimensions: Outdoor 25-yard pool with up to 10 short course competition lanes with a separate 6 lane warm-up pool and Full Colorado Timing System and display board. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 7 ft. at the start end and 7 ft. at the turn end

Number of Competition Lanes: 10 short course lanes Number of Warm-up Lanes: 10 short course lanes with separate 6 lane warm-up pool

Pool depth Start End: 7 ft Turn End: 7 ft

Medical Supervision: First Aid station with nurses. AED, first aid box, backboard, and coaches all lifeguarded certified will be available.

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7 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. 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 minutes 30 prior to the start of each session for the first 5 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 500 and 1650 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 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. All persons acting in any coaching capacity in a sanctioned event must be a 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 USA Swimming Registration Open to all Teams. 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 6-181 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 (unattached 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: 1- 6th place. Relays: Ribbons 1 – 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 postmark would queue before a 10 PM electronic). 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: alsoswim@gmail.com

OR HAND DELIVER TO: 2724 Loraine Place, Simi Valley, CA 93065

MAKE CHECKS PAYABLE TO: Lakewood Aquatics

MAIL CHECKS TO: PO BOX 8364, Long Beach, CA 90808

The Meet Referee will oversee this meet, any questions regarding the conduct of the meet should be directed to the Meet Referee.

Meet Director (Name and Tel Number:) Son Phan Admin@lakewoodaquatics.org

Meet Referee (Name and Tel Number:) Omar de Armas omarswimref@gmail.com

Meet Processor (Name and Tel Number:) Alinda de Armas alsoswim@gmail.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.

SOUTHERN CALIFORNIA SWIMMING
EMERGENCY ACTION PLAN (EAP)

EVENT: HARVEST CLASSIC - Lakewood Aquatics

TEAM/HOST NAME: Lakewood Aquatics (LKWD)

Date: November 21-22, 2026

Time: 8:30 am (start) and 5:30 pm (finish)

Location: Cerritos College – Aquatic Center

11900 Alondra Blvd, Norwalk, CA. 90650

Sanction by: USA Swimming and Southern California Swimming

Sanction No:

Meet Manager on event day: Son Phan

Meet Manager's phone: (323)369-3583

Meet Referee: Omar de Armas omarswimref@gmail.com

Meet Processor: Alinda de Armas alsoswim@gmail.com

Medical Response:

Emergency—Dial 911 Lifeguard at this meet. Medical assistance or first aid—Call 911/Control crowd around victim/Notify the Admin area/Await assistance from first responder

Fire Dept/Paramedic Unit: Dial 911

Los Angeles County Fire Department Station 115

11317 Alondra Blvd, Norwalk, CA. 90650

Law Enforcement Emergency: Dial 911

Sheriff Station

18135 Bloomfield Ave, Cerritos CA 90703

Civil Disturbance: Dial 911 and Notify admin

Suspicious Person: Dial 911 and Notify admin

Missing Person/Child: Notify the Admin area/Obtain description of the missing person/ announce as appropriate for help in location the missing person/Contact law enforcement if needed to report a missing person.

Fires Emergencies---Dial 911/ Clear the Pool and deck area to the basketball courts/Contact all teams and request an accountability check. Await emergency response personnel.

Meet Marshalls: Meet Marshalls will be wearing a yellow vest and will assist athlete's coaches during pre-meet warm-up and warm downs during the meet. Meet Marshalls will serve as crowd control authority.

Life Safety:

Earthquake: Adhere to facility EAP protocols. Notify all occupants to clear the pool immediately. Dial 911 if needed.

Evacuate all persons to the basketball courts away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the pool deck for at least 30 minutes after the last lightning strikes the area.

Hazardous Materials Emergencies: Dial 911. Evacuate all persons in attendance to a safe area away from the upwind of any hazardous material. Open area after first responder or specialist reopens the facility.

CLOSEST HOSPITAL:

Los Angeles Community Hospital at Norwalk

13222 Bloomfield Avenue, Norwalk, CA 90650

(562) 863-4763

CLOSEST URGENT CARE:

UCI Health

3700 E. South Street, Lakewood, CA 90712

(562) 531-2550

Nearby Hotels:

Courtyard by Marriott Long Beach Airport

3841 N Lakewood Blvd, Long Beach, CA 90808• (562) 429-5803

Long Beach Airport
4700 Airport Plaza Dr, Long Beach, CA 90815• (562) 425-5210

Hampton Inn Long Beach Airport
3771 N Lakewood Blvd, Long Beach, CA 90808• (562) 425-0012

Residence Inn by Marriott Long Beach
4111 E Willow St, Long Beach, CA 90815• (562) 595-0909

Holiday Inn Long Beach Airport by IHG
2640 N Lakewood Blvd, Long Beach, CA 90815• (562) 597-4401

Staybridge Suites Long Beach Airport by IHG
2680 N Lakewood Blvd, Long Beach, CA 90815• (562) 588-9600



HARVEST CLASSIC 2026 - LAKEWOOD AQUATICS SCY
NOVEMBER 21 - 22, 2026
ENTRIES DUE BY NOV. 15, 2026

Saturday November 21, 2026 8:00 AM

MORNING SESSION

GIRLS	AGE	EVENT	AGE	BOYS
1	7-10	100 Yard Individual Medley	7-10	1
2	5-8	100 Yard Individual Medley	5-8	2
3	7-10	50 Yard Breaststroke	7-10	3
4	5-8	25 Yard Breaststroke	5-8	4
5	7-10	100 Yard Butterfly	7-10	5
6	5-8	50 Yard Backstroke	5-8	6
7	7-10	50 Yard Freestyle	7-10	7
8	5-8	50 Yard Freestyle	5-8	8
9	7-10	100 Yard Backstroke	7-10	9
10	5-8	25 Yard Butterfly	5-8	10
11	7-10	200 Yard Medley Relay		11
12	5-8	100 Yard Medley Relay		12
13	7-10	200 Yard Freestyle	7-10	13

AFTERNOON SESSION

GIRLS	AGE	EVENT	AGE	BOYS
15	11/12	200 Yard Freestyle	11/12	16
17	13 & Up	200 Yard Freestyle	13 & Up	18
19	11/12	50 Yard Breaststroke	11/12	20
21	13 & Up	100 Yard Breaststroke	13 & Up	22
23	11/12	100 Yard Butterfly	11/12	24
25	11/12	200 Yard Backstroke	11/12	26
	13 & Up	200 Yard Backstroke	13 & Up	
27	11/12	100 Yard Breaststroke	11/12	28
29	13 & Up	50 Yard Freestyle	13 & Up	30
31	11/12	50 Yard Freestyle	11/12	32
33	11/12	200 Yard Butterfly	11/12	34
	13 & Up	200 Yard Butterfly	13 & Up	
35	11/12	100 Yard Individual Medley	11/12	36
37	13 & Up	400 Yard Freestyle Relay		38
39	11/12	400 Yard Freestyle Relay		40
41	13 & Up	400 Yard Individual Medley	13 & Up	42
	11/12	400 Yard Individual Medley	11/12	

7/8 swimmers may enter 5-8 or 7-10 events but not a combination PM Session will begin no sooner than 11:00 AM or 30 Minutes Swimmers in the 500 Yard Freestyle and 400 Individual Medley. If needed, 200's of stroke will be swum alternating girls and boys

Sunday November 22, 2026 8:00 AM

MORNING SESSION

GIRLS	AGE	EVENT	AGE	BOYS
43	5-8	100 Yard Freestyle	5-8	43
44	7-10	50 Yard Backstroke	7-10	44
45	5-8	25 Yard Freestyle	5-8	45
46	7-10	100 Yard Freestyle	7-10	46
47	5-8	50 Yard Butterfly	5-8	47
48	7-10	50 Yard Butterfly	7-10	48
49	5-8	25 Yard Backstroke	5-8	49
50	7-10	100 Yard Breaststroke	7-10	50
51	5-8	50 Yard Breaststroke	5-8	51
52	7-10	200 Yard Freestyle Relay		52
53	5-8	100 Yard Freestyle Relay		53
54	7-10	200 Yard Individual Medley	7-10	54

AFTERNOON SESSION

GIRLS	AGE	EVENT	AGE	BOYS
55	11/12	200 Yard Individual Medley	11/12	56
57	13 & Up	200 Yard Individual Medley	13 & Up	58
59	11/12	100 Yard Freestyle	11/12	60
61	13 & Up	100 Yard Freestyle	13 & Up	62
63	11/12	50 Yard Backstroke	11/12	64
65	11/12	200 Yard Breaststroke	11/12	66
	13 & Up	200 Yard Breaststroke	13 & Up	
67	11/12	50 Yard Butterfly	11/12	68
69	13 & Up	100 Yard Butterfly	13 & Up	70
71	11/12	100 Yard Backstroke	11/12	72
73	13 & Up	100 Yard Backstroke	13 & Up	74
75	11/12	400 Yard Medley Relay	11/12	76
77	13 & Up	400 Yard Medley Relay	13 & Up	78
79	11/12	500 Yard Freestyle	11/12	80
81	13 & Up	500 Yard Freestyle	13 & Up	82