

RST Spring Splash BB/B/C LC Meet

SPONSORED BY: Redlands Swim Team and SOUTHERN CALIFORNIA SWIMMING Sanction Number: S26-128

Sponsored by: Redlands Swim Team, Eastern Committee

Entries Received by: 5 PM on Date: 05/13/2026

MEET DATES: 05/23/26 through 05/24/26 Warmup Time: 07:00 am Meet Start Time: 08:30 am

POOL ADDRESS: Crafton Hills College, 11711 Sand Canyon Rd, Yucaipa, CA 92399. Parking lot J.

DIRECTIONS: From I-10 W, exit Yucaipa Blvd, turn left. From I-10 E, exit Yucaipa Blvd, turn right At Sand Canyon Rd/14th St, turn left. College entrance is on the right

COURSE:

Pool Dimensions: 50 meter X 25 yard

Number of Competition Lanes:7

Number of Warm-up Lanes: 01

The competition course has been certified in accordance with 104.3.2(c) on file with USA Swimming [
X] YES [] NO

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

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:00AM and 8:20AM. 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 20 minutes before the start of the meet. 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 will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee, Paul Szuszkiewicz e-mail: pszsz@hotmail.com

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" 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 following events 800 and 1500 freestyle are requested to furnish their own timers and provide lap counters.

Events will be swum [X] fast-to-slow [] slow-to fast.

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.

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.socialswim.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 Eastern 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 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.

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: Ribbons place 1-6 for BB, B and C division.

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. There will also be at \$15.00 facility fee per athlete.

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. DO NOT RE-SEND 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.

ENTRIES CLOSE: Entries must be received by the meet processor no later than May 13th, 2026 by 5:00pm. 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-MAIL ENTRIES TO: Yvonne Jo – joyvonne32@gmail.com

Mail Entries to: Yvonne Joy 862 E. Mountain Way, Unit B, Azusa, CA 92702

OR HAND DELIVER TO: 862 E. Mountain Way, Unit B, Azusa, CA 92702

MAKE CHECKS PAYABLE TO: Redlands Swim Team

QUESTIONS? Meet Director: Nolan Brown swimnolan92@gmail.com 909-732-6356

Meet Processor: Yvonne Jo joyvonne32@gmail.com

Meet Referee: Paul Szuskiewicz pszsz@hotmail.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.

RST BB/B/C Meet May 23-24, 2026

ENTRIES MUST BE RECEIVED BY 5:00 PM: May 13, 2026 (Wednesday)

All swimmers ages 5-10 years old, events will be swum together; awarded separately.

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 and/or lap counters for 800/1500 Freestyle

The 800/1500 Freestyle will be swum alternating girls/boys

Events will be swum fastest to slowest.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.

This meet is subject to the 4 hour rule per session.

Relays swum time permitting.

Saturday AM								
Girls	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Division	Distance	Event	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Boys
1	2:39.79/	A/	11-12	200M	Freestyle	A/	2:33.59/	2
3	3:00.39/	A/	5-10	200M	Freestyle	A/	2:53.39/	3
4	42.69/	A/	11-12	50M	Breaststroke	A/	41.99/	5
6	48.79/	A/	5-10	50M	Breaststroke	A/	47.89/	6
7	1:24.79/	A/	11-12	100M	Backstroke	A/	1:21.89/	8
9	1:34.59/	A/	5-10	100M	Backstroke	A/	1:32.29	9
10	3:22.99//3:56.79	A//B	11-12	200M	Breaststroke	A//B	3:15.39//3:47.89	11
12	33.19/	A/	11-12	50M	Freestyle	A/	32.09/	13
14	36.59/	A/	5-10	50M	Freestyle	A/	35.69/	14
15	1:22.59/	A/	11-12	100M	Butterfly	A/	1:19.49/	16
17	1:37.99	A/	5-10	100M	Butterfly	A/	1:36.19/	17
18	5:36.79//6:32.89	A//B	11-12	400M	Freestyle	A//B	5:26.69//6:21.09	19
20	DECK ENTERED		11-12	200M	Freestyle Relay	DECK ENTERED		21
22			5-10	200M	Freestyle Relay			23

Saturday PM								
Girls	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Division	Distance	Event	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Boys
24	5:58.29//6:57.99	A//B	13-14	400 IM	IM	5:34.89//6:30.69	A//B	25
26	5:46.89//6:44.69	A//B	15-up	400 IM	IM	5:21.19//6:14.69	A//B	27
28	34.29	A/	13-14	50	Fly	31.89	A/	29
30	33.49	A/	15-up	50	Fly	30.59	A/	31
32	2:30.29	A/	13-14	200	Free	2:20.59	A/	33
34	2:25.09	A/	15-up	200	Free	2:14.29	A/	35
36	1:27.69	A/	13-14	100	Breaststroke	1:20.39	A/	37
38	1:24.49	A/	15-up	100	Breaststroke	1:16.69	A/	39
40	2:47.79//3:15.69	A//B	13-14	200	Fly	2:33.99//2:59.69	A//B	41
42	2:40.99//3:07.79	A//B	15-up	200	Fly	2:27.19//2:51.69	A//B	43
44	31.89	A/	13-14	50	Free	29.39	A/	45
46	30.89	A/	15-up	50	Free	28.19	A/	47
48	1:16.89	A/	13-14	100	Back	1:11.69	A/	49
50	1:14.49	A/	15-up	100	Back	1:07.99	A/	51
52	DECK ENTERED		13-14	200	Free Relay	DECK ENTERED		53
54			15-up	200	Free Relay			55

*****Break Will Be Determined by Meet Referees*****

Saturday Distance								
Girls	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Division	Distance	Event	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Boys

56	10:56.09//12:45.49	A//B	13-14	800M	Freestyle	A//B	10:17.69//12:00.59	57
58	10:32.39//12:17.79	A//B	15-up	800M	Freestyle	A//B	9:54.79//11:33.99	59

Sunday AM

Girls	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Division	Distance	Event	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Boys
60	3:00.59/	A/	11-12	200M	IM	A/	2:53.69/	61
62	3:22.09/	A/	5-10	200M	IM	A/	3:17.89/	62
63	35.79/	A/	11-12	50M	Butterfly	A/	35.29/	64
65	41.59/	A/	5-10	50M	Butterfly	A/	40.59/	65
66	1:33.99/	A/	11-12	100M	Breaststroke	A/	1:31.29/	67
68	1:48.39/	A/	5-10	100M	Breaststroke	A/	1:45.49/	68
69	3:00.89//3:31.09	A//B	11-12	200M	Butterfly	A//B	2:55.59//3:24.79	70
71	38.39/	A/	11-12	50M	Backstroke	A/	37.69/	72
73	43.59/	A/	5-10	50M	Backstroke	A/	43.09/	73
74	1:13.39/	A/	11-12	100M	Freestyle	A/	1:10.39/	75
76	1:21.89/	A/	5-10	100M	Freestyle	A/	1:20.19/	76
77	2:58.39//3:28.09	A//B	11-12	200M	Backstroke	A//B	2:53.99//3:22.99	78
79	DECK ENTERED		5-10	200M	Medley Relay	DECK ENTERED		80
81			11-12	200M	Medley Relay			82

Sunday PM

Girls	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Division	Distance	Event	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Boys
83	5:15.49	A/	13-14	400	Free	A/	4:58.69	84
85	5:29.89	A/	15-up	400	Free	A/	5:10.19	86
87	40.99	A/	13-14	50	BR	A/	37.69	88
89	39.59	A/	15-up	50	BR	A/	35.79	90
91	2:48.99	A/	13-14	200	IM	A/	2:36.69	92
93	2:53.39	A/	15-up	200	IM	A/	2:39.99	94
95	1:09.59	A/	13-14	100	Free	A/	1:04.39	96
97	1:07.19	A/	15-up	100	Free	A/	1:01.49	98
99	2:45.69//3:13.29	A//B	13-14	200	Back	A//B	2:35.79//3:01.79	100
101	3:17.29	A//B	15-up	200	Back	A//B	3:00.59	102
103	1:14.79	A/	13-14	100	Fly	A/	1:08.89	104
105	1:12.29	A/	15-up	100	Fly	A/	1:05.79	106
107	36.49	A/	13-14	50	Back	A/	33.89	108
109	35.29	A/	15-up	50	Back	A/	32.39	110
111	3:08.89//3:40.29	A//B	13-14	200	Breaststroke	A//B	2:53.79//3:22.79	112
113	3:02.09//3:32.49	A//B	15-up	200	Breaststroke	A//B	2:46.69//3:14.49	114
115	DECK ENTERED		13-14	200	Medley Relay	DECK ENTERED		116
117			15-up	200	Medley Relay			118

*****Break Will Be Determined by Meet Referees*****

Sunday Distance

Girls	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Division	Distance	Event	Slower Than//Equal to or Faster Than	Slower Than//Equal to or Faster Than	Boys
119	20:58.59//24:28.39	A//B	13-14	1500M	Freestyle	A//B	19:46.79//23:04.59	120
121	20:11.59//23:33.49	A//B	15-up	1500M	Freestyle	A//B	18:58.49//22:08.29	122