



## South Gate Aqua Coalition October SC Meet

### Sponsored by Pacific Committee and SGAC

October 19, 2025

Sanctioned by: Southern California Swimming and USA Swimming  
Sanction Number: #S25-213

Warm Up: Sun. - 7:00 AM  
Start Time: Sun. - 8:30 AM Morning Session  
Afternoon Session: 45 minutes after the end of the first session

**ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WEDNESDAY, 10/8/2025. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).**

**POOL:** Patricia G. Mitchell Swim Stadium, 9520 Hildreth Avenue, South Gate, CA 90280. Directions: 710 Freeway to Imperial Highway, West on Imperial Highway to Atlantic Boulevard, right on Atlantic to Tweedy Boulevard, left on Tweedy to Hildreth, right on Hildreth to facility. Pool is adjacent to the Sports Complex. Please use Pool/Gymnasium entrance. Entrance will be marked. Swimmers, coaches and spectators will not be allowed into pool area before 7:00 am.

**COURSE:** An indoor 50 meter by 25-yard pool with 8 - 10 competition lanes and 5 lanes for warm up/warm down. The lanes for warm up and warm down will be available throughout the meet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 13' 0" and pool depth at turn end is 13' 1".

**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.

**MEDICAL SUPERVISION:** Lifeguards and an AED device will be available at this meet.

**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 the first day of the meet. 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. Timers are requested to be provided by each team. All events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events. If more than 4 events are entered only the first 4 events of the day will be accepted. No exceptions or refunds.

**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 FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition for 13 and over swimmers. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted for 12-Under swimmers.

**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.

**ELIGIBILITY:** Open to athletes who hold 2025 USA Swimming Registration. 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 SCS age group meets, swimmers 18 & younger must prove birth dates prior to competition. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING in order to compete 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. See the SCS website for the accommodation form.

**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](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).

**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:** Individual Events: Ribbons 1<sup>st</sup> - 8<sup>th</sup> place Relays: Ribbons 1<sup>st</sup> – 3<sup>rd</sup> 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 (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry may be postmarked within 48 hours of the email entry or please bring the check 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 – [xpgarcia@cox.net](mailto:xpgarcia@cox.net) 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. \$10 per relay. 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.

**ONE OR TWO SESSIONS:** The swim meet may be combined to one session based on the entries. If so, the events will be intermixed and re-numbered. It will be published along with the meet information if it combined.

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

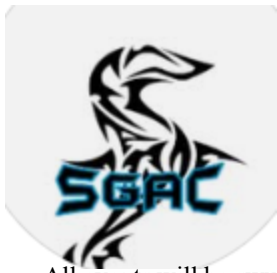
Mail entries: Patty Garcia  
2046 Azure Cove #2  
Chula Vista, CA 91915

For Information, contact: Patty Garcia – [xpgarcia@cox.net](mailto:xpgarcia@cox.net)

Meet Hand Delivery – Bettie Williams, 5405 W. Slauson Avenue,  
Los Angeles, CA 90056

**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 Minor Athlete Abuse Prevention Policy (MAAPP 3.0) will govern this meet.**



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All events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events. If more than 4 events are entered only the first 4 events of the day will be accepted. No exceptions or refunds.

**MAXIMUM ENTRY TIME STANDARD IS “BB” FOR AGE AND GENDER**

Girls Event #	Age Groups	Event	Boys Event #
1	9-12	100 yd Backstroke	2
3	11-12	50 yd Freestyle	4
5	7-10	50 yd Freestyle	6
7	5-8	25 yd Freestyle	8
9	9-12	100 yd Butterfly	10
11	11-12	50 yd Breaststroke	12
13	7-10	50 yd Breaststroke	14
15	5-8	25 yd Breaststroke	16
17	7-12	100 yd IM	18
19	11-12	50 yd Butterfly	20
21	7-10	50 yd Butterfly	22
23	5-8	25 yd Butterfly	24
25	9-12	100 yd Breaststroke	26
27	11-12	50 yd Backstroke	28
29	7-10	50 yd Backstroke	30
31	5-8	25 yd Backstroke	32
33	9-12	100 yd Freestyle	34

**The second session will start 45 minutes after the end of the first session.**

Girls Event #	Age Groups	Event	Boys Event #
35	13 & Over	200 yd Freestyle	36
37	13 & Over	50 yd Backstroke	38
39	13-14	100 yd Backstroke	40
41	15 & Over	100 yd Backstroke	42
43	13 & Over	50 yd Butterfly	44
45	13-14	100 yd Butterfly	46
47	15 & Over	100 yd Butterfly	48
49	13 & Over	50 yd Freestyle	50
51	13 & Over	50 yd Breaststroke	52
53	13-14	100 yd Breaststroke	54
55	15 & Over	100 yd Breaststroke	56
57	13-14	100 yd Freestyle	58
59	15 & Over	100 yd Freestyle	60
61	13 & Over	200 yd IM	62

**Please Note – 9-12 Events will be swum combined but scored and awarded 9-10 and 11-12.**