



SOUTHERN PACIFIC INVITE

Short Course Prelims and Finals

Hosted by The Swim Team

SANCTIONED BY: Southern California Swimming

SPONSORED BY: Southern California Swimming and The Swim Team

DATE OF MEET: Nov 22 - Nov 24, 2025

START TIMES: Prelims: 8:30 am Finals: not before 2:00 pm.

WARM-UP TIMES: Prelim: Sat/Sun/Mon 7:00 AM; *Prelim warm up will have 2 sessions,
Finals warm up will be 90 minutes prior to finals

CLOSED INVITATIONAL: RAA, NOVA, DSRT, DA, TST, SOCA, CITI, GOLD, MVN, HRZN, GWSC, RMDA

SANCTION NO: S25-235

HEATS & FINALS (Bonus, Consols, Finals)

ENTRIES DUE: Received by 5:00 PM Wed, Nov. 12, 2025

POOL: EL TORO HIGH SCHOOL, 25255 TOLEDO WAY, LAKE FOREST, CA.

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 25-yard pool with ten (10) swimming lanes and ample warm-up space. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start and Turn Ends Lane 1 = 8' 6" slopes to Lane 10 = 8' 1".

WARM-UP: 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 current **2025 or 2026 USA Swimming member coach**. There will be **NO DIVING** into the pool during these times except into the designated sprint lane(s) as directed by the meet referee. The pool will close 15 minutes before the start of each session. All swimmers must use 3-point, slide in entries into the pool during warm up. Sprint and pace will take place within your assigned lane or lanes. If you are sharing a lane, you will be asked to work together for pace and sprint.

MEET REFEREE: Questions regarding conduct of the meet should be made directly to the meet referee: Carol Cracchiolo at fixn2b@att.net

RULES: USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0), will govern this meet. All Athletes 18 years and older must complete the online Athlete Protection Training prior to the meet in order to compete. Current SCS Meet procedures for Heats and Finals Meets will be enforced and take precedence over any errors or omissions on this form. (See 2025 SCS Swim Guide, [scs-swim-guide.pdf \(socalswim.org\)](https://www.socalswim.org/scs-swim-guide.pdf)). **Positive check-in is required for the 1650 free and all relays.** Prelims will be pre-seeded slow to fast for all events except the 500 free, and the 400 IM. The 500 free and the 400 IM will swim last in prelims, following events number 10 and 36 respectively. 500 free and the 400 IM will be flighted. The A flight will consist of the fastest 3 heats of women and the fastest 3 heats of men, alternating fast to slow. The B flight shall consist of all remaining heats and will be swum slow to fast alternating women / men. The 500 free and the 400 IM will swim in event order for finals. The National Championship Finals' Scratch rule will be used. Scratches for the following day are due 30 minutes after the start of finals each day. Athletes qualifying 1-24 must scratch within 30 minutes of the preliminary results announcement if they do not intend to swim finals (or declare "intent" pending another event in session). Failure to swim finals will result in disqualification from the rest of the meet or a \$50.00 fine if no show occurs at the athletes' final event. Fine must be paid to SCS before athlete can compete again in the LSC.

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. No technical suit may be worn by any 12 and under USA Swimming Athlete member at any Sanctioned meet.

DECK CHANGES are prohibited. Individual changing tents will be allowed in team bullpen areas.

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 the 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.

RECORDING DEVICES & 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 of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

ELIGIBILITY & AFFILIATION: Open to athlete members of All SCS and San Diego LCS teams who hold current 2025 or 2026 USA Swimming or AQUA membership. For USA Swimming athletes, online registration in SWIMS 3.0 must be completed prior to the meet deadline. No late or on-deck registration will be accepted. All USA Swimming athletes 18 & younger must prove birth dates prior to competition. All USA Swimming athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) in order to compete. Club Transfers (unattached or attached) 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.



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QUALIFYING TIMES: Submit ACTUAL times achieved for each event. If standard is achieved in SHORT COURSE YARDS, enter event with SHORT COURSE YARD time, indicated on entry by "Y." If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If entering electronically, "L" or "Y" must be indicated on proof of time sheet. **All events will be seeded:** short course yds, long course meters, bonus yds, bonus yds, bonus meters. All entry times will be verified in advance through the SWIMS database. Times must have been achieved on or after **September 1, 2023**, and must be verifiable (meets not in SWIMS are provable only with official results subject to approval by SCS) - refer to **2025 SCS Swim Guide**. Do not submit NT (no time) or ET (estimated time). Discrepancies in submitted times may lead to disciplinary action. Coaches, swimmers & parents are reminded that this is a proof-of-time meet.

DISTANCE EVENTS: The 1650 is a timed final event and will be swum fast to slow alternating women and men in one course. The 1650 event will swim at the conclusion of the Monday prelims. The heats of the 1650 will be swam slow to fast ending with the second fastest heat backed up to the finals warm-up session. Fastest 8 Women and Men declared & checked in for the PM 1650 will swim in Finals, in the event order, as listed on the schedule of events. PLEASE ENTER SHORT COURSE TIMES FOR THE 1650 FREE. Seed time for the top 8 swimmers in finals will be based on the top 8 short course times entered.

ENTRY LIMIT: A swimmer may enter all events for which the time standard has been met and verified. A swimmer may swim no more than 3 individual events per day. A swimmer who meets the automatic time standard for at least one event is eligible to enter **bonus** events up to a total of 5 individual events.

MEET LIMIT: Entries will be processed "first come, first served".

POSITIVE CHECK-IN AND SCRATCH DEADLINES: Positive check-in for Saturday events will be 7:30 and may be done by email to Mary Ellen Tynan, meswimoffice@gmail.com. The Scratch deadline for all other prelim events will be 30 minutes after the start of finals the previous night. The deadline for positive relay check-in for Sunday and Monday relays and the 1650 on Monday, will be 30 minutes after the start of finals the previous night.

RELAY OPTION: Teams may opt to swim Monday relays at the break on Monday. You must declare that intent by the Scratch deadline on Sunday night.

1650 OPTION: Athletes seeded in the top 8 of the 1650 may opt to swim in the break, immediately following the end of prelims and the conclusion of Monday relays that have opted to swim at the break. You must declare your intent to do so by the Scratch deadline on Saturday night.

ENTRY FEES: Individual entry charge of **\$12.00 per entered event** plus **\$25.00 surcharge**. The relay fee is **\$26.00**. **All relay only swimmers must pay the 25.00 surcharge**. NO REFUNDS. RETURNED CHECKS WILL INCUR A SERVICE FEE PER SCS POLICY. If submitting a **Southern California Consolidated Entry Card** for a swimmer, the card must be completely filled out including entire USA Swimming registration number. A check for the total amount must accompany each entry to the address above (NOT THE SWIM OFFICE). You should enclose a self-addressed stamped envelope or postcard to confirm receipt of your entry.

SEND ELECTRONIC ENTRY FILE (entry.zip) TO: [Mary Ellen Tynan, meswimoffice@gmail.com](mailto:MaryEllenTynan@meswimoffice.com) 978-996-9655

MAKE CHECKS PAYABLE TO: Set Water Polo

MAIL CHECKS TO: Tim Teeter, 101 Towngate, Irvine, CA 92620

Closed Deck Protocol: The Swim Team Invitational runs a closed deck protocol. Coaches, officials, athletes and designated volunteers will have access to the competition deck. The deck will be closed to parents and spectators.

Coaches' Meeting: There will be a required coaches' meeting prior to the start of the Saturday morning session. The meeting will take place next to the admin tent.

APT / Concussion Protocol: All coaches on deck must have completed the CDC or NFHS Concussion course. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet. Per current MAAPP 2.0 guidelines there will be separate, athlete only locker rooms and separate adult, non-athlete bathrooms open for use. **All athletes 18 years and older must complete the online Athlete Protection Training prior to the entry deadline to compete.**

MAAPP 2.0: It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries or illnesses to anyone during the conduct of the event. Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy 2.0 (MAAPP 2.0) govern this meet.

LIABILITY: IT IS UNDERSTOOD AND AGREED THAT USA SWIMMING and SCS SHALL BE FREE FROM ANY LIABILITIES OR CLAIMS FOR DAMAGES ARISING BY REASON OF INJURIES TO ANYONE DURING THE CONDUCT OF THE MEET.

Concussion Informed Consent Acknowledgement: Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgement. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure compliance with this requirement. MAAPP Statement: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy 2.0 ("MAAPP 2.0"), will govern this meet.



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ENTRIES DUE: Must be received by 5:00 Wednesday, November 12, 2025

OPEN TO: 2024/25 USA Swimming Members of teams in SCS or San Diego LSCs
Short course prelims, Finals, C, B, A

PRELIMINARIES: 8:30 AM Saturday, November 22, 2025, FINALS: 2:00 PM
WOMEN MEN

#	Automatic Time		EVENT	Automatic Time		#
	Yards	Meters		Yards	Meters	
1	6:05.79	6:57.99	400 Individual Medley	5:37.69	6:30.69	2
3	1:16.79	1:27.19	100 Butterfly	1:10.49	1:20.29	4
5	2:33.59	2:55.29	200 Freestyle	2:22.49	2:43.99	6
7	1:28.69	1:42.39	100 Breaststroke	1:20.49	1:33.79	8
9	1:16.89	1:29.69	100 Backstroke	1:11.29	1:23.69	10
11			400 Medley Relay			12

PRELIMINARIES: 8:30 AM Sunday November 23, 2025, FINALS: 2:00 PM
WOMEN MEN

#	Automatic Time		EVENT	Automatic Time		#
	Yards	Meters		Yards	Meters	
13	23:42.89	24:28.39	1650 Freestyle			
14	2:46.39	3:13.29	200 Backstroke	2:34.69	3:01.79	15
16	1:10.99	1:21.19	100 Freestyle	1:04.99	1:15.09	17
			1650 Freestyle	22:22.89	23:04.59	18
19	3:10.99	3:40.29	200 Breaststroke	2:54.89	3:22.79	20
21	2:51.19	3:15.69	200 Butterfly	2:36.79	2:59.69	22
23			400 Freestyle Relay			24

PRELIMINARIES: 8:30 AM Monday, November 24, 2025, FINALS: 1:00 PM
WOMEN MEN

#	Automatic Time		EVENT	Automatic Time		#
	Yards	Meters		Yards	Meters	
25	6:52.19	6:08.09	500 Freestyle	6:25.69	5:48.39	26
27	35.79	39.99	50 Butterfly	33.19	37.29	28
29	2:51.79	3:17.19	200 Individual Medley	2:37.99	3:02.89	30
31	36.19	42.59	50 Backstroke	33.69	39.49	32
33	32.49	37.19	50 Freestyle	29.89	34.29	34
35	42.09	47.79	50 Breaststroke	38.59	43.99	36
37			800 Freestyle Relay			38

USA SWIMMING DISCLAIMER: 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 meet.

Relays: All relays must be pre-entered. **There will be no refunds for relays not swum.** Relays will be swum at the end of the finals session. On Monday teams may elect to swim their relays after Prelims; election due at Sunday relay check-in deadline (30 minutes after start of finals on Saturday night). In finals, relays will be swum in National format: 2ND fastest women, fastest women, 2ND fastest men, fastest men, then alternating Women and Men fast to slow.

Prelims will be pre-seeded slow to fast for all events except the 500 free and the 400 IM. The 500 free and the 400 IM will swim last in prelims, following event numbers 10 and 36 respectively and will swim fast to slow. The 500 free and the 400 IM will swim in event order for finals. See procedures outlined above for the 1650 Free.