

THE SWIM TEAM APRIL "BB MINIMUM" LONG COURSE AGE GROUP MEET

Sanctioned by: USA Swimming and SCS
Sanction Number: S25 - 077
Sponsored by: TST Aquatics Association
Orange Committee

DATE OF MEET: April 12 & 13, 2025
ENTRIES RECEIVED BY 5:00 PM: April 2, 2025 (Wednesday)

WARM UP TIME: 7:45 AM (Sat/Sun)
MEET START TIME: 8:30 AM (Sat/Sun)

PM Session begins no sooner than 11:00 AM or 35 minutes per warm up session or longer at the discretion of Meet Referee after the end of the AM Session

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

COURSE: EL TORO HIGH SCHOOL POOL is an outdoor 50-meter pool with eight (8) swimming lanes and one (1) warm up lane. This competition course has been certified in accordance with 104.2.2 (C) on file with USA Swimming. Pool Depth Measurements at Start End. Lane 1 = 8' 6" slopes to Lane 9 = 8' 1" and Turn End is 4'.

WARM UP RULES: 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: Diana LaMar shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to dianalamar123@yahoo.com

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 check in with the Clerk of Course for each event they wish to swim. After an event has been officially closed, swimmers MAY NOT CHECK IN OR SCRATCH. Swimmers in the first FOUR events must check in **THIRTY MINUTES** prior to the start of the appropriate age group session. Swimmers must swim in their actual Age Group as determined by their age on **April 12, 2025**. All coaches and officials on deck must complete the CDC of NFHS Concussion course, CAT and CANRA.

SPECIAL NOTICE: Swimmers may swim a maximum of THREE events per day. **TST will limit entries to meet the "4 Hour" rule for each session. Each Team is asked to provide timers.** Out of District swimmers/teams are welcome, however, their entry into the meet will only be allowed once all entered Orange Committee members are accommodated and the "4 hour" rule is met. Swimmers in the 400 Freestyle, 1500 Freestyle and 400 IM are asked to provide timers for three heats. Please provide your own lap counters. **Please note: Swimmers may enter a stroke and distance only once even if it is offered twice. Only swimmers 11 years and older who meet the stated time standard may enter OPEN events. 11/12 swimmers may only swim in one session per day. 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 with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12 & under swimmers

DECK CHANGING: Deck changes are prohibited.

RACING START CERTIFICATION: Any swimmer entered in the meet unaccompanied by a USA Swimming member 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 US Swimming Registered. SCS athletes must be members of the Orange 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 complete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING prior to the start of the meet. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0) will govern this meet.

CHANGE OF AFFILIATION: Club Transfers (unattach or attach) 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.

SUBMITTED TIMES: Times submitted must be **BEST RECORDED TIMES** short course or long course from this or preceding swim season (**NO WORK OUT TIMES**). All non conforming times will be seeded last. Coaches and swimmers should be prepared to verify all submitted times. Discrepancy in the submitted times can lead to disciplinary action.

QUALIFYING TIMES: Swimmers must have achieved time standards listed for an event. If a swimmer does not have a recorded time but is otherwise qualified, he/she may enter the meet at minimum (see 2025 Swim Guide for exceptions).

ENTRY FEE: **\$6.00 for each INDIVIDUAL EVENT, plus \$15.00 FACILITY SURCHARGE per swimmer must accompany each individual entry card,** Relays \$20.00. E-mail entry (entry.zipfile) 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. (5 PM postmark would queue before a 10PM 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. Coaches entering any qualified Outreach athletes in this meet, must provide their team outreach registration roster from SWIMS/USA Swimming to the Meet Admin, when sending their team entry report and file, listing the outreach athletes' name. The Outreach athlete entry fee is a \$15.00 flat fee.

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.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, APRIL 2, 2025. IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED).** To avoid any concern regarding receipt of entry card at the designated address, you are advised to enclose a stamped, self-addressed postcard or envelope for return when your entry is received.

NO CERTIFIED, REGISTERED OR SPECIAL DELIVERY MAIL WILL BE ACCEPTED.

MAKE CHECKS PAYABLE TO:	SET WATERPOLO CLUB
EMAIL TO:	swimworks@gmail.com
And MAIL TO:	ROBERT MITCHELL
(Include Swimmer's name and SCS Number)	1590 Arroyo Drive
	Laguna Beach, CA 92651

For further meet Information call: Tim Teeter 949-923-7981 or email: coachteeter@gmail.com Receipt of entry will not be verified by phone or email.

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Orange Committee

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WARM UP TIME: 7:45 AM (Sat/Sun)
MEET START TIME: 8:30 AM (Sat/Sun)

PM Session begins no sooner than 11:00 AM or 35 minutes per warm up session or longer at the discretion of Meet Referee after the end of the AM Session

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 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.

THE SWIM TEAM APRIL "BB MINIMUM" LONG COURSE AGE GROUP SWIM MEET

Date of Meet: April 12 & 13, 2025

ENTRIES RECEIVED BY 5:00 PM: April 2, 2025 (Wednesday)

Times submitted must be Best Recorded Times short course or long course.
ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

TST WILL LIMIT ENTRIES TO MEET THE "4 HOUR" RULE
YOU MAY SWIM A MAXIMUM OF 3 EVENTS PER DAY

Swimmers may enter a stroke and distance only once even if it is offered twice

PM Sessions will begin no sooner than 11:00 AM or 35 minutes per warm up session or longer at the discretion of Meet Referee after the end of the AM Session

Girls		Saturday, April 12, 2025		8:30am		Boys	
No.	Minimum	Age	Event	Minimum	No		
1	2:53.09	11/12	200 Meter Freestyle	2:46.39	2		
3	3:25.69	7-10	400 Meter Freestyle	3:14.99	4		
			(Enter with 200 Meter Freestyle Time)				
5	1:30.49	11/12	100 Meter Butterfly	1:27.29	6		
7	1:55.39	7-10		1:52.89	8		
9	1:39.30	5-8	100 Meter Freestyle	1:35.50	10		
11	3:48.89	7-10	200 Meter Individual Medley	3:43.69	12		
13	46.19	11/12	50 Meter Breaststroke	45.89	14		
15	58.60	5-8		57.10	16		
17	55.49	7-10		54.39	18		
19	35.89	11/12	50 Meter Freestyle	34.79	20		
21	49.69	7-10	50 Meter Backstroke	49.29	22		
23	54.40	5-8		53.20	24		
25	1:32.69	11/12	100 Meter Backstroke	1:29.59	26		
27	1:32.99	7-10	100 Meter Freestyle	1:30.59	28		
29	6:56.79	11/12	400 Meter Individual Medley	6:46.59	30		

Afternoon session will begin no sooner than 11:00am or 35 minutes after the end of AM Session

31	2:53.09	OPEN	200 Meter Freestyle	2:46.39	32		
33	1:42.19	OPEN	100 Meter Breaststroke	1:39.59	34		
35	3:13.29	OPEN	200 Meter Backstroke	3:08.49	36		
37	1:30.49	OPEN	100 Meter Butterfly	1:27.29	38		
39	35.89	OPEN	50 Meter Freestyle	34.79	40		

10 Minute Break at the discretion of the Meet Referee

41	24:14.99	OPEN	1500 Meter Freestyle	24:00.99	42		
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The 400 and 1500 Meter Freestyle and 400 IM will be swum alternating girls and boys;
swimmers are asked to provide timers for 3 heats, plus their own lap counter.

Girls		Sunday, April 13, 2025		8:30am		Boys	
No.	Minimum	Age	Event	Minimum	No		
43	3:15.59	11/12	200 Meter Individual Medley	3:08.99	44		
45	3:25.69	7-10	200 Meter Freestyle	3:14.99	46		
47	1:19.49	11/12	100 Meter Freestyle	1:16.19	48		
49	1:39.30	5-8		1:35.50	50		
51	1:48.09	7-10	100 Meter Backstroke	1:44.49	52		
53	41.59	11/12	50 Meter Backstroke	41.09	54		
55	48.09	7-10	50 Meter Butterfly	46.39	56		
57	52.00	5-8		52.70	58		
59	38.79	11/12	50 Meter Freestyle	38.69	60		
61	40.89	7-10		39.79	62		
63	45.60	5-8		44.40	64		
65	1:42.19	11/12	100 Meter Breaststroke	1:39.59	66		
67	2:03.89	7-10		1:59.19	68		
69	6:04.79	11/12	400 Meter Freestyle	5:53.89	70		

Afternoon session will begin no sooner than 11:00am or 35 minutes after the end of AM Session

71	3:15.59	OPEN	200 Meter Individual Medley	3:08.99	72		
73	1:19.49	OPEN	100 Meter Freestyle	1:16.19	74		
75	3:15.99	OPEN	200 Meter Butterfly	3:10.19	76		
77	1:32.69	OPEN	100 Meter Backstroke	1:29.59	78		
79	3:39.89	OPEN	200 Meter Breaststroke	3:31.59	80		
81	6:04.79	OPEN	400 Meter Freestyle	5:53.89	82		

10 Minute Break at the discretion of the Meet Referee

83	6:56.79	OPEN	400 Meter Individual Medley	6:46.59	84		
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11/12 year olds may only swim in one session per day

Only swimmers 11 years and older, that meet the time standard, may enter OPEN events.