



South Gate Aqua Coalition
June LC Meet
Sponsored by Pacific Committee & SGAC & LMST
June 8, 2025



Sanctioned by: Southern California Swimming and USA Swimming
Sanction Number: #S25-126

Warm Up: Sun. - 7:00 AM
Start Time: Sun. - 8:10 AM Morning Sessions
Afternoon Session: TBD

ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WEDNESDAY, 5/28/2025. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).

LOCATION: George Hensel Aquatic Center is located in Montebello City Park at 1300 West Olympic Boulevard, Montebello, CA 90640.

COURSE: Outdoor 50 meter by 25-yard pool, with up to 7 long course competition lanes and an area for warm up/down during the meet. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth is 13.0 ft. at the start end and 4. ft. at the turn end.

WARM-UP PROCEDURES: 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 an 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: Will be in charge of the meet – Omar de Armas <omarswimref@gmail.com>. Any questions regarding the conduct of the meet should be directed to the referee.

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 swim in their actual Age Group as determined by their age on June 8, 2025. All Coaches and Officials on deck must complete the CDC or NFHS Concussion course, CAT and CANRA. Meet Check-in may or may not be available depending on the site's guidelines. 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 THREE (3) INDIVIDUAL EVENTS PER DAY.** SGAC will limit entries to meet the "4 Hour" rule for each session. Each team is asked to provide timers. **ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.**

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 are open ceiling locker rooms) anytime 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 swimmers 12 & Under.

DECK CHANGES: Deck Changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming 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. 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.

ELIGIBILITY: OPEN TO ATHLETES WHO ARE 2025 USA Swimming REGISTERED. SCS athletes must be members of the Pacific Committee to be eligible for entry into this meet. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. In order to compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING prior to the start of the meet.

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.

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.

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.

SUBMITTED TIMES: Times submitted must be the **best recorded times** short course or long course from this or the preceding swim season (**NO WORK OUT TIMES**). For seeding purposes only, after entries close Meet Administration will 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: Events: Ribbons 1st - 8th place

ELECTRONIC E-MAIL ENTRY PROCEDURE: Electronic entry is the preferred method of entry. Entry zip file 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 (SPM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be brought to the swim meet. **Failure to comply will be referred to the SCS 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. Electronic entries are to be sent to – meetprocessor@gmail. **Entry on an SCS consolidated entry card will be accepted. Card must be filled out completely including USA Swimming registration number. No individual meet entry accepted via email. NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED. RECEIVE OF ENTRY WILL NOT BE VERIFIED BY PHONE OR EMAIL.**

ENTRY FEES: An entry fee of \$6.00 for each event PLUS surcharge of \$15.50 per swimmer must be received with entry card. Per SCS policy there will be a service charge for all returned checks. 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.

MAKE CHECKS PAYABLE TO – SOUTH GATE AQUA COALITION INC. (PLEASE NOTE NEW NAME)

Please bring your entry checks to the swim meet (please do not mail them).

Mail entries: Alina de Armas
P.O. Box 63
Simi Valley, CA 93065

For Information, contact: Alina de Armas – Meetprocessor@gmail.com

Meet Hand Delivery – Alina de Armas, 2724 Loraine Place
Simi Valley, CA 93065

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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All events will be swum fastest to slowest. Swimmer may swim a maximum of 3 events. If more than 3 events are entered only the first 3 events of the day will be accepted. No exceptions or refunds.

The meet will start @ 8:10am after warm-ups.

First warm-up: 10&U @ 7-7:25am; Second warm-up: 11-12 Boys @ 7:30-8:05am

Morning Session #1					
Girls	Max	Age	Event	Max	Boys
		11-12	100 Butterfly	1:27.29	1
2	1:55.39	10&U	100 Butterfly	1:52.89	3
		11-12	200 Freestyle	2:46.39	4
5	2:03.89	10&U	100 Breaststroke	1:59.19	6
		11-12	100 Breaststroke	1:39.59	7
5 Minute Break					
8	49.69	10&U	50 Backstroke	49.29	9
		11-12	50 Backstroke	41.09	10
11	40.89	10&U	50 Freestyle	39.79	12
		11-12	50 Freestyle	34.79	13
14	55.49	10&U	50 Breaststroke	54.39	15
		11-12	50 Breaststroke	45.89	16
17	48.09	10&U	50 Butterfly	46.39	18
		11-12	50 Butterfly	38.69	19
5 Minute Break					
		11-12	100 Freestyle	1:16.19	20
21	1:32.99	10&U	100 Freestyle	1:30.59	22
		11-12	200 IM	3:08.99	23
24	1:48.09	10&U	100 Backstroke	1:44.49	25
		11-12	100 Backstroke	1:29.59	26

PLEASE NOTE: 13 & OVER EVENTS WILL BE SWUM COMBINED, BUT AWARDED & SCORED 13-14, 15 & OVER.

The second session will start after the end of the first session & two 35-minute warm-ups.

First warm-up: 13&Over; Second warm-up: 11-12 Girls

Afternoon Session #2					
Girls	Max	Age	Event	Max	Boys
27	"BB"	13 & Over	200 Freestyle	"BB"	28
29	2:53.09	11-12	200 Freestyle		
30	"BB"	13 & Over	100 Butterfly	"BB"	31
32	1:30.49	11-12	100 Butterfly		
33	"BB"	13 & Over	100 Breaststroke	"BB"	34
35	1:42.19	11-12	100 Breaststroke		
5 Minute Break					
36	"BB"	13 & Over	50 Backstroke	"BB"	37
38	41.59	11-12	50 Backstroke		
39	"BB"	13 & Over	50 Freestyle	"BB"	40
41	35.89	11-12	50 Freestyle		
42	"BB"	13 & Over	50 Breaststroke	"BB"	43
44	46.19	11-12	50 Breaststroke		
45	"BB"	13 & Over	50 Butterfly	"BB"	46
47	38.79	11-12	50 Butterfly		
5 Minute Break					
48	"BB"	13 & Over	200 IM	"BB"	49
50	3:15.59	11-12	200 IM		
51	"BB"	13 & Over	100 Freestyle	"BB"	52
53	1:19.49	11-12	100 Freestyle		
54	"BB"	13 & Over	100 Backstroke	"BB"	55
56	1:32.69	11-12	100 Backstroke		