



2025 SLOS Spring Quadrathlon Challenge

April 12-13, 2025

MEET DATES: Saturday, April 12, 2025
Sunday, April 13, 2025

SANCTIONED BY: USA Swimming, Southern California Swimming, & SCS Coastal Committee

HOSTED BY: SLO Swim Club, Inc.

SANCTION #: # S25-099

ENTRY DEADLINE: **Wednesday, April 2, 2025 by 5:00 PM**

MEET TIMES			
Sessions	Deck Opens	Warm-up	Start
Saturday	10:15 AM	10:30 AM	12:00 PM
Sunday	7:15 AM	7:30 AM	9:00 AM
<ul style="list-style-type: none">Note: The host team may modify sessions/times and/or limit entries to meet the 4-hour rule.			

-
- POOL/ADDRESS** SLO Swim Center – Sinsheimer Pool, 900 Southwood Drive, San Luis Obispo, CA 93401
- PARKING** Parking is available in the parking lot adjacent to the pool in marked spaces only.
- COURSE/FACILITY** The SLO Swim Center is a 50-meter by 25-yard, outdoor heated pool. There are 8 long course lanes – 6-7 will be used for competition and 1-2 will be used for warm-up/warm-down. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming.
Pool Depth: Start End is 10-13 feet in lanes 1-3 and 7-8 feet, in lanes 4-6. Turn End is 4 ft.
Ample deck space is available for structures and seating. *Bring tie-downs/weights to secure your canopies/structures.
- TIMING/MEET EQUIPMENT** This meet will use automatic timing equipment via touchpads and CTS Gen7 timing with semi-automatic timing buttons and manual stopwatches as back-up. A scoreboard will be viewable at the start end of the pool.
- WARM UP PROCEDURES** All lanes will be open for warm-up under the direct supervision of a current 2025 USA Swimming member coach from 10:30 AM-11:50 AM on Saturday and 7:30-8:50 AM on & Sunday. The pool will close 10 minutes before the start of ALL sessions. Warm-up rules will be announced and enforced. All swimmers must use 3-point slide-in entry into the pool during warm-up, no jumping or diving except for dive/sprint lanes designated by the Meet Referee; dive lanes will open at the discretion of the meet referee. Marshals will be designated to oversee the warm-up procedures.
- 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.
- Meet Referee:** Ernie Peterson – email: erniep@kcienv.com
- ELIGIBILITY** This meet is open to athletes from ALL SCS Coastal Committee teams and out-of-LSC 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.
- All athletes 18 years or older must complete the free online **ATHLETE PROTECTION TRAINING** in order to compete.
- RULES**
- USA Swimming rules, including the Minor Athlete Abuse Protection Policy, 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 follow the “4 Hour” rule for all sessions. The host team may limit entries to meet the “4 Hour” rule if necessary and/or modify sessions/times to meet 4 hour rule.
 - Check-in will be completed via Team Check-in – Coaches from each team will provide scratches to the Admin Referee at least 30 min before the start of each session.
 - Results will be categorized into the following age group divisions: 5-8, 9-10, 11-12, 13-14, and 15 & Over.
 - Athletes may compete in a maximum of 6 events per session.
 - Swimmers must swim in their actual age group as determined by their age on the first day of the meet – April 12, 2025. Swimmers must be at least 5 years of age to enter.
 - Each team will be requested to provide timers; timing assignments will be provided after processing entries.
 - Swimmers competing in the 400 IM & 400 Free should provide their own timers (2 per lane).
 - All events will be seeded and swum fastest to slowest.
 - All coaches and officials on deck must complete the CDC or NFHS Concussion course prior to the start date.
 - All coaches and officials on deck must complete the CANRA Mandatory Reporting course prior to start date.
 - Changes to the meet management may be made with approval of the Meet Host and SCS.



2025 SLOS Spring Quadrathlon Challenge

April 12-13, 2025

RECORDING DEVICES & MEDIA NOTICE

The use of audio-visual recording devices, including cell phones, is 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. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers.

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.

CHANGE OF AFFILIATION

Club Transfers (to unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached affiliation but is responsible to complete the Club Transfer process online in SWIMS 3.0.

SUBMITTED ENTRY 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. Discrepancies in submitted times could lead to disciplinary action.

AWARDS

1st through 6th ribbons will be awarded for the age-group session and novice session events in following age-groups: 5-8, 9-10, 11-12.

Special Awards - Quadrathlon Event Sets: Swimmers who complete any of the below sets of 4 events will be eligible for special quadrathlon awards. For each set, the top swimmer by lowest cumulative time across the 4 events will receive awards in each age-group.

- **Super Sprint Quadrathlon:** 50 Fly, 50 Back, 50 Breast, 50 Free (5-10, 11-12, 13-14, 15-18)
- **Long Spring Quadrathlon:** 100 Free, 100 Breast, 100 Back, 100 Fly (5-10, 11-12, 13-14, 15-18)
- **Extreme Quadrathlon:** 200 free, 400 IM, 200 IM, 400 Free (11-12, 13-14, 15-18)

ENTRY PROCEDURE

Team electronic entry via email is recommended. 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.

ENTRY FEES

Surcharge per swimmer: \$15.50; Each Individual Event: \$6.00.

Payment of the above fees must accompany each individual entry card. NO REFUNDS. Returned checks will incur a service fee.

OUTREACH: 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.

MAIL CHECKS TO: Amy Sage - 972 Crestmont Ct. Santa Maria, CA 93455

Checks payable to "SLO Swim Club"



2025 SLOS Spring Quadrathlon Challenge

April 12-13, 2025

ENTRY DEADLINE ENTRIES MUST BE RECEIVED BY MEET PROCESSOR BY 5:00PM; WEDNESDAY, APRIL 2, 2025.

- **EMAIL ENTRIES TO:** Amy Sage – email: sageswimevents@gmail.com

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.)

DISABILITY

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.

MAAPP 2.0 STATEMENT

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 (MAAPP2.0) govern this meet.

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.

MEET CONTACTS

For questions regarding conduct of the meet:

- **Meet Referee:** Ernie Peterson – Email: ernieP@kcienv.com

For questions regarding meet entry, fees, and/or seeding, contact:

- **Administrative Referee:** Amy Sage – Email: sageswimevents@gmail.com

For all other questions, contact:

- **Meet Director:** Alan Peterson – email: swim@sloseahawks.org

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.



2025 SLOS Spring Quadrathlon Challenge

April 12-13, 2025

SLO Swim Center Facility Waiver: The City of SLO requires electronic completion of the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center. This is required for participation in this event. A link and QR code are available on the following page. Coaches will be reminded to distribute the link to this waiver in advance of the meet.



Parks & Recreation

SLO Swim Center – Facility Waiver

Upon entry and use of the SLO Swim Center, all participants will be required to review and execute the City Assumption of Risk, Waiver, and Release of Liability for the SLO Swim Center.

Link: <https://forms.slocity.org/forms/sloswimwaiver>

QR Code:



- If the participant is under the age of 18, his or her parent or legal guardian must sign on behalf of the participant.



2025 SLOS Spring Quadrathlon Challenge

April 12-13, 2025

SATURDAY Age-Group Session

Saturday, April 12, 2025

Warm-up = 10:15 AM / Meet Start = 12:00 PM

GIRLS #	AGES	EVENT	BOYS #
1	11 & Over	200 Free	2
Break to move timers			
3	12 & Under	50 Fly	4
5	13 & Over	50 Fly	6
7	12 & Under	50 Back	8
9	13 & Over	50 Back	10
11	12 & Under	50 Breast	12
13	13 & Over	50 Breast	14
15	12 & Under	50 Free	16
17	13 & Over	50 Free	18
Awards break			
19	11 & Over	400 IM	20

SATURDAY SESSION NOTES:

- Maximum # Events for this Session = 6
- Swimmers #19/20 11&O 400 IM should provide their own lane timers (2 per lane).
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back, breast, fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.

SUNDAY Age-Group Session

Sunday, April 13, 2025

Warm-up = 7:15 AM / Meet Start = 9:00 AM

GIRLS #	AGES	EVENT	BOYS #
21	11 & Over	200 IM	22
Break			
23	12 & Under	100 Free	24
25	13 & Over	100 Free	26
27	12 & Under	100 Breast	28
29	13 & Over	100 Breast	30
31	12 & Under	100 Back	32
33	13 & Over	100 Back	34
35	12 & Under	100 Fly	36
37	13 & Over	100 Fly	38
Awards break			
39	11 & Over	400 Free	40

SUNDAY SESSION NOTES:

- Maximum # Events for this Session = 6
- Swimmers #39/40 11&O 400 Free should provide their own lane timers (2 per lane).
- Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50yd/m events in order to enter 100yd events of the same stroke (back, breast, fly), or meet the 'B' standard in the 100yd/m Free/IM to enter the 200 Free/IM respectively.
- Event #39 and 40 may split into 11-12 and 13 & over age groups and seeded if necessary.

SPECIAL "QUADRATHLON EVENT SETS": These sets of events will feature special awards. Swimmers must compete and receive a time in all 4 events in the quadrathlon to be eligible for awards.

Quadrathlon Name	Day	Events	Awards
Super Sprint (50s) Quadrathlon	Saturday	50 Fly, 50 Back, 50 Breast, 50 Free	Awards for top 3 in cumulative time in each age group: 5-10, 11-12, 13-14, 15-18
Long Sprint (100s) Quadrathlon	Sunday	100 Free, 100 Breast, 100 Back, 100 Fly	Awards for top 3 in each age group: 5-10, 11-12, 13-14, 15-18
Extreme Quadrathlon	Both Days	***11 & Over Only*** Saturday: 200 Free + 400 IM Sunday: 200 IM + 400 Free	Awards for top 3 in each age group: 11-12, 13-14, 15-18