



# Triple Slam!

## January 11-12, 2025

**Outside teams may not enter the pool deck before 7:15AM. Please inform your parents & swimmers.**

**Sanctioned by** USA Swimming & Southern California Swimming

**Sanction #S26-010**

**Sponsored by** Santa Maria Swim Club & Coastal Committee

**Entries must be received by 5:00PM on Friday 1/2/26**

| Date & Times: | Sessions:             | Warm-up:      | Competition Begins: |
|---------------|-----------------------|---------------|---------------------|
| 1/10, SAT AM  | Session 1 - Age Group | 7:30AM-8:50AM | 9:00 AM             |
| 1/10, SAT PM  | Session 2 - OPEN      | 11:30-12:20PM | 12:30 PM            |
| 1/11, SUN AM  | Session 3 - OPEN      | 7:30AM-8:50AM | 9:00 AM             |

*The Saturday Open Session may be adjusted once entries have been counted.  
Saturday Open session will start 60 minutes after the completion of the Saturday age group session.*

**Location:** Lompoc Aquatic Center. 207 W. College, Lompoc, CA

**Parking:** Park in designated spaces around the aquatic center only.

**Course:** 10-lane 25-yard course. 8 SCY lanes will be used with ample warm-up/down space. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. 9ft depth at both ends of the racing course.

**Warm-up Procedures:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30AM-8:50AM. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 45 minutes before the start of the meet. 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, 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.

Check-in will be via TEAM CHECK-IN. Coaches should provide a list of athletes not swimming 30 minutes prior to the start of each 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 6 years of age on January 10, 2026 to enter. Timers are required to be provided by each team.

Swimmers in the Open session events must be at least 11 years of age on January 10, 2020 to enter that session.

All events will be swum FAST to SLOW.



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Swimmers in the AGE GROUP SESSION may compete in a maximum of **4 events per day**.

Swimmers in the OPEN SESSION may compete in a maximum of **3 individual events per session PLUS RELAYS**.

**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 a coach member of USA Swimming.**

**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.

**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](http://www.socalswim.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 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. 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 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.



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**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 nonconforming 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:** 1<sup>st</sup> through 6<sup>th</sup> place awards for the age group session; 8-under; 9-10; 11-12; 13-up. No awards for the Open session. There will be an additional \$20 fee to mail Awards not collected at the end of the meet. Coaches or designated Team representatives may check in with the Awards Coordinator to collect any completed awards at the end of each session. For the final session, please allow at least 10 minutes after the completion of the meet for remaining awards to be ready for disbursement.

**ENTRY FEES:** \$6.00 per individual event; \$10.00 per relay. \$15.00 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 5:00PM, Friday, 1/2/25. 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: [sageswimevents@gmail.com](mailto:sageswimevents@gmail.com)

**MAKE CHECKS PAYABLE TO:**

- Checks payable to Santa Maria Swim Club and mailed to PO Box 44, Santa Maria, CA 93456
- Team Checks not received by the host team prior to the start of check-in will be REQUIRED to pay via VENMO/PAYPAL, a link to pay will be provided at the meet or upon request in lieu of a check payment.

Ernie Peterson will be in charge of this meet, any questions regarding the conduct of the meet should be directed to the Meet Referee.

Meet Director: Mike Ashmore  
Meet Referee: Ernie Peterson  
Meet Processor: Amy Sage

[santamariaswim@gmail.com](mailto:santamariaswim@gmail.com)  
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### **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](http://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](http://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, January 10, 2026 - SESSION 1 - AGE GROUP

*~ This session will be limited to 2.5 hours ~*

All events will go Fastest to Slowest

7:30AM Warm Up / 9:00-11:30AM Competition begins

| GIRLS | AGE GROUP | EVENT     | BOYS |
|-------|-----------|-----------|------|
| 1     | 13-Up     | 200 FREE  | 2    |
| 3     | 12-Under  | 200 FREE  | 4    |
| 5     | 13-Up     | 50 FLY    | 6    |
| 7     | 12-Under  | 50 FLY    | 8    |
| 9     | 13-Up     | 50 BACK   | 10   |
| 11    | 12-Under  | 50 BACK   | 12   |
| 13    | 13-Up     | 50 BREAST | 14   |
| 15    | 12-Under  | 50 BREAST | 16   |
| 17    | 13-Up     | 50 FREE   | 18   |
| 19    | 12-Under  | 50 FREE   | 20   |
| 21    | 13-Up     | 100 IM    | 22   |
| 23    | 12-Under  | 100 IM    | 24   |

## \*\*\*\*\*OPEN SESSIONS\*\*\*\*\*

*Coaches are encouraged to use common sense and discretion in entering the OPEN Sessions 2&3*

### SATURDAY, JANUARY 11, 2025

#### SESSION 2 - OPEN

11:30PM Warm up / 12:30PM Comp begins

| GIRLS | AGE GROUP | EVENT            | BOYS |
|-------|-----------|------------------|------|
| 101   | 11-Over   | 400 Medley Relay | 102  |
| 103   | 11-Over   | 500 FREE         | 104  |
| 105   | 11-Over   | 200 BACK         | 106  |
| 107   | 11-Over   | 100 FREE         | 108  |
| 109   | 11-Over   | 200 BREAST       | 110  |
| 111   | 11-Over   | 100 FLY          | 112  |
| 113   | 11-Over   | 200 IM           | 114  |
| 115   | 11-Over   | 200 Free Relay   | 116  |

### SUNDAY, JANUARY 12, 2025

#### SESSION 3 - OPEN

7:30AM Warm Up / 9:00AM Comp begins

| GIRLS | AGE GROUP | EVENT            | BOYS |
|-------|-----------|------------------|------|
| 117   | 11-Over   | 200 Medley Relay | 118  |
| 119   | 11-Over   | 1650 FREE        | 120  |
| 121   | 11-Over   | 200 FREE         | 122  |
| 123   | 11-Over   | 100 BACK         | 124  |
| 125   | 11-Over   | 50 FREE          | 126  |
| 127   | 11-Over   | 100 BREAST       | 128  |
| 129   | 11-Over   | 200 FLY          | 130  |
| 131   | 11-Over   | 400 IM           | 132  |
| 133   | 11-Over   | 400 Free Relay   | 134  |