



BCA Summer Sizzler

June 6-7, 2026

Hosted by: Beach Cities Alpha

Entries due date: 5pm May 27, 2026

Warm Up Start Time: 7:30 AM*



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| Sanctioned by: USA Swimming & So. California Swimming Sanction # S26-130 | Meet Start Time: 8:30 AM |
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POOL: George Mannon Aquatic Center: 2320 Crenshaw Blvd. Torrance, CA 90501. From the 405 Freeway South/North: Exit at Crenshaw Blvd. and go South. Just past the Honda Service Center and before Sepulveda Blvd., turn left into the driveway to the parking lot. Traffic circle is for drop-off only. **NO PARKING IN TRAFFIC CIRCLE.** Park in lined/marked spaces only.

COURSE: George Mannon Aquatic Center is an outdoor 50-meter by 25-yard pool with 8 competition lanes and 9 warm-up lanes. Water depth at start end is 7.6 ft. and the same depth at the turn end. The competition course has been certified in accordance with 104.2.2c. All events 100m and longer will start from the north end of the competition pool. All 50m events will start from the south (bulkhead) end of the competition pool. This meet will not be double ended (no chase starts).

WARM-UP PROCEDURES: All lanes in the competition pool will be open for USA Swimming Member Coach supervised warm-up between 7:30am and 8:20am. *Warm-up may start earlier than 7:30am, if meet officials deem it necessary. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes may be assigned. The competition lanes will close 10 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. Warm-up length for the first session each day is TBD. Warm-ups for the second session each day will be 30 minutes each. Warm-ups for the third session each day will be 35 minutes each.

MEET REFEREE: The Meet Referee Jetta Mate matejetta@yahoo.com will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee. The Deck Ref will run the deck officials.

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 limit entries to meet the “4 Hour” rule . Check-in format used will be determined once entries are in. Meet referee reserves the right to combine heats/events as needed. 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 June 6, 2026, to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 13&Over 400 Free and 800 Free are required to furnish their own timers and lap counters. Events will be swum fastest to slowest. Swimmers may enter a maximum of 3 events each day. Athletes aged 11-14 may enter the 2nd session OR the 3rd session each day, but not both. If entries for the 11-12 // 13-14 session (second session each day) exceed the 4 hour rule, the 11-12 BOYS will be moved and combined with the 10&Under session and the 11-12 Girls will remain in the second session with the 13-14 Girls/Boys. All events 100m and longer will start from the north end of the competition pool. All 50m events will start from the south (bulkhead) end of the competition pool. This meet will not be double ended (no chase starts). **ALL COACHES AND OFFICIALS ON DECK MUST COMPLETE THE CDC OR NFHS CONCUSSION COURSE and the CANRA reporting course.**

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, webcasting 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. This meet will follow the USA Swimming Rule 102.8 regarding swimsuits.

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 SCS Pacific 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 *may* be accepted, space permitting, with email approval from admin ref *and* host team; 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 preceding swim season (NO WORK OUT TIMES). For seeding purposes only, after entries close, Meet Administration may convert non-conforming times. If Standard is achieved in LONG COURSE METERS, enter event with LONG COURSE METER time, indicated on entry by "L". If Standard is achieved in YARDS, enter event with YARD time, indicated on entry by "Y". 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: Ribbons will be given to the top 8 finishers by gender for the 5-10 age group and 11-12 age group.

ENTRY FEES: \$6.00 for each individual event along with a \$15.50 surcharge per swimmer 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. (SPM 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 may be accepted (SPACE PERMITTING). 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.

***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.**

ENTRIES CLOSE: Entries must be received by the meet processor no later than Wednesday, May 27, 2026 at 5pm. 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-MAIL ENTRIES TO: Erica Johnson - ericajohnson.swim@gmail.com

MAIL ENTRIES TO: BCA June Meet
% Erica Johnson
321 Cuyler Harbor Drive
Camarillo, CA 93012

MAKE CHECKS PAYABLE TO: Beach Cities Swimming

QUESTIONS: Meet Director (Theresa Le - theresahtle@gmail.com)
Meet Processor (Erica Johnson - ericajohnson.swim@gmail.com)
Meet Referee (Jetta Mate - matejetta@yahoo.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 2.0 (MAAPP 2.0) govern this meet.

GMAC EAP:

Event: BCA Summer Sizzler

Location: George Mannon Aquatic Center: 2320 Crenshaw Blvd. Torrance, CA., 90501.

Host: Beach Cities Alpha

Date: June 6-7, 2026

Time: 7:00am-7:00pm

Host Team Contact: Theresa Le theresahtle@gmail.com

Meet Referee: Jetta Mate matejetta@yahoo.com

Meet Admin: Erica Johnson. ericajohnson.swim@gmail.com

Certified Lifeguard Present: Yes

First Aid Location: Directly next to hospitality, and across from the spectator restrooms.

Facility Director: John Williams 310-744-5538. williams.john@tUSD.org

MEDICAL RESPONSE AND LAW ENFORCEMENT

Emergency: Dial 911 / Notify Lifeguard (if applicable) – John Williams/ Torrance Unified School district. Medical Assistance or First Aid: Notify Lifeguard / Call 911 / Control crowds around victim / await assistance from first responders

Medical Emergency: Call 911

Fire Department: City of Torrance Fire Department – 1701 Crenshaw Blvd. Torrance, CA, 90501 – Call 911 / 310-781-7000

Closest Hospital: Torrance Memorial Medical Center: 3330 Lomita Blvd. Torrance CA. 90505. (310 325-9110– Call 911 /

Closest Urgent Care: Torrance Urgent Care: 2195 Sepulveda Blvd. Torrance, CA. 90505. (424)-337-1600 Law

Enforcement: Torrance Police Department: 3300 Civic Center Dr. Torrance, CA, 90503. (310) 328-3456

For Civil Disturbance, dial 911, notify lifeguard and meet manager, separate uninvolved parties to a safe area. For Suspicious Persons, dial 911, notify lifeguards and meet manager, maintain a safe distance until law enforcement responds.

For Missing Person/ Child, notify lifeguards, obtain description of missing person, announce as appropriate for help in locating missing person, contact law enforcement if needed to report missing person.

LIFE SAFETY

Earthquake: Adhere to facility emergency procedures. Notify lifeguards. Notify all occupants to clear pool immediately. Call 911 if needed. Evacuate all persons in attendance to parking lot or front lawn away from all buildings. Contact all teams and request an accountability check.

Weather Emergencies: Notify lifeguards. Notify all occupants to clear the pool immediately. If lightning in the area, all occupants must leave the pool and the deck for at least 30 minutes after the last lightning strike in the area. Fires: Call 911. Clear the pool immediately. Evacuate all persons in attendance to parking lot or safe area outside of structure. Contact all teams and request an accountability check. Await emergency response outside structure and report to responding personnel if all persons are accounted for.

Hazardous Materials: Call 911. Notify lifeguards. Evacuate all persons in attendance to a safe area away from and upwind of any hazardous material.

Electrical Emergency: Call 911. Notify lifeguards. Notify all occupants to clear the pool immediately. Isolate the area of hazard and deny entry. Move all attendees to a safe area away from the hazard.

EMERGENCY CONTACTS

For life and Safety: Dial 911 and state nature of emergency

BCA Board President: Mel Kuo 310.980.1799

BCA Head Coach: Justin Max 614.284.6721

SCS General Chair: Stacy Smith 818.665.6284

Document any incident as soon as possible. Include witness name and contact information, statements, timeline, and facts as happened.

LOCATION DYNAMICS

Outdoor Facility

One 8 lane 50 meter pool w/ 3 SCY lanes, One 6 lane 25 yard pool.

Lifeguards on duty.

Entrance/exit on West side of pool – Direct to outside

Gate/2 additional emergency exits on North side of pool, 2 on South side of pool.

Swimmer seating on deck along 6 lane pool, on south grassy area

All spectators/parents sit in East bleachers.

| Saturday AM Session 10&Unders | | | | | | | |
|-------------------------------|-----------|-----------|------|------------------|----------|----------|--------------|
| Girls Event # | Girls SCY | Girls LCM | Age | Event | Boys SCY | Boys LCM | Boys Event # |
| 1 | 3:42.09 | 4:15.69 | 5-10 | 200 I.M. | 3:38.59 | 4:09.49 | 2 |
| 3 | | | 5-10 | 50 Backstroke | | | 4 |
| 5 | | | 5-10 | 100 Freestyle | | | 6 |
| 7 | | | 5-10 | 50 Butterfly | | | 8 |
| 9 | 2:00.29 | 2:19.39 | 5-10 | 100 Breaststroke | 1:54.09 | 2:12.89 | 10 |
| 11 | 7:45.09 | 7:01.69 | 5-10 | 400 Freestyle | | | |

| Sunday AM Session 10&Unders | | | | | | | |
|-----------------------------|-----------|-----------|------|-----------------|----------|----------|--------------|
| Girls Event # | Girls SCY | Girls LCM | Age | Event | Boys SCY | Boys LCM | Boys Event # |
| 50 | 3:22.79 | 3:50.99 | 5-10 | 200 Freestyle | 3:09.49 | 3:36.69 | 51 |
| 52 | | | 5-10 | 50 Breaststroke | | | 53 |
| 54 | 1:45.79 | 2:01.59 | 5-10 | 100 Backstroke | 1:40.69 | 1:56.69 | 55 |
| 56 | | | 5-10 | 50 Free | | | 57 |
| 58 | 1:56.69 | 2:12.79 | 5-10 | 100 Butterfly | 1:53.49 | 2:09.49 | 59 |
| | | | 5-10 | 400 Freestyle | 7:33.79 | 6:52.49 | 60 |

| Saturday Afternoon Session 11-12 / 13-14 | | | | | | | |
|--|-----------|-----------|-------|------------------|----------|----------|--------------|
| Girls Event # | Girls SCY | Girls LCM | Age | Event | Boys SCY | Boys LCM | Boys Event # |
| 12 | 3:03.89 | 3:30.59 | 11-12 | 200 I.M. | 2:59.29 | 3:24.39 | 13 |
| 14 | 2:51.79 | 3:17.19 | 13-14 | 200 I.M. | 2:37.99 | 3:02.89 | 15 |
| 16 | | | 11-12 | 50 Backstroke | | | 17 |
| 18 | | | 13-14 | 50 Backstroke | | | 19 |
| 20 | | | 11-12 | 100 Freestyle | | | 21 |
| 22 | | | 13-14 | 100 Freestyle | | | 23 |
| 24 | | | 11-12 | 50 Butterfly | | | 25 |
| 26 | | | 13-14 | 50 Butterfly | | | 27 |
| 28 | 1:36.49 | 1:50.39 | 11-12 | 100 Breaststroke | 1:32.59 | 1:47.79 | 29 |
| 30 | 1:28.69 | 1:42.39 | 13-14 | 100 Breaststroke | 1:20.49 | 1:33.79 | 31 |
| 32 | 6:45.69 | 6:04.79 | 11-12 | 400 Freestyle | | | |
| 33 | 6:22.79 | 5:41.79 | 13-14 | 400 Freestyle | | | |

| Sunday Afternoon Session 11-12 / 13-14 | | | | | | | |
|--|-----------|-----------|-------|-----------------|----------|----------|--------------|
| Girls Event # | Girls SCY | Girls LCM | Age | Event | Boys SCY | Boys LCM | Boys Event # |
| 61 | 2:42.59 | 3:06.39 | 11-12 | 200 Freestyle | 2:35.99 | 2:59.19 | 62 |
| 63 | 2:33.59 | 2:55.29 | 13-14 | 200 Freestyle | 2:22.49 | 2:43.99 | 64 |
| 65 | | | 11-12 | 50 Breaststroke | | | 66 |
| 67 | | | 13-14 | 50 Breaststroke | | | 68 |
| 69 | 1:26.59 | 1:40.59 | 11-12 | 100 Backstroke | 1:22.19 | 1:37.19 | 70 |
| 71 | 1:16.89 | 1:29.69 | 13-14 | 100 Backstroke | 1:11.29 | 1:23.69 | 72 |
| 73 | | | 11-12 | 50 Freestyle | | | 74 |
| 75 | | | 13-14 | 50 Freestyle | | | 76 |
| 77 | 1:25.79 | 1:38.29 | 11-12 | 100 Butterfly | 1:22.89 | 1:35.09 | 78 |
| 79 | 1:16.79 | 1:27.19 | 13-14 | 100 Butterfly | 1:10.49 | 1:20.29 | 80 |
| | | | 11-12 | 400 Freestyle | 6:29.99 | 5:53.89 | 81 |
| | | | 13-14 | 400 Freestyle | 5:58.19 | 5:23.49 | 82 |

| Saturday Evening Open Session | | | | | | | |
|-------------------------------|-----------|-----------|------|------------------|----------|----------|--------------|
| Girls Event # | Girls SCY | Girls LCM | Age | Event | Boys SCY | Boys LCM | Boys Event # |
| 34 | 2:50.69 | 3:15.59 | Open | 200 I.M. | 2:37.99 | 3:02.89 | 35 |
| 36 | 35.99 | 41.59 | Open | 50 Backstroke | 35.59 | 41.09 | 37 |
| 38 | 2:37.19 | 3:00.89 | Open | 200 Butterfly | 2:31.39 | 2:55.59 | 39 |
| 40 | 1:09.39 | 1:19.49 | Open | 100 Freestyle | 1:06.39 | 1:16.19 | 41 |
| 42 | 34.29 | 38.79 | Open | 50 Butterfly | 34.19 | 38.69 | 43 |
| 44 | 2:33.89 | 2:58.39 | Open | 200 Backstroke | 2:28.19 | 2:53.99 | 45 |
| 46 | 1:28.69 | 1:42.19 | Open | 100 Breaststroke | 1:20.49 | 1:33.79 | 47 |
| 48 | 6:14.49 | 5:36.79 | Open | 400 Freestyle | 5:58.19 | 5:23.49 | 49 |

| Sunday Evening Open Session | | | | | | | |
|-----------------------------|-----------|-----------|------|------------------|----------|----------|--------------|
| Girls Event # | Girls SCY | Girls LCM | Age | Event | Boys SCY | Boys LCM | Boys Event # |
| 83 | 2:30.89 | 2:53.09 | Open | 200 Freestyle | 2:22.49 | 2:43.99 | 84 |
| 85 | 40.89 | 46.19 | Open | 50 Breaststroke | 40.09 | 45.89 | 86 |
| 87 | 1:16.89 | 1:29.69 | Open | 100 Backstroke | 1:11.29 | 1:23.69 | 88 |
| 89 | 5:35.79 | 6:24.79 | Open | 400 I.M. | 5:23.19 | 6:15.39 | 90 |
| 91 | 31.69 | 35.89 | Open | 50 Freestyle | 30.49 | 34.79 | 92 |
| 93 | 2:56.29 | 3:22.99 | Open | 200 Breaststroke | 2:48.39 | 3:15.39 | 94 |
| 95 | 1:16.79 | 1:27.19 | Open | 100 Butterfly | 1:10.49 | 1:20.29 | 96 |
| 97 | 12:53.79 | 11:44.19 | Open | 800 Freestyle | 12:37.29 | 11:25.89 | 98 |