

CHAWP AQUATICS BB/B/C Short Course Meet

March 21-22, 2026

Sanctioned by: USA Swimming

Sanction Number: [S25-XXX]

SPONSORED BY:

Southern California Swimming

Team: CHAWP Aquatics

Committee: Eastern

MEET DATES: 3/21/2026 Through 3/22/2026

Warmup Time: 7:00 Saturday and Sunday **Meet Start Time: 8:30 Saturday and Sunday**

Pool Address: Santiago High School 1395 E Foothill Pkwy, Corona, CA 92881. Parking at School. NO dogs allowed on site.

Directions: Exit at El Cerrito from the 15 Freeway. Go west. El Cerrito will turn into Foothill Parkway. The school will be on the right. Turn right at Rimpau Ave

Pool Dimensions: Outdoor 40-yards x 25-yards with 8 competition lanes and 6 additional warm up lanes. The competition course has been certified in accordance with 104.2.2(C) Pool depth: start end 8', turn end 8'

Medical Supervision: First aid and AED device available to athletes participating in the meet.

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.

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 for the 12-Under swimmers. In order to compete, all athletes 18 or older must complete the free online ATHLETE PROTECTION TRAINING (APT).

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**. 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 5 years old on the start date of the meet to enter.

Timers are required to be provided by each team. Swimmers competing in the 500 and 1000 yd freestyle are requested to furnish their own timers and provide lap counters.

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. Timers are required to be provided by each team.

Events will be swum Fast-to-Slow

Swimmers may swim a maximum of 4 individual events and 1 relays per day.

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 AND 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 or 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

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 who are members of Eastern Committee teams. 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 (unattach 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 preceding swim season (**NO WORK OUT TIMES**). For seeding purposes only, after entries close, Meet Administration may 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: BB Division: 1st – 8th Ribbons; B Division: 1st – 8th Ribbons; C Division: 1st – 8th Ribbons; Relays: 1st – 3rd Ribbons

ENTRY FEES: \$6.00 per individual event, \$10.00 per relay, and \$15.50 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 March 11, 2026. 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: Julie Fredericks: fredies6@hotmail.com

OR HAND DELIVER TO: 36609 Park View Terrace, Yucaipa, CA 92399

MAKE CHECKS PAYABLE TO: CHAWP Aquatics and mail to P.O. Box 624, Yucaipa, CA 92399

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

Meet Director: Joey Clements – joey@chawp.com

Meet Referee: Paul Szuskiewicz – pszaz@hotmail.com

Meet Processor: Julie Fredericks – fredies6@hotmail.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.

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.

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.

CHAWP BB/B/C Short Course Meet

March 21-22, 2026

ENTRIES MUST BE RECEIVED BY 5:00 PM: **Wednesday, March 11, 2026**

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

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

500 yd and 1000 yd events swimmers are requested to provide own timers and lap counters.

Girls and Boys will be swum together awarded separately.

**5-8 25 yard events may be swum on either Saturday or Sunday but same event & distance may only be swum once during the entire meet.

* Events swum together and awarded separately.

Saturday					Girls	Boys
					Min/Max	Min/Max
1	7-10	200	yd	IM	2:55.50	2:53.50
2	11-12	200	yd	IM		2:32.30/
3**	5-8	25	yd	Backstroke	/22.21	/21.61
4	7-10	50	yd	Backstroke	/38.00	/37.59
5	11-12	50	yd	Backstroke		/32.70
6**	5-8	25	yd	Freestyle	/18.11	/17.61
7	5-8	50	yd	Freestyle	/40.51	/39.41
8	7-10	50	yd	Freestyle	/32.10	/31.10
9	11-12	50	yd	Freestyle		/28.10
10**	5-8	25	yd	Butterfly	/21.31	/21.31
11	5-8	50	yd	Butterfly	/46.31	/47.01
12	7-10	100	yd	Butterfly	/1:26.10	/1:24.40
13	11-12	100	yd	Butterfly		/1:09.30
14**	5-8	25	yd	Breaststroke	/24.01	/23.31
15	7-10	50	yd	Breaststroke	/42.80	/42.10
16	11-12	50	yd	Breaststroke		/36.70
17	5-8	100	yd	Freestyle	/1:28.41	/1:25.01
18	7-10	200	yd	Freestyle	/2:38.40	/2:31.60
19	11-12	200	yd	Freestyle		/2:13.70
20	5-8 Girls	100	yd	Freestyle Relay	DECK ENTERED	DECK ENTERED
21	5-8 Boys	100	yd	Freestyle Relay		
22	11-12 Boys	200	yd	Freestyle Relay		
23	7-10 Girls	200	yd	Freestyle Relay		
24	7-10 Boys	200	yd	Freestyle Relay		
25	11-12	1000	yd	Freestyle		14:43.00/12:37.30
Minimum 45 minute Break						
Saturday					Girls	Boys
					Min/Max	Min/Max
26	11-12	200	yd	Freestyle	/2:19.30	
27	13-14	200	yd	Freestyle	/2:11.70	/2:02.20
28	15-UP	200	yd	Freestyle	/2:07.70	/1:56.60
29	11-12	50	yd	Breaststroke	/37.70	
30	13-14	100	yd	Breaststroke	/1:16.00	/1:09.00
31	15-UP	100	yd	Breaststroke	/1:13.70	/1:05.90
32	11-12	100	yd	Butterfly	/1:12.10	
33*	13-14	200	yd	Butterfly	/2:26.70	/2:14.40
33*	15-UP	200	yd	Butterfly	/2:22.10	/2:08.80
34	11-12	50	yd	Freestyle	/29.30	
35	13-14	50	yd	Freestyle	/27.90	/25.60
36	15-UP	50	yd	Freestyle	/27.30	/24.20
37	11-12	100	yd	Backstroke	/1:13.00	
38	13-14	100	yd	Backstroke	/1:05.90	/1:01.10
39	15-UP	100	yd	Backstroke	/1:04.10	/57.90
40	11-12	200	yd	IM	/2:37.60	
41	13-14 Girls	200	yd	Freestyle Relay	DECK ENTERED	DECK ENTERED
42	13-14 Boys	200	yd	Freestyle Relay		
43	15-UP Girls	200	yd	Freestyle Relay		
44	15-UP Boys	200	yd	Freestyle Relay		
45	11-12 Girls	200	yd	Freestyle Relay		
46	11-12	1000	yd	Freestyle	15:02.69/12:53.80	
47*	13-14	1000	yd	Freestyle	14:11.09/12:09.50	13:18.00/11:24.00
47*	15-UP	1000	yd	Freestyle	13:52.89/11:54.00	12:51.79/11:01.60

Sunday					Girls	Boys
					Min/Max	Min/Max
48	5-8	100	yd	IM	/1:41.21	/1:38.51
49	7-10	100	yd	IM	/1:22.10	/1:19.70
50	11-12	100	yd	IM		/1:10.00
51*	5-8	25	yd	Butterfly	/21.31	/21.31
52	7-10	50	yd	Butterfly	/37.00	/36.00
53	11-12	50	yd	Butterfly		/31.20
54**	5-8	25	yd	Breaststroke	/24.01	/23.31
55	5-8	50	yd	Breaststroke	/52.31	/51.01
56	7-10	100	yd	Breaststroke	/1:33.60	/1:30.60
57	11-12	100	yd	Breaststroke		/1:18.40
58**	5-8	25	yd	Backstroke	/22.21	/21.61
59	5-8	50	yd	Backstroke	/48.11	/46.81
60	7-10	100	yd	Backstroke	/1:22.30	/1:19.60
61	11-12	100	yd	Backstroke		/1:09.30
62**	5-8	25	yd	Freestyle	/18.11	/17.61
63	7-10	100	yd	Freestyle	/1:11.50	/1:09.80
64	11-12	100	yd	Freestyle		/1:01.30
65	5-8 Girls	100	yd	Medley Relay	DECK ENTERED	DECK ENTERED
66	5-8 Boys	100	yd	Medley Relay		
67	11-12 Boys	200	yd	Medley Relay		
68	7-10 Girls	200	yd	Medley Relay		
69	7-10 Boys	200	yd	Medley Relay		
70	7-10	500	yd	Freestyle	/6:53.40	/6:43.40
71	11-12	500	yd	Freestyle		/6:00.00
Minimum 45 minute Break						
Sunday					Girls	Boys
					Min/Max	Min/Max
72	11-12	100	yd	IM	/1:13.10	
73	13-14	200	yd	IM	/2:27.20	/2:15.40
74	15-UP	200	yd	IM	/2:22.40	/2:09.40
75	11-12	100	yd	Freestyle	/1:04.00	
76	13-14	100	yd	Freestyle	/1:00.90	/55.70
77	15-UP	100	yd	Freestyle	/58.90	/53.20
78	11-12	100	yd	Breaststroke	/1:22.20	
79*	13-14	200	yd	Breaststroke	/2:43.80	/2:29.90
79*	15-UP	200	yd	Breaststroke	/2:39.40	/2:23.20
80	11-12	50	yd	Butterfly	/31.60	
81	13-14	100	yd	Butterfly	/1:05.90	/1:00.40
82	15-UP	100	yd	Butterfly	/1:03.80	/57.60
83	11-12	50	yd	Backstroke	/33.20	
84*	13-14	200	yd	Backstroke	/2:22.60	/2:12.60
84*	15-UP	200	yd	Backstroke	/2:19.10	/2:06.60
85	11-12 Girls	200	yd	Medley Relay	DECK ENTERED	DECK ENTERED
86	13-14 Girls	200	yd	Medley Relay		
87	13-14 Boys	201	yd	Medley Relay		
88	15-UP Girls	200	yd	Medley Relay		
89	15-UP Boys	200	yd	Medley Relay		
90	11-12	500	yd	Freestyle	/6:14.50	
91*	13-14	500	yd	Freestyle	/5:53.40	/5:30.60
91*	15-UP	500	yd	Freestyle	/5:43.70	/5:15.80