

2025 CCAQ EC SC ABC Swim Meet

January 10-12, 2025

Sanctioned by: USA Swimming & Southern California Swimming
Sponsored By: CCAQ & Eastern Committee
Start of Meet: 5:30 pm Friday night, 8:30 am, Saturday & Sunday
Warm-up: 4:30 pm Friday, 7:00 am Saturday & Sunday

Sanction No. #S25-011
Received by deadline: 5:00 pm, Wednesday, Jan. 1, 2025

POOL: Eleanor Roosevelt High School - 7447 Scholar Way, Eastvale, CA 92507

DIRECTIONS: Take Limonite exit off I-15. Go west on Limonite (from North, turn right, from South turn left). Turn left onto Scholar Way. School is on the right-hand side. There is a large parking lot located on Citrus on the back side of the school.

COURSE: Outdoor 25-yard x 50 meters pool with **12** competition lanes. **7** warm-up lanes will be available during the meet. Pool depth: start end 7'-13', turn end 7'-13'. The competition course has been certified in accordance with 104.2.2 (c), on file with USA Swimming.

WARM-UP Procedures: All lanes will be open for USA Swimming Member 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 REFEREE: The meet referee will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee, Jason Rothlein: jtrothlein@gmail.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. 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 January 10th, 2025, to enter this meet. Swimmers competing in the 500, 1000, and 1650 freestyle events are requested to furnish their own lap counters when used. Events will be swum fastest to slowest. All coaches on deck must complete 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 must have completed the CANRA Mandatory Reporting Class

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, 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 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 athletes who hold who hold 2025 or 2026 USA Swimming Registration. SCS athletes must be a member of an Eastern Committee Team. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. All athletes 18 years or older must complete the free online ATHLETE PROTECTION TRAINING (APT) prior to the start of the meet to compete.

CHANGE OF AFFILIATION: Club Transfers (unattached or attached) 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**). 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 meet admin for seeding purposes only.

AWARDS:

A Division: Medals 1st - 3rd place, Ribbons 4th - 6th place

B Division (includes B and BB): Ribbons 1st - 6th place

C Division: Ribbons 1st - 6th place

Relays: Medals 1st place, Ribbons 2nd - 3rd place

No medals or ribbons will be awarded for OPEN Events.

ENTRY LIMIT: A swimmer may swim no more than **FOUR (4)** individual events per day plus **ONE (1)** Relay. **Entries will be processed in the order of first received, first entered. In the event that the meet fills up before all the entries have been processed, the meet host reserves the right to limit the entries to THREE (3) individual events per day.**

ENTRY FEES: **\$6.00 for each INDIVIDUAL EVENT** along with a **\$15.50 SURCHARGE per swimmer** must accompany each individual entry card. There is a charge of **\$10.00 for each relay**. **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.

Returned checks will incur a service fee per SCS policy. 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. (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.

Please make Checks payable to: Circle City Aquatics

CCAQ Mailing Address Change: PO Box 77301, Corona, CA 92877

Entry Procedure: **Team Electronic Entry is highly preferred.** Electronic entry 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 (5PM postmark would queue before a 10PM electronic). Full payment (single team check or certified funds) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the SCS 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. DO NOT RESEND AN ENTRY FILE: A replacement file for the team will NOT be processed. Deletions will NOT be refunded. Returned checks will incur a service fee per SCS policy. For an individual entry, submit a Southern California Swimming Consolidated Entry Card for each swimmer. Card must be completely filled out, including entire USA Swimming registration number. 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). Individual email entry will not be accepted.

ENTRIES CLOSE: **ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, JANUARY 1, 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.)***

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 e-mail.

Please make Checks payable to: Circle City Aquatics

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: Kendra Bierman – meetmanager2017@circlecityaquatics.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.

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 (MAAPP 2.0), govern this meet.

As always, USA Swimming, Local Swimming Committees (LSC) and club activities must follow state and local guidelines.

2025 CCAQ EC SC ABC Swim Meet
January 10-12, 2025

ENTRIES MUST BE RECEIVED BY 5:00 PM: Wednesday, January 1, 2025

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.

FRIDAY

GIRLS	min/max	age	distance		stroke	min/max	BOYS
1	2:50.29/	OPEN	BB	200 yd	Butterfly	2:43.99/	2
3	3:18.79/	7-10	BB	200 yd	IM	3:15.99/	4
5	3:10.99/	OPEN	BB	200 yd	Breaststroke	3:02.39/	6
7	3:00.59/	7-10	BB	500 yd	Freestyle	2:50.59/	8
9	6:45.69/	11-12	BB	500 yd	Freestyle	6:29.99/	10
11	23:19.69/	Open	BB	1650 yd	Freestyle	22:42.89/	12

SATURDAY

GIRLS	min/max	age	distance		stroke	min/max	BOYS
13*	6:03.69/	11-12	BB	400 yd	IM - MIXED	5:50.09/	13*
14		5-8		100 yd	Freestyle		15
16		11-12		100 yd	Freestyle		17
18		7-10		100 yd	Freestyle		19
20		5-8		25 yd	Freestyle		21
22		11-12		50 yd	Butterfly		23
24		7-10		50 yd	Butterfly		25
26		5-8		50 yd	Butterfly		27
28		11-12		100 yd	Breaststroke		29
30		7-10		100 yd	Breaststroke		31
32		5-8		50 yd	Backstroke		33
34		11-12		50 yd	Backstroke		35
36		7-10		50 yd	Backstroke		37
38		5-8		25 yd	Backstroke		39
40		11-12		200 yd	IM		41
42		5-8		100 yd	IM		43
44	Deck Entered	11-12		200 yd	Freestyle Relay	Deck Entered	45
46		7-10		200 yd	Freestyle Relay		47
48		5-8		100 yd	Freestyle Relay		49
50*	13:58.19/	11-12	BB	1000 yd	Freestyle - MIXED	13:40.39/	50*

*****Minimum 45 Minute break*****

GIRLS	min/max	age	distance		stroke	min/max	BOYS
51*	5:39.69/	13-up	BB	400 yd	IM	5:13.59/	52*
53		13-14		50 yd	Freestyle		54
55		15-up		50 yd	Freestyle		56
57		13-14		100 yd	Backstroke		58
59		15-up		100 yd	Backstroke		60
61		13-14		200 yd	Freestyle		62
63		15-up		200 yd	Freestyle		64
65	Deck Entered	13-14		200 yd	Freestyle Relay	Deck Entered	66
67		15-up		200 yd	Freestyle Relay		68
69*	13.10.29/	13-up	BB	1000 yd	Freestyle	12:20.99/	70*

Events will be swum fastest to slowest, with (*) events swum together awarded separately.
7/8 year old swimmers MAY mix/combine age groups 5-8 or 7-10.
7-10 to use 200 Freestyle time (BB minimum time) to enter 500 Freestyle.
Must be at least 11 years of age for open events with 11-12 BB minimum time.
***400 IM and 500, 1000, 1650 Freestyle alternate girls and boys heats.
Swimmers in the 500, 1000, 1650 Freestyle must provide their own timers and lap counters.
Relays swum time permitting.

SUNDAY

GIRLS	min/max	age	distance		stroke	min/max	BOYS
71		11-12		200 yd	Freestyle		72
73	3:00.59/	7-10	BB	200 yd	Freestyle	2:50.59/	74
75		5-8		50 yd	Breaststroke		76
77		11-12		50 yd	Breaststroke		78
79		7-10		50 yd	Breaststroke		80
81		5-8		25 yd	Breaststroke		82
83		11-12		50 yd	Freestyle		84
85		7-10		50 yd	Freestyle		86
87	2:46.69/	11-12	BB	200 yd	Backstroke	2:40.49/	88
89		5-8		50 yd	Freestyle		90
91		11-12		100 yd	Butterfly		92
93		7-10		100 yd	Butterfly		94
95		5-8		25 yd	Butterfly		96
97		11-12		100 yd	Backstroke		98
99		7-10		100 yd	Backstroke		100
101		11-12		100 yd	IM		102
103		7-10		100 yd	IM		104
105	Deck Entered	11-12		200 yd	Medley Relay	Deck Entered	106
107		7-10		200 yd	Medley Relay		108
109		5-8		100 yd	Medley Relay		110

*****Minimum 45 Minute break*****

GIRLS	min/max	age	distance		stroke	min/max	BOYS
111		13-14		200 yd	IM		112
113		15-up		200 yd	IM		114
115		13-14		100 yd	Freestyle		116
117		15-up		100 yd	Freestyle		118
119		13-14		100 yd	Breaststroke		120
121		15-up		100 yd	Breaststroke		122
123*	2:34.49/	13-up	BB	200 yd	Backstroke	2:23.69/	124*
125		13-14		100 yd	Butterfly		126
127		15-up		100 yd	Butterfly		128
129	Deck Entered	13-14		200 yd	Medley Relay	Deck Entered	130
131		15-up		200 yd	Medley Relay		132
133*	6:22.79/	13-up	BB	500 yd	Freestyle	5:58.19/	134*