



2026 SLOS Spring Quadrathlon Challenge

April 18-19, 2026

MEET NAME: 2026 SLOS Spring Quadrathlon Challenge

SPONSORED BY:

Southern California Swimming

Team: SLO Swim Club

Committee: Coastal

Held under the sanction of USA Swimming.

Sanction Number: #S26-090

MEET DATES: 4/18/2026 Through 4/19/2026

Warmup Time: 8:30-9:50 AM **Meet Start Time:** 10:00 AM

Pool Address: SLO Swim Center – Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401

Directions: From the South, take US 101 North to Exit 200A Los Osos Valley Road and turn Right onto Los Osos Valley Road. From the North, take US 101 South to Exit 200 Los Osos Valley Road and make a Left onto Los Osos Valley Road. Turn Left onto S Higuera St and then turn Right onto Tank Farm Road. Go to Broad Street (Hwy CA-227) and turn Left. Turn Right onto Orcutt Rd, Left onto Laurel Ln, then finally turn Left onto Southwood Drive. The SLO Swim Center will be on your Right.

Pool Dimensions: 50-meter by 25-yard pool, Meet will be LCM

Number of Competition Lanes: 7 **Number of Warm-up Lanes:** 1

Pool depth Start End: Start End is 10-13 feet in lanes 1-3 and 7-8 feet, in lanes 4-6. Turn End: Turn End is 4 ft.

Medical Supervision: City of SLO Lifeguard staff will be on duty throughout the duration of warm-up and competition. The SLO Swim Center Emergency Action plan for a Competition Event is linked below and outlines plan for emergency prevention and response.

- **LINK:** [EAP FOR COMPETITION EVENT](#)

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 8:30 AM and 9:50 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 approximately 30 minutes before the start of the meet or by request (at discretion of meet referee). 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.

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.

Coaches must provide scratches to Clerk of Course 30 minutes prior to the start of each session – swimmer entry lists will be provided. 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 #18 400 IM & #36 400 free are requested to furnish their own timers for three heats.

Events will be swum Fast-to-Slow

Swimmers may swim a maximum of 6 individual events 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.



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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 2026 USA Swimming Registration from SCS Coastal Committee team and out-of-LSC athletes/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 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: Individual Event Awards: 1st through 6th ribbons will be awarded for the age-group session and novice session events in following age-groups: 5-8, 9-10, 11-12. **Special Awards - Quadrathlon Event Sets:** Swimmers who complete any of the below sets of 4 events will be eligible for special quadrathlon awards. For each set, the top swimmer by lowest cumulative time across the 4 events will receive awards in each age-group. 50-meter Quadrathlon: 50 Fly, 50 Back, 50 Breast, 50 Free (5-10, 11-12, 13-14, 15-18) 100-meter Quadrathlon: 100 Free, 100 Breast, 100 Back, 100 Fly (5-10, 11-12, 13-14, 15-18) Extreme Quadrathlon: 200 free, 400 IM, 200 IM, 400 Free (11-12, 13-14, 15-18)

ENTRY FEES: \$6.00 per individual event, 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 Wednesday, April 8, 2026 by 9:00pm. 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-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: Amy Sage - email: sageswimevents@gmail.com

OR HAND DELIVER TO: Amy Sage (admin referee) at the meet

MAKE CHECKS PAYABLE TO: SLO Swim Club

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 (Name and Tel Number:) Alan Peterson – Email: swim@sloseahawks.org

Meet Referee (Name and Tel Number:) Ernie Peterson – Email: ernieP@kcienv.com

Meet Processor (Name and Tel Number:) Amy Sage – Email: sageswimevents@gmail.com

USA SWIMMING MEET 360:

Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet



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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.



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SATURDAY SESSION

Saturday, April 18, 2026

Warm-up = 10:15 AM / Meet Start = 12:00 PM

GIRLS #	AGES	EVENT	BOYS #
1	11 & Over	Mixed 200m Freestyle	1
Break to move timers			
2	12 & Under	50m Butterfly	3
4	13 & Over	50m Butterfly	5
6	12 & Under	50m Backstroke	7
8	13 & Over	50m Backstroke	9
10	12 & Under	50m Breaststroke	11
12	13 & Over	50m Breaststroke	13
14	12 & Under	50m Freestyle	15
16	13 & Over	50m Freestyle	17
Awards break			
18	11 & Over	400m Ind. Medley	18

SATURDAY SESSION NOTES:

- Maximum 6 Events for Session
- Swimmers #18 11&O 400 IM should provide their own lane timers (2 per lane).
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back, breast, fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.

SUNDAY SESSION

Sunday, April 19, 2026

Warm-up = 7:15 AM / Meet Start = 9:00 AM

GIRLS #	AGES	EVENT	BOYS #
19	11 & Over	MIXED 200m Ind. Medley	19
Break			
20	12 & Under	100m Freestyle	21
22	13 & Over	100m Freestyle	23
24	12 & Under	100m Breaststroke	25
26	13 & Over	100m Breaststroke	27
28	12 & Under	100m Backstroke	29
30	13 & Over	100m Backstroke	31
32	12 & Under	100m Butterfly	33
34	13 & Over	100m Butterfly	35
Awards break			
36	11 & Over	MIXED 400m Freestyle	36

SUNDAY SESSION NOTES:

- Maximum 6 Events for Session
- Swimmers #36 11&O 400 Free should provide their own lane timers (2 per lane).
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back, breast, fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.

SPECIAL "QUADRATHLON EVENT SETS": These sets of events will feature special awards. Swimmers must compete and receive a time in all 4 events in the quadrathlon to be eligible for awards.

Quadrathlon Name	Day	Events	Awards
50-meter Quadrathlon	Saturday	50 Fly, 50 Back, 50 Breast, 50 Free	Top swimmer in each age group & competition category by cumulative time (5-10, 11-12, 13-14, 15-18)
100-meter Quadrathlon	Sunday	100 Free, 100 Breast, 100 Back, 100 Fly	Top swimmer in each age group & competition category by cumulative time (5-10, 11-12, 13-14, 15-18)
Extreme Quadrathlon	Both Days	***11 & Over Only*** Saturday: 200 Free, 400 IM Sunday: 200 IM, 400 Free	Top swimmer in each age group & competition category by cumulative time (11-12, 13-14, 15-18)