



Redlands Swim Team B/C Short Course Swim Meet November 7-8, 2026

Sanctioned by: USA Swimming, Southern California Swimming
Sponsored by Redlands Swim Team & Eastern Committee

Sanction Number: S26-212

Entry Deadline: 5:00 pm, Wednesday, 10/28/2026

Warm-ups:

AM Sessions: 7:00am Saturday & Sunday

Meet Start Time: 8:30am Saturday & Sunday

PM Sessions: Immediately following the completion of AM Sessions

POOL ADDRESS: Crafton Hills College, 11711 Sand Canyon Rd, Yucaipa, CA 92399. Parking lot J.

DIRECTIONS: From I-10 W, exit Yucaipa Blvd, turn left. From I-10 E, exit Yucaipa Blvd, turn right at Sand Canyon Rd/14th St, turn left. College entrance is on the right

COURSE: Outdoor 50-meter x 25-yard with 8 competition lanes and 9 additional warm up lanes. The competition course has been certified in accordance with 104.2.2(C) Pool depth: start end 7', turn end 7'

MEDICAL SUPERVISION: Lifeguards, AED device, Volunteer Medical professionals that will be available at this meet per Article 202.4.11.N.

WARM-UP Procedures: All lanes will be open for USA Swimming Members Coach supervised warm-up between 7:00 – 8:15 am. 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.**

- **Meet Director** - Kyle Dennert, dennertkylj@gmail.com
- **Meet Referee** - Mike Sheppard, cattywampus@roadrunner.com
- **Meet Processor** - Julie Fredericks, fredies6@hotmail.com

RULES: USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **This meet will run to meet the "4 Hour" rule.** Swimmers must swim in their actual Age Group as determined by their age on the day of the meet. Swimmers must be at least 5 years old on November 7, 2026 to enter this meet. Timers are required to be provided by each team. Swimmers competing in the 500 are requested to furnish their own timers and provide lap counters. Events will run fast to slow. All officials and coaches on deck must have completed the CDC or NFHS Concussion course. **In order to compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING (APT).** All coaches and officials on deck must have completed the CANRA Mandatory reporting course.

CHECK IN: SWIMMERS MUST CHECK IN with the clerk of course 40 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION. After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH..

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, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgment 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 World Aquatics (AQUA) swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. **Tech suits are not permitted for athletes 12 years old and younger.** Please see the Tech Suit Policy on the SCS website: 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 Eastern Committee athletes (attached and unattached) who hold 2026 or 2027 USA Swimming Registration from the following teams: FFSC, FSON, HVDA, HYDRO, MPA, PDSC, RAA, RST, RSTC, STAR, TMEC, VA, YST. Online Registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or on-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 and older must complete the online Athlete Protection Training (APT) prior to the start of the meet 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 (un-attach 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

SUBMITTED TIMES: Times submitted must be the best recorded times short course or long course from this or the preceding swim season. All nonconforming times will be seeded last. 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. After entries close, non-conforming times will be converted by the meet admin for seeding purposes only.

AWARDS: B Division: 1st – 6th Ribbons; C Division: 1st – 6th Ribbons; Relays: 1st – 3rd Ribbons

ENTRY LIMIT: A swimmer may swim no more than FOUR (4) individual events per day and (1) Relay. Entries will be processed in the order of first received, first entered.

ENTRY FEES: **\$6.00 per each event** will be charged for all swimmers entered in the meet. There is a **swimmer surcharge of \$15.50** at this meet. There is a charge of \$10.00 for each relay. Returned checks will incur a service fee per SCS policy. NO REFUNDS. **Please make Checks payable to: Redlands Swim Team.**

NOTE: Entry fee for each OUTREACH registered swimmer is \$15 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 PROCEDURE: Team Electronic Entry is highly preferred. E-mail entry (entry. zip file) will be accepted ONLY when received 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). 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.

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.

ENTRY DEADLINE: Entries must be received by the Meet Processor no later than **5:00pm Wednesday, October 28, 2026..** If the meet fills prior to the deadline, entries will be rejected (last received, first rejected). NO REGISTERED, SPECIAL DELIVERY OR CERTIFIED MAIL WILL BE ACCEPTED. To avoid concern regarding receipt of entry card the designated address, enclose a stamped, self-addressed envelope or postcard. Receipt of entries will not be verified by phone or email.

Please make Checks payable to: Redlands Swim Team and mail to Julie Fredericks, P.O. Box 624, Yucaipa, CA 92399

Mail entries to: Julie Fredericks, P.O. Box 624, Yucaipa, CA 92399

Hand delivered to: 36609 Parkview Terrace, Yucaipa, CA 92399

Electronic entries to: Julie Fredericks – fredies6@hotmail.com

Meet Information: Kyle Dennert, dennertkylj@gmail.com

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.

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.

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.

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 2.0 (MAAPP 2.0) govern this meet.

RST B/C Short Course Swim Meet

hosted by Redlands Swim Meet

November 7-8, 2026

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, October 28, 2026

This meet is subject to the 4 hour rule per session.

Events will be swum fastest to slowest, starred events swum together awarded separately.

Times submitted must be best recorded times short or long course **slower than BB**, maximum 4 individual events per day, 1 relay.

500 yd events will be swum alternating girls and boys, swimmers are requested to provide own timers, and lap counters.

5-6, 7-8 year olds may swim a stroke/distance only once (may not swim the same stroke/distance twice in the same meet).

Age groups other than 11-12 will be swum together, awarded separately.

11-12 Girls will swim in the early sessions and 11-12 boys in the later sessions.

		Saturday			Girls	Boys
	Age	Distance/Stroke			Min/Max	Min/Max
1	5-8	100	yd	IM	/1:41.21	/1:38.51
2	7-10	100	yd	IM	/1:33.20	/1:29.70
3	11-12	100	yd	IM	/1:19.10	
4	5-8	25	yd	Butterfly	/21.31	/21.31
5	7-10	50	yd	Butterfly	/42.70	/41.30
6	11-12	50	yd	Butterfly	/34.30	
7	5-8	50	yd	Breaststroke	1:02.80/52.31	1:01.20/51.01
8	7-10	100	yd	Breaststroke	/1:46.90	/1:42.30
9	11-12	100	yd	Breaststroke	/1:29.30	
10	5-8	50	yd	Backstroke	57.80/48.11	56.30/46.81
11	7-10	100	yd	Backstroke	/1:34.00	/1:30.10
12	11-12	100	yd	Backstroke	/1:19.80	
13	5-8	25	yd	Freestyle	/18.11	/17.61
14	7-10	100	yd	Freestyle	/1:21.10	/1:18.90
15	11-12	100	yd	Freestyle	/1:09.40	
16	5-8	100	yd	Girls Medley Relay		DECK ENTERED
17	5-8	100	yd	Boys Medley Relay		
18	5-8	100	yd	Mixed Medley Relay		
19	7-10	200	yd	Girls Medley Relay		
20	7-10	200	yd	Boys Medley Relay		
21	7-10	200	yd	Mixed Medley Relay		
22	11-12	200	yd	Girls Medley Relay		
Minimum 45 minute Break						
23	11-12	100	yd	IM		/1:15.90
24	13-14	200	yd	IM	/2:39.50	/2:26.70
25	15-UP	200	yd	IM	/2:34.30	/2:20.20
26	13-14	50	yd	Backstroke	/33.70	/31.30
27	15-up	50	yd	Backstroke	/32.70	/29.50
28	11-12	100	yd	Backstroke		/1:15.70
29*	13-14	200	yd	Backstroke	/2:34.50	/2:23.70
29*	15-UP	200	yd	Backstroke	/2:30.60	/2:17.10
30	11-12	50	yd	Butterfly		/34.20
31	13-14	100	yd	Butterfly	/1:11.30	/1:05.50
32	15-UP	100	yd	Butterfly	/1:09.10	/1:02.40
33	11-12	100	yd	Breaststroke		/1:25.50
34*	13-14	200	yd	Breaststroke	/2:57.40	/2:42.40
34*	15-UP	200	yd	Breaststroke	/2:52.70	/2:35.20
35	11-12	100	yd	Freestyle		/1:06.40
36	13-14	100	yd	Freestyle	/1:05.90	/1:00.30
37	15-UP	100	yd	Freestyle	/1:03.80	/57.60
38	11-12	200	yd	Boys Medley Relay		DECK ENTERED
39	13-14	200	yd	Girls Medley Relay		
40	13-14	200	yd	Boys Medley Relay		
41	13-14	200	yd	Mixed Medley Relay		
42	15-UP	200	yd	Girls Medley Relay		
43	15-UP	200	yd	Boys Medley Relay		
44	15-UP	200	yd	Mixed Medley Relay		
45*	13-14	500	yd	Freestyle	/6:22.80	/5:58.20
45*	15-UP	500	yd	Freestyle	/6:12.40	/5:42.10

	Sunday				Girls	Boys
	Age	Distance/Stroke			Min/Max	Min/Max
46	11-12	200	yd	IM	/2:50.70	
47	5-8	25	yd	Backstroke	/22.21	/21.61
48	7-10	50	yd	Backstroke	/43.30	/42.90
49	11-12	50	yd	Backstroke	/36.00	
50	5-8	50	yd	Freestyle	/40.51	/39.41
51	7-10	50	yd	Freestyle	/36.00	/34.60
52	11-12	50	yd	Freestyle	/31.70	
53	5-8	50	yd	Butterfly	55.60/46.31	56.40/47.01
54	7-10	100	yd	Butterfly	/1:41.40	/1:39.00
55	11-12	100	yd	Butterfly	/1:18.90	
56	5-8	25	yd	Breaststroke	/24.01	/23.31
57	7-10	50	yd	Breaststroke	/48.70	/47.70
58	11-12	50	yd	Breaststroke	/40.90	
59	5-8	100	yd	Freestyle	/1:28.41	/1:25.01
60	7-10	200	yd	Freestyle	/3:00.60	/2:50.60
61	11-12	200	yd	Freestyle	/2:30.90	
62	5-8	100	yd	Girls Freestyle Relay	DECK ENTERED	
63	5-8	100	yd	Boys Freestyle Relay		
64	5-8	100	yd	Mixed Freestyle Relay		
65	7-10	200	yd	Girls Freestyle Relay		
66	7-10	200	yd	Boys Freestyle Relay		
67	7-10	200	yd	Mixed Freestyle Relay		
68	11-12	200	yd	Girls Freestyle Relay		
Minimum 45 minute Break						
69	11-12	200	yd	Freestyle		/2:24.90
70	13-14	200	yd	Freestyle	/2:22.70	/2:12.30
71	15-UP	200	yd	Freestyle	/2:18.40	/2:06.30
72	13-14	50	yd	Breaststroke	/39.10	/35.80
73	15-UP	50	yd	Breaststroke	/38.20	/34.10
74	11-12	50	yd	Breaststroke		/40.10
75	13-14	100	yd	Breaststroke	/1:22.30	/1:14.80
76	15-UP	100	yd	Breaststroke	/1:19.80	/1:11.40
77	11-12	50	yd	Freestyle		/30.50
78	13-14	50	yd	Freestyle	/30.20	/27.70
79	15-UP	50	yd	Freestyle	/29.50	/26.30
80	13-14	50	yd	Butterfly	/33.30	/30.80
81	15-UP	50	yd	Butterfly	/32.30	/29.30
82	11-12	100	yd	Butterfly		/1:16.10
83*	13-14	200	yd	Butterfly	/2:39.00	/2:25.60
83*	15-UP	200	yd	Butterfly	/2:34.00	/2:19.50
84	11-12	50	yd	Backstroke		/35.60
85	13-14	100	yd	Backstroke	/1:11.40	/1:06.20
86	15-up	100	yd	Backstroke	/1:09.40	/1:02.70
87	11-12	200	yd	IM		/2:45.80
88	15-up	200	yd	Girls Freestyle Relay	DECK ENTERED	
89	15-up	200	yd	Boys Freestyle Relay		
90	15-up	200	yd	Mixed Freestyle Relay		
91	13-14	200	yd	Girls Freestyle Relay		
92	13-14	200	yd	Boys Freestyle Relay		
93	13-14	200	yd	Mixed Freestyle Relay		
94	11-12	200	yd	Boys Freestyle Relay		