



January 11-12, 2025 – Triple Slam!

Outside teams may not enter the pool deck before 7:15AM. Please inform your parents & swimmers.

Sanctioned by USA Swimming & Southern California Swimming

Sanction #S25-004

Sponsored by: Santa Maria Swim Club & Coastal Committee

Entries received by: 5:00PM, Thu. 1/2/25

Dates & Times:

Warm-up:

Saturday: Age Group Session Warm-up at 7:30AM-8:50AM;

Saturday: Open/Intrasquad Warm-up at 12:30-1:30PM

Sunday: Open/Intrasquad Warm-up at 7:30AM-8:50AM

Competition:

Age Group Session: 9:00-12:30PM

Open Session: 1:30PM

Open Session: 9:00AM

The Saturday Open Session may be adjusted once entries have been counted. Saturday Open session will start 60 minutes after the completion of the Saturday age group session.

Location: Lompoc Aquatic Center. 207 W. College, Lompoc, CA

Parking: Park in designated spaces around the aquatic center only.

Course: 10-lane 25-yard course. 8 SCY lanes will be used with ample warm-up/down space. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. 9ft depth at both ends of the racing course.

Warm-up Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30AM-8:50AM. 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 Referee: Ernie Peterson will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee.

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 limit entries in the AGE GROUP SESSION to a 3.5hr timeline.

Check-in will be via TEAM CHECK-IN. All coaches should provide a list of swimmers who will not be swimming by 30 minutes prior to the session starting. 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.

Rules: Swimmers must be at least 6 years of age on January 11, 2025 to enter the age group session. Swimmers in the Open session events must be at least 11 years of age on January 11, 2025 to enter that session.

All events will be swum FAST to SLOW.

Swimmers in the AGE GROUP SESSION may compete in a maximum of **4 events per day**.

Swimmers in the OPEN SESSION may compete in a maximum of **3 Individual Events per session PLUS RELAYS.**

All coaches and officials on deck must complete the CDC or NFHS Concussion course.

All coaches and officials on deck must complete the CANRA Mandatory Training Course

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.

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.

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. 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. 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.

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 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: 1st through 6th place awards for the age group session; 8-under; 9-10; 11-12; 13-up. No awards for the Open session. **There will be an additional \$20 fee to mail Awards not collected at the end of the meet. Coaches or designated Team representatives may check in with the Awards Coordinator to collect any completed awards at the end of each session. For the final session, please allow at least 10 minutes after the completion of the meet for remaining awards to be ready for disbursement.**

Entry Fees: Each Individual Event: \$5.50; Relays \$8.00. Surcharge per swimmer: \$15.00.

NOTE: Entry fee for each OUTREACH registered swimmer is \$15 total. Coaches must inform the Meet Admin of the qualified Outreach athletes by the due date for the meet. Qualifying outreach swimmers will be verified with SCS.

Must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee. 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. (5PM 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. Prior to entry deadline 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. Relays may be pre-entered or deck-entered, payable on entry.

Entries Close: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN **5:00PM; THURSDAY, JANUARY 2, 2025.**

IF THE MEET FILLS PRIOR TO THE DEADLINE, ENTRIES WILL BE REJECTED (LAST RECEIVED, FIRST REJECTED). 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 e-mail.)

EMAIL ENTRIES TO: amysage10@gmail.com

MAIL CHECKS & ENTRIES TO:

- Checks payable to [Santa Maria Swim Club](#) and mailed to **PO Box 44, Santa Maria, CA 93456**
- Team Checks not received by the host team prior to the start of check-in will be **REQUIRED** to pay via VENMO/PAYPAL, a link to pay will be provided at the meet or upon request in leu of a check payment.

Meet Referee Email: ernieP@kcienv.com

Questions on the meet may be directed to santamariaswim@gmail.com

SATURDAY, January 11, 2025 – AGE GROUP SESSION 1

All events will go Fastest to Slowest

**** Entries will be accepted for AGE GROUP SESSION 1 until we have reached a 3.5hr timeline.**

7:30AM Warm Up / 9:00AM Competition begins

GIRLS	AGE GROUP	EVENT	BOYS
1	13-UP	200 FREE	2
3	12-UNDER	200 FREE	4
5	13-UP	50 FLY	6
7	12-UNDER	50 FLY	8
9	13-UP	50 BACK	10
11	12-UNDER	50 BACK	12
13	13-UP	50 BREAST	14
15	12-UNDER	50 BREAST	16
17	13-UP	50 FREE	18
19	12-UNDER	50 FREE	20
21	13-UP	100 IM	22
23	12-UNDER	100 IM	24

*****Coaches are encouraged to use common sense and discretion in entering the OPEN Session 2/3 *****

SATURDAY, JANUARY 11, 2025 – OPEN SESSION 2

12:30PM Warm up / 1:30PM Competition begins

GIRLS	AGE GROUP	EVENT	BOYS
101	11-Over	400 Medley Relay	102
103	11-Over	500 Free	104
105	11-Over	200 BACK	106
107	11-Over	100 FREE	108
109	11-Over	200 BREAST	110
111	11-Over	100 FLY	112
113	11-Over	200 IM	114
115	11-Over	200 FREE RELAY	116

* Athletes may not compete in Session 1 and Session 2/3 – they must choose. *

SUNDAY, JANUARY 12, 2025 – OPEN SESSION 3
7:30AM Warm Up / 9:00AM Competition begins

GIRLS	AGE GROUP	EVENT	BOYS
117	11-Over	200 MEDLEY RELAY	118
119	11-Over	1650 FREE	120
121	11-Over	200 FREE	122
123	11-Over	100 BACK	124
125	11-Over	50 FREE	126
127	11-Over	100 BREAST	128
129	11-Over	200 FLY	130
131	11-Over	400 IM	132
133	11-Over	400 FREE RELAY	134

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.