



LTA Toys-For-Tots Meet
December 7-8
2024



SANCTIONED BY: Southern California Swimming, USA Swimming
SPONSORED BY: Lompoc Tsunami Aquatics and Coastal Committee.
DATE: December 7-8 2024
WARM-UP: Sat. & Sun. 7:30 AM

SANCTION No: S24-216
RECEIVED BY DEADLINE: 5:00 pm, November 26, 2024
START OF THE MEET: Sat. & Sun. 9:00 am
NOVICE SESSION: Sat. 2:00 pm

POOL: Lompoc Aquatic Center, 207 W College Ave., Lompoc, California 93436

DIRECTIONS: From HWY 101 South, take the Orcutt exit to HWY 135. Exit HWY 1-Lompoc to "H" street. West at College Ave. Turn North past the YMCA and drive to the Lompoc Aquatic Center. HWY 101 North, Next to HWY 1-Lompoc, one-mile past Gaviota Park. Turn West to Ocean Ave. Turn North to "H" street. Turn West to College Ave. Turn North past the YMCA and drive to the Lompoc Aquatic Center. Overflow parking is West of the Lompoc Aquatic Center at Lompoc High School.

COURSE: Indoor 25 yd. x 85-foot pool with 10 competition lanes and 4 warm-up lanes. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7' to 9', turn end 7' to 9'.

WARM-UP Procedures: All lanes will be open for USA Swimming Member Coach supervised warm-up between 7:30 – 8:55 AM Saturday and Sunday for Age Group Sessions and 1:30-1:55 PM Saturday for the Novice Session. All swimmers must use a 3- point slide in entry into the pool for warm up/warm down, no jumping or diving. 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 5 minutes before the start of each session.

MEET REFEREE: Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to Ernie Peterson: ErnieP@kcienv.com

RULES: Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP 2.0), 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. 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 December 7, 2024 to enter this meet. Timers are requested to be provided by each team. Swimmers competing in the 500 & 1650 Free and 400 I.M. are requested to furnish their own timers for three heats and lap counters. Events will be swum fastest to slowest. Swimmer may swim a maximum of 4 events per day. All officials and coaches on deck must have completed the CDC or NFHS online Concussion course. All officials on deck must have completed the CANRA Mandatory Reporting course.

CHECK IN: Check-in will be via coach check-in. Coaches will be provided a list of their entries for each session and must indicate any scratches to the Admin Referee more than 30 minutes prior to the session starting. After the session has been closed, swimmers will be seeded into their events and not be able to scratch. There is no penalty for a "no-show" in an event.

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 acknowledgment 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 are not permitted at this meet for 12-Un swimmers; please see the Tech Suit Policy on the SCS website: www.socalswim.org.

DECK CHANGES: Deck Changes are prohibited.

Concussion Protocol: ALL COACHES AND OFFICIALS MUST COMPLETE THE CDC OR NFHS CONCUSSION ONLINE COURSE.

Concussion Informed Consent Acknowledgment Any swimmer under the age of 18 entered in the meet must have a current (within the year), athlete and parent signed Concussion Informed Consent Acknowledgment. If affiliated with a member club, it must be on file with the club. If unaffiliated with a member club, it is the responsibility of the swimmer or the swimmer's parent or legal guardian to ensure

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 Coastal Committee athletes who hold 2024 or 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 (APT) prior to the start of the meet in order to compete. Current USA Swimming Rules, including the Minor Athlete Prevention Policy 2.0 (MAAPP 2.0) will govern this meet.

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.

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.

AWARDS: Ribbons 1st – 8th place, Novice: 8-Under, 9-10, 11-12 Age Group:10-Under, 11-12. All results and awards will be separated into Girls and Boys. Prizes will be awarded to heat winners. I

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP 2.0"), will govern

ENTRY FEES: \$6.00 for each individual event along with a \$15.50 surcharge per swimmer must accompany each individual entry card. The Outreach athlete entry fee is a \$15.00 flat fee. 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.

ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, WEDNESDAY, November 22, 2023. 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.)

Make Checks payable to: LTA Aquatics

MAIL ENTRIES TO:

Pam Nguyen
237 Spruce Drive
Goleta, CA 93117

Email for team electronic entries only: pam.jam24@gmail.com

Questions: Please contact Coach Elias daniellaw260@yahoo.com or 805-944-7666 or the Meet Processor or the SCS office (310-684-1151)

Glass containers are not allowed on the pool deck! PARK ONLY IN DESIGNATED SPACES, IF THE AQUATIC CENTER LOT IS FULL PARK IN THE LOMPOC HIGH SCHOOL LOT OR ON THE STREET!

All those in attendance will receive a special Lompoc Tsunami Aquatics Toys-For-Tots Meet swim cap with the donation of an unwrapped toy valued at \$10 or above.

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SATURDAY, DECEMBER 7, 2024 AGE GROUP SESSION I			
GIRLS	AGE GROUP	EVENT	BOYS
1	13-UP	200 FREE	2
3	11-12	200 FREE	4
5	10-UNDER*	200 FREE	6
7	13-UP	200IM	8
9	11-12	100IM	10
11	10-UNDER*	100IM	12
13	13-UP	100 BACK	14
15	11-12	50 BACK	16
17	10-UNDER	50 BACK	18
19	13-UP	100 BREAST	20
21	11-12	50 BREAST	22
23	10-UNDER	50 BREAST	24
25	13-UP	200 FLY	26
27	11-12	100 FLY	28
29	10-UNDER	100 FLY	30
31	13-UP	50 FREE	32
33	11-12	50 FREE	34
35	10-UNDER	50 FREE	36
37	11-12	500 FREE	38
39	13-UP	500 FREE	40

- Events 37-40 will be seeded and swam together by time.
 - Swimmers in the 500 FR must provide their own lap counter and timers.
- All events go Fastest to Slowest.

SATURDAY, DECEMBER 7, 2024 - NOVICE SESSION II			
GIRLS	AGE GROUP	EVENT	BOYS
41	8-UN, 9-10, 11-12, 13-UP	100 FREE	42
43	8-UN, 9-10, 11-12, 13-UP	25 BREAST	44
45	8-UN, 9-10, 11-12, 13-UP	50 BREAST	46
47	8-UN, 9-10, 11-12, 13-UP	25 BACK	48
49	8-UN, 9-10, 11-12, 13-UP	50 BACK	50
51	8-UN, 9-10, 11-12, 13-UP	25 FLY	52
53	8-UN, 9-10, 11-12, 13-UP	50 FLY	54
55	8-UN, 9-10, 11-12, 13-UP	25 FREE	56
57	8-UN, 9-10, 11-12, 13-UP	50 FREE	58

*Coaches are encouraged to use common sense and discretion in entering the NOVICE session.

* Athletes may not compete in Session 1 and Session 2 -they must choose.

SUNDAY DECEMBER 8, 2024 SESSION III			
GIRLS	AGE GROUP	EVENT	BOYS
59	13-UP	100 FREE	60
61	11-12	100 FREE	62
63	10-UNDER	100 FREE	64
65	13-UP	200 BACK	66
67	11-12	100 BACK	68
69	10-UNDER	100 BACK	70
71	13-UP	200 BREAST	72
73	11-12	100 BREAST	74
75	10-UNDER	100 BREAST	76
77	13-UP	100 FLY	78
79	11-12	50 FLY	80
81	10-UNDER	50 FLY	82
83	10-UNDER	2001M	84
85	11-12	2001M	86
87	13-UP	4001M	88
89	13-UP	1650	90

. Event #87/88 will be seeded & swam together. Event #89/90 will be seeded & swam together