

SEAL BEACH OCTOBER 2025 ABC SHORT COURSE AGE GROUP SWIM MEET

Sanctioned by:	USA Swimming and SCS	DATE OF MEET:	October 11 & 12, 2025
Sanction Number:	S25 - 200	ENTRIES RECEIVED BY 5:00PM:	October 1, 2025 (WEDNESDAY)
Sponsored by:	Seal Beach Swim Club Orange Committee	WARM UP TIME:	7:30 AM (Sat/Sun)
		MEET START TIME:	9:00 AM (Sat/Sun)

2nd Sessions will begin no sooner than 11:00 AM or 30 Minutes (per session) after the conclusion of the 1st Session or at the discretion of the meet Referee

POOL: Los Alamitos Joint Forces Training Base, 11360 Valley Forge, #44, Los Alamitos, CA 90720. Please Note the following requirements to enter the base:

DRIVERS/PARENTS MUST HAVE A REAL ID READY AT THE GUARD GATE. IF THEY DON'T HAVE A REAL ID, PLEASE SEE THE ATTACHED REQUIREMENTS AT THE END OF THE MEET FORM ON PAGE 3.

COURSE: JOINT FORCES RESERVE CENTER pool is a heated, outdoor 50 meter by 25 yard pool with 10 racing lanes, and 8 lanes of continuous warm up and warm down. This competition course has been certified in accordance with 104.2.2 (C), on file with USA Swimming. Pool Depth Measurements Lanes 1-10: 5'.

WARM UP RULES: USA Swimming warm-up policies will be enforced by USA Swimming Officials. Swimmers warming up or down before, during, or after this swim meet must be under the direct supervision of a USA Swimming member coach. There will be ***NO DIVING*** into the pool during these times except into the designated sprint lane(s). **WARM-UP RULES WILL BE ANNOUNCED AND POSTED.** All swimmers must use 3-point, slide in entries into the pool for warm up, no jumping or diving in.

MEET REFEREE: Omar de Armas shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to OMARSWIMREF@GMAIL.COM

RULES: USA Swimming rules will govern. Current SCS Meet procedures will be enforced and take precedence over any errors or omissions on this entry form. (See 2025 SCS Swim Guide). Swimmers must check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers **MAY NOT CHECK IN OR SCRATCH.** Swimmers in the first four events of each session must check in THIRTY MINUTES prior to the start of the session. Swimmers must swim in their actual Age Group as determined by their age on **October 11, 2025** and must be at least 5 Years old. All coaches on deck must complete the CDC of NFHS Concussion course, CAT and CANRA. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 3.0) will govern this meet.

SPECIAL NOTICE: Swimmers may swim a maximum of FOUR events per day. **SEAL will limit entries to meet the "4 Hour" rule for each session.** Each team is asked to provide timers. 9 – 10 year olds entering the 400 IM must enter with their 200 IM time that meets the minimum stated time standard. Swimmers in the 500 Yard Freestyle and the 400 IM are requested to provide timers for three heats. Please provide your own lap counters. If needed, 200's of stroke will be swum alternating girls and boys. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.** Relays will be swum time permitting.

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, web casting 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 are not permitted at this meet for 12 & Under swimmers. Tech suits are suits with bonded seams, kinetic tape, or meshed seams; please see the Tech Suit Policy on the SCS Website.

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2025 or 2026 USA SWIMMING REGISTERED. SCS athletes must be members of the Orange Committee. **NO ON-DECK ENTRIES.** Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 3.0) will govern this meet. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING prior to the start of the meet.

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 for completing the Club Transfer process online in SWIMS 3.0.

SUBMITTED TIMES: Times submitted must be ***BEST RECORDED TIMES*** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). After entries close, non-conforming times will be converted by meet admin for seeding purposes only. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES: If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at the minimum (see 2024 Swim Guide for exceptions). After entries close, non-conforming times will be converted by meet admin for seeding purposes only.

AWARDS: INDIVIDUAL EVENTS: C and B Divisions RIBBONS 1st through 8th
Ribbons will be awarded to the following age groups: 5/6, 7/8, 7-10, 11/12

ENTRY FEES: **\$6.00 for each INDIVIDUAL EVENT, plus \$15.00 SURCHARGE per swimmer must accompany each individual entry card, \$10.00 per RELAY.** E-mail entry (entry.zipfile) will be accepted **ONLY** when received with an attached Word or .pdf file including electronic signature of coach and will be dated as official at that time. (5 PM 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**. New swimmers accepted **SPACE AVAILABLE**. **DO NOT RESEND AN ENTRY FILE.** A replacement file for the team will **NOT** be processed. Deletions will **NOT** be refunded.

Coaches entering any qualified Outreach athletes in this meet, must provide their team outreach registration roster from SWIMS/USA Swimming to the Meet Admin, when sending their team entry report and file, listing the outreach athletes' name. Outreach athlete entry fee is a \$15.00 flat fee.

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.

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ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, OCTOBER 1, 2025. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**
To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

MAKE CHECKS PAYABLE TO:	SEAL BEACH SWIM CLUB
EMAIL TO:	ALSOSWIM@GMAIL.COM
OR MAIL TO:	ALINA de ARMAS
(Include Swimmer's name and SCS Number)	PO BOX 63, SIMI VALLEY, CA 93062

For further meet Information call: Alina de Armas 805-522-4134 or email alsoswim@gmail.com
by phone or email

Receipt of entry will not be verified

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 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.

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.

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Below are the secondary forms that can accompany a **non-real ID**

JFTB will be accepting the following secondary forms of ID:

- a. US Passport
- b. Select University, Library or School Identification cards containing a photograph, name, and expiration date
- c. Non-Government Photo Identification containing name and address
- d. Birth certificate containing the full name and date of birth
- e. Utility bill containing the person's full name and address
- f. Vehicle registration with name and address
- g. Other forms of identification will be examined on a case by case basis.

The following forms are REAL ID compliant:

- a. US Passport or Passport Card
- b. Federal Government PIV
- c. US Military ID cards (including retirees, dependents and veterans)
- d. Veterans health ID card issued by the Department of Veterans Affairs
- e. DHS "trusted traveler" card (global entry, Nexus, Sentri, FAST)
- f. TWIC credential
- g. Merchant Mariner ID issued by DHS
- h. Border crossing card (DSP-150)
- i. US certificate of naturalization or certificate of citizenship (Form N-550)
- j. US permanent resident card/ Alien registration card (I-551)
- k. Foreign passport with a temporary I-551
- l. Us refugee travel document or other travel document issued by DHS containing a photograph (permit form I-327 AND Form I-571)
- m. Employment document with photograph issued by DHS (Form I-766)
- n. Nonimmigrant aliens authorized to work (specific employer): Foreign passport WITH I-94 or I-94A (must bear the same name as the passport and contain endorsement of nonimmigrant status and not conflict with limitations identified)
- o. Identification cards issued by federal, state, or local government agencies, provided it contains a photograph and biographic information such as name, date of birth, gender, height, eye color, and address

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Mia Perez
Recreation and Special Events Manager
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SEAL BEACH OCTOBER 2025 ABC SHORT COURSE AGE GROUP SWIM MEET

Date of Meet: October 11 & 12, 2025

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

YOU MAY SWIM A MAXIMUM OF 4 EVENTS PER DAY

ENTRIES RECEIVED BY 5:00 PM: October 1, 2025 (Wednesday)

SEAL BEACH WILL LIMIT ENTRIES TO MEET THE 4 HOUR RULE FOR EACH SESSION.

Times submitted must be Best Recorded Times short course or long course.

Girls		Saturday, October 11, 2025 9:00 am			Boys
No.	Minimum	Age	Event	Minimum	No.
1		7-10	200 Yard Freestyle		2
3		5-8	100 Yard Freestyle		4
5		7-10	100 Yard Breaststroke		6
7		5-8	50 Yard Breaststroke		8
9		7-10	50 Backstroke		10
11		5-8	25 Yard Backstroke		12
13		7-10	100 Yard Individual Medley		14
15		5-8	50 Yard Butterfly		16
17		7-10			18
19		5-8	25 Yard Freestyle		20
21		7-10	100 Yard Freestyle		22
23	Deck Entered	5-10	200 Yard Freestyle Relay	By Coach	24
25	3:42.09	9-10	400 Yard Individual Medley	2:51.69	26

Second session will begin no sooner than 11:00am or 45 minutes after the end of the AM Session

27		13 & Up	100 Yard Individual Medley		28
29		11/12			30
31		13 & Up	50 Yard Freestyle		32
33		11/12			34
35		11 & Up	200 Yard Breaststroke		36
37		13 & Up	100 Yard Backstroke		38
39		11/12			40
41		13 & Up	50 Yard Breaststroke		42
43		11/12			44
45		11 & Up	200 Yard Freestyle		46
47	11/12	100 Yard Butterfly	48		
49	13 & Up		50		
51	Deck Entered	11 & Up	200 Yard Freestyle Relay	By Coach	52
53	25:07.39	11 & Up	1650 Yard Freestyle	24:27.69	54

Girls		Sunday, October 12, 2025		9:00am	Boys
No.	Minimum	Age	Event	Minimum	No.
55		7-10	200 Yard Individual Medley		56
57		5-8	100 Yard Individual Medley		58
59		7-10	100 Yard Butterfly		60
61		5-8	25 Yard Butterfly		62
63		7-10	100 Yard Backstroke		64
65		5-8	50 Yard Backstroke		66
67		7-10	50 Yard Breaststroke		68
69		5-8	25 Yard Breaststroke		70
71		7-10	50 Yard Freestyle		72
73		5-8			74
75	Deck Entered	5-10	200 Yard Medley Relay	By Coach	76
77	8:36.69	9-10	500 Yard Freestyle	8:24.29	78

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79		11 & Up	200 Yard Individual Medley		80
81		11/12	100 Yard Freestyle		82
83		13 & Up			84
85		11/12	50 Yard Backstroke		86
87		13 & Up			88
89		11 & Up	200 Yard Backstroke		90
91		11/12	100 Yard Breaststroke		92
93		13 & Up			94
95		11/12	50 Yard Butterfly		96
97		13 & Up			98
99		11 & Up	200 Yard Butterfly		100
101	Deck Entered	11 & Up	200 Yard Medley Relay	By Coach	102
103	7:16.89	11 & Up	500 Yard Freestyle	6:59.89	104
105	6:31.69	11 & Up	400 Yard Individual Medley	6:17.09	106

Swimmers entering the 400 IM and 500 Free must meet the minimum time standard and are asked to provide timers and lap counters.
 9-10 Year Olds must enter the 400 IM with their 200 IM time that meets the stated minimum time standard. Swimmers should have 3 B times to enter
 Relays will be swum time permitting. Participating Teams are asked to provide their own timers.
 13 & Up Swimmers entering the 50's of stroke must enter the event with their 50 of stroke time.