

FAC A/BB/B Last Ditch SCY
March 7-8, 2026

SPONSORED BY: *Fontana Aquatics Club*

Sanction Number: **S26-062**

Southern California Swimming Team: Fontana Aquatics Club

Committee: Eastern Committee

Held under the sanction of USA Swimming.

MEET DATES: March 7, 2026 **Through** March 8, 2026

Warmup Time: 7:30am Saturday and Sunday **Meet Start Time:** 8:30am Sa, Su

Pool Address: 15610 Summit Ave, Fontana CA 92336

Pool Dimensions: 14 lanes, 25 yards

Number of Competition Lanes: 10 **Number of Warm-up Lanes:** 4

Pool depth Start End: 12'7". **Turn End:** 12'7"

Medical Supervision: available during the event

WARM-UP PROCEDURES: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30-8:30am Sa,Su. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned. Dive lanes will open 20 minutes before the start of the meet. The pool will close 10 minutes before the start of each session. All swimmers must use 3-point, slide-in entries into the pool during warmup, 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.

Swimmers must check in with the Clerk of Course minutes 45 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 6 years old on the Start Date of the meet to enter. Timers are required to be provided by each team. Swimmers competing in the following events 500 Freestyle, 1000 Freestyle and 1650 Freestyle are requested to furnish their own timers for three heats, and provide lap counters.

Events will be swum Fastest to slowest.

Swimmers may swim a maximum of 4 individual events and 2 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 Eastern Committee 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 (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: A division (includes all As): Medals 1st - 3rd place, Ribbons 4th - 6th place, B Division (includes BB and B): Ribbons 1st - 6th place, Relays: Medals 1st place, Ribbons 2nd - 3rd place

ENTRY FEES: \$6 per individual event, \$10 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 **5pm Wednesday, February 25th, 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: fredies6@hotmail.com

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

MAKE CHECKS PAYABLE TO: Fontana Aquatics Club 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: Renata Martinez, renata.martinez@fontanaaquatics.org

Meet Referee: Lisa Frederick, charligril88@yahoo.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.

FAC A/BB/B SCY Age Group Champs Qualifier Swim Meet		
March 7-8, 2026		
ENTRIES MUST BE RECEIVED BY 5:00 PM: February 25, 2026 (Wednesday)		
Times submitted must be best recorded times short or long course, maximum 4 individual events per day, 1 relay.		
Swimmers should provide their own timers and/or lap counters for ***1000/1650 Freestyle .		
The 1000/1650 will be swum alternating girls/boys		
Events will be swum fastest to slowest.		
Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), will govern this meet.		
This meet is subject to the 4 hour rule per session.		
Relays swum time permitting.		

Saturday AM								
Girls	Min		Division	Distance	Event		Min	Boys
1	2:42.59	B	11-12	200Y	Freestyle	B	2:35.99	2
3	3:22.79	B	5-10	200Y	Freestyle	B	3:09.49	4
5	43.99	B	11-12	50Y	Breaststroke	B	43.49	6
7	54.59	B	5-10	50Y	Breaststroke	B	53.39	8
9	1:26.59	B	11-12	100Y	Backstroke	B	1:22.19	10
11	1:45.79	B	5-10	100Y	Backstroke	B	1:40.69	12
13	3:10.99	BB	11-12	200Y	Breaststroke	BB	3:02.39	14
15	33.99	B	11-12	50Y	Freestyle	B	32.79	16
17	39.79	B	5-10	50Y	Freestyle	B	38.19	18
19	1:25.79	B	11-12	100Y	Butterfly	B	1:22.89	20
21	1:56.69	B	5-10	100Y	Butterfly	B	1:53.49	22
23	1:25.19	B	11-12	100Y	IM	B	1:21.89	24
25	6:03.69	BB	11-12	400Y	IM	BB	5:50.09	26
27	DECK		5-10	200Y	Freestyle Relay	DECK		28

29	ENTERED		11-12	200Y	Freestyle Relay	ENTERED		30
31	13:58.19	BB	11-12	1000Y	Freestyle	BB	13:40.39	32

Saturday PM								
Girls	Min		Division	Distance	Event		Min	Boys
33	2:33.59	B	13-14	200Y	Freestyle	B	2:22.49	34
35	2:28.99	B	15-up	200Y	Freestyle	B	2:15.99	36
37	35.79	B	13-14	50y	Butterfly	B	33.19	38
39	34.69	B	15-up	50y	Butterfly	B	31.59	40
41	1:28.69	B	13-14	100Y	Breaststroke	B	1:20.49	42
43	1:25.89	B	15-up	100Y	Breaststroke	B	1:16.89	44
45	2:38.99	BB	13-14	200Y	Butterfly	BB	2:25.59	46
47	2:33.99	BB	15-up	200Y	Butterfly	BB	2:19.49	48
49	32.49	B	13-14	50Y	Freestyle	B	29.89	50
51	31.79	B	15-up	50Y	Freestyle	B	28.29	52
53	1:16.89	B	13-14	100Y	Backstroke	B	1:11.29	54
55	1:14.69	B	15-up	100Y	Backstroke	B	1:07.49	56
57	5:39.69	BB	13-14	400Y	IM	BB	5:13.59	58
59	5:29.69	BB	15-up	400Y	IM	BB	4:59.19	60
61	DECK		13-14	200Y	Freestyle Relay	DECK		62
63	ENTERED		15-up	200Y	Freestyle Relay	ENTERED		64

Saturday Distance								
Girls	Min		Division	Distance	Event		Min	Boys
65	13:10.29	BB	13-14	1000Y	Freestyle	BB	12:20.99	66
67	12:53.49	BB	15-up	1000Y	Freestyle	BB	11:56.69	68

Sunday AM								
Girls	Min		Division	Distance	Event		Min	Boys
69	6:45.69	BB	11-12	500Y	Freestyle	BB	6:29.99	70
71	1:44.29	B	5-10	100Y	IM	B	1:39.69	72
73	36.89	B	11-12	50Y	Butterfly	B	37.09	74
75	48.39	B	5-10	50Y	Butterfly	B	46.49	76
77	1:36.49	B	11-12	100Y	Breaststroke	B	1:32.59	78
79	2:00.29	B	5-10	100Y	Breaststroke	B	1:54.09	80
81	2:50.29	BB	11-12	200Y	Butterfly	BB	2:43.99	82

83	38.79	B	11-12	50Y	Backstroke	B	38.49	84
85	48.59	B	5-10	50Y	Backstroke	B	48.29	86
87	1:14.69	B	11-12	100Y	Freestyle	B	1:11.49	88
89	1:30.79	B	5-10	100Y	Freestyle	B	1:27.99	90
91	2:46.69	BB	11-12	200Y	Backstroke	BB	2:40.49	92
93	3:42.09	B	5-10	200Y	IM	B	3:38.59	94
95	3:03.89	B	11-12	200Y	IM	B	2:59.29	96
97			5-10	200Y	Medley Relay			98
99	DECK ENTERED		11-12	200Y	Medley Relay	DECK ENTERED		100
101	23:19.69	BB	11-12	1650Y	Freestyle	BB	22:42.89	102

Sunday PM								
Girls	Min		Division	Distance	Event		Min	Boys
103	6:22.79	BB	13-14	500Y	Freestyle	BB	5:58.19	104
105	6:12.39	BB	15-up	500Y	Freestyle	BB	5:42.09	106
107	42.09	B	13-14	50Y	Breaststroke	B	38.59	108
109	41.09	B	15-up	50Y	Breaststroke	B	36.69	110
111	1:10.99	B	13-14	100Y	Freestyle	B	1:04.99	112
113	1:08.79	B	15-up	100Y	Freestyle	B	1:01.99	114
115	2:34.49	BB	13-14	200Y	Backstroke	BB	2:23.69	116
117	2:30.59	BB	15-up	200Y	Backstroke	BB	2:17.09	118
119	1:16.79	B	13-14	100Y	Butterfly	B	1:10.49	120
121	1:14.39	B	15-up	100Y	Butterfly	B	1:07.19	122
123	2:57.39	BB	13-14	200Y	Breaststroke	BB	2:42.39	124
125	2:52.69	BB	15-up	200Y	Breaststroke	BB	2:35.19	126
127	36.19	B	13-14	50Y	Backstroke	B	33.69	128
129	35.29	B	15-up	50Y	Backstroke	B	31.79	130
131	2:51.79	B	13-14	200Y	IM	B	2:37.99	132
133	2:46.19	B	15-up	200Y	IM	B	2:30.89	134
135			13-14	200Y	Medley Relay			136
137	DECK ENTERED		15-up	200Y	Medley Relay	DECK ENTERED		138

Sunday Distance								
Girls	Min		Division	Distance	Event		Min	Boys
139	22:01.19	BB	13-14	1650Y	Freestyle	BB	20:46.99	140
141	21:36.19	BB	15-up	1650Y	Freestyle	BB	19:54.69	142