

FAC Veterans Day Classic
November 14-16 , 2025

SPONSORED BY: *Fontana Aquatics Club*

Sanction Number: #S25-244

Southern California Swimming Team: Fontana Aquatics Club

Committee: Eastern Committee

Held under the sanction of USA Swimming.

MEET DATES: November 14, 2025 **Through** November 16, 2025

Warmup Time: 4pm Friday, 7am Saturday and Sunday **Meet Start Time:** 5:30pm Friday, 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 4-5:30pm FR, 7-8:30am 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 athletes who hold 2025 or 2026 USA Swimming Registration, FAC, EA, DSRT, FFSC, HFAC, RST, MBA, SDA, TCC, VA, YST, DUCK. 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 B and BB): 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, November 5th, 2025**. 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, P.O Box 624, Yucaipa, CA 92399. 36609 Park View Terrace, Yucaipa, CA 92399.

MAKE CHECKS PAYABLE TO: Fontana Aquatics Club

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 (Name and Tel Number:) Renata Martinez, renata.martinez@fontanaaquatics.org

Meet Referee (Name and Tel Number:) Lisa Frederick, charligirl88@yahoo.com

Meet Processor (Name and Tel Number:) 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.

FRIDAY

SESSION 1

			Age	Boys		
1	3:03.39	200 Butterfly	11-12	200 Butterfly	2:56.59	2
	2:51.19		13-14		2:36.79	
	2:45.79		15 and over		2:30.19	
3	3:42.09	200 IM	7-10	200 IM	3:38.59	4
5	3:25.69	200 Breaststroke	11-12	200 Breaststroke	3:16.39	6
	3:10.99		13-14		2:54.89	
	3:05.99		15 and over		2:47.09	
7	8:36.69	500 Freestyle	7-10	500 Freestyle	8:24.29	8
9	6:31.69	400 IM	11-12	400 IM	6:17.09	10
	6:05.79		13-14		5:37.69	
	5:54.99		15 and over		5:22.19	
11	25:07.39	1650 Freestyle	11-12	1650 Freestyle	24:27.69	12
	23:42.89		13-14		22:22.89	
	23:15.89		15 and over		21:26.59	

SATURDAY

SESSION 2

Girls			Age	Boys		
13		100 Freestyle	5-8	100 Freestyle		14
15		100 Freestyle	11-12			
16		100 Freestyle	7-10	100 Freestyle		17
18		25 Freestyle	5-8	25 Freestyle		19
20		50 Butterfly	11-12			
21		50 Butterfly	7-10	50 Butterfly		22
23		50 Butterfly	5-8	50 Butterfly		24
25		100 Breaststroke	11-12			
26	2:00.29	100 Breaststroke	7-10	100 Breaststroke	1:54.09	27
28		50 Backstroke	5-8	50 Backstroke		29
30		50 Backstroke	11-12			
31		50 Backstroke	7-10	50 Backstroke		32
33		25 Backstroke	5-8	25 Breaststroke		34
35		200 IM	11-12			

36		100 IM	5-8	100 IM		37
38		200 Freestyle Relay	11-12			
39		200 Freestyle Relay	7-10	200 Freestyle Relay		40
41		100 Freestyle Relay	5-8	100 Freestyle Relay		42
43	15:02.69	1000 Freestyle	11-12			

SESSION 3

Girls			Age	Boys		
			11-12	100 Freestyle		44
45		50 Freestyle	13-14	50 Freestyle		46
47		50 Freestyle	15 and over	50 Freestyle		48
49		100 Breaststroke	13-14	100 Breaststroke		50
51		100 Breaststroke	15&over	100 Breaststroke		52
			11-12	50 Butterfly		53
54		100 Backstroke	13-14	100 Backstroke		55
56		100 Backstroke	15 and over	100 Backstroke		57
			11-12	100 Breaststroke		58
59		200 Freestyle	13-14	200 Freestyle		60
61		200 Freestyle	15 and over	200 Freestyle		62
			11-12	200 IM		63
64		50 Backstroke	13-14	50 Backstroke		65
66		50 Backstroke	15 and over	50 Backstroke		67
			11-12	50 Backstroke		68
69		200 Freestyle Relay	13-14	200 Freestyle Relay		70
			11-12	200 Freestyle Relay		71
72		200 Freestyle Relay	15 and over	200 Freestyle Relay		73
			11-12	1000 Freestyle	14:43.49	74
75	14:11.09	1000 Freestyle	13-14	1000 Freestyle	13:17.99	76
	13:52.89		15 and over		12:51.79	

SUNDAY

SESSION 4

Girls			Age	Boys		
77		200 Freestyle	11-12			
78	3:22.79	200 Freestyle	7-10	200 Freestyle	3:09.49	79
80		50 Breaststroke	5-8	50 Breaststroke		81

82		50 Breaststroke	11-12			
83		50 Breaststroke	7-10	50 Breaststroke		84
85		25 Breaststroke	5-8	25 Backstroke		86
87		50 Freestyle	11-12			
88		50 Freestyle	7-10	50 Freestyle		89
90	2:59.49	200 Backstroke	11-12			
91		50 Freestyle	5-8	50 Freestyle		92
93		100 Butterfly	11-12			
94	1:56.69	100 Butterfly	7-10	100 Butterfly	1:53.49	95
96		25 Butterfly	5-8	25 Butterfly		97
98		100 Backstroke	11-12			
99	1:45.79	100 Backstroke	7-10	100 Backstroke	1:40.69	100
101		100 IM	11-12			
102		100 IM	7-10	100 IM		103
104		200 Medley Relay	11-12			
105		200 Medley Relay	7-10	200 Medley Relay		106
107		100 Medley Relay	5-8	100 Medley Relay		108
109	7:16.89	500 Freestyle	11-12			
SESSION 5						
Girls			Age	Boys		
			11-12	200 Freestyle		110
111		200 IM	13-14	200 IM		112
113		200 IM	15 and over	200 IM		114
			11-12	100 Backstroke		115
116		50 Breaststroke	13-14	50 Breaststroke		117
118		50 Breaststroke	15 and over	50 Breaststroke		119
			11-12	50 Breaststroke		120
121		100 Freestyle	13-14	100 Freestyle		122
123		100 Freestyle	15 and over	100 Freestyle		124
			11-12	50 Freestyle		125
126		50 Fly	13-14	50 Fly		127
128		50 Fly	15 and over	50 Fly		129
			11-12	200 Backstroke	2:52.89	130
131	2:46.39	200 Backstroke	13-14	200 Backstroke	2:34.69	132
	2:42.19		15 and over		2:27.59	

			11-12	100 Butterfly		133
134		100 Butterfly	13-14	100 Butterfly		135
136		100 Butterfly	15 and over	100 Butterfly		137
			11-12	100 IM		138
139		200 Medley Relay	13-14	200 Medley Relay		140
141		200 Medley Relay	15 and over	200 Medley Relay		142
			11-12	200 Medley Relay		143
144	6:40.99	500 Freestyle	15 and over	500 Freestyle	6:08.39	145
	6:52.19		13-14		6:25.69	
			11-12	500 Freestyle	6:59.89	146