



2026 AGAC "Spring Into Summer" LC Meet

@ Cuesta College - Saturday, May 30 - Sunday, May 31, 2026

DATES OF MEET: Saturday, May 30 - Sunday, May 31, 2026
HOST TEAM: Arroyo Grande Aquatic Club
SANCTIONED BY: USA Swimming, Southern California Swimming
SANCTION #: S26-115
ENTRY DEADLINE: **Thursday, May 21, 2026; 5:00 PM**

IMPORTANT TIMES:			
SESSION	DECK OPENS	WARM-UP	MEET START
Saturday AM	7:45 AM	8:00-9:20 AM	9:30 AM
Sunday AM	7:45 AM	8:00-9:20 AM	9:30 AM

POOL ADDRESS: Cuesta College Pool - Main Lot: 3000 Education Drive, San Luis Obispo, CA 93405.

COURSE: The pool is 50-meters by 25 yards, with ten (10) long course meter lanes. Up to eight lanes will be used for the competition and at least two lanes will be used for continuous warm-up/warm down. The competition pool is 7ft deep at the Start end, and 13ft deep at the Turn end. Starting blocks with track start wedges & backstroke wedges will be used. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming.

Deck space will be available for canopies and seating, bleachers will be available for spectators. The areas behind the starting blocks will be limited to athletes, coaches, officials & timers. Bring tie-downs and weights to secure your canopies/structures.

MEDICAL SUPERVISION: Lifeguards will be on duty at all times throughout the meet. STSC-certified coaches and officials on deck, AED & backboard available. For emergencies, dial '911'.

TIMING SYSTEM: Automatic timing (touchpads + 2 backup buttons & stopwatch) will be used.

WARM-UP PROCEDURES: All lanes will be open for warm-up under the direct supervision of a current 2026 USA Swimming member coach from 8:00-9:20 AM on Saturday & Sunday. Warm-up rules will be announced and enforced. No diving into the pool except for the sprint lanes directed by the Meet Referee; dive lanes will open upon request. Marshals will be designated to oversee the warm-up procedure and pool. Swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving.

MEET REFEREE: The meet referee, Ernie Peterson, shall be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the meet referee (erniep@kcienv.com).

- RULES:**
- USA Swimming rules will govern the 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.
 - Swimmers must swim in their actual age group as determined by the age on the first day of the meet (May 30, 2026). Swimmers must be at least 5-years-old by the start date to enter. Athletes aged 5-6 must meet the 5-8 SCS 'B' standard in 50m events in order to enter 100m events of the same stroke (back/breast/fly), or meet the 'B' standard in the 100m Free/IM to enter the 200 Free/IM respectively.
 - All coaches and officials on deck must complete the CDC or NFHS Concussion course and must be in current good standing with USA Swimming in order to perform coaching duties at the meet. All coaches and officials on deck must complete the CANRA Mandatory Reporting course.
 - **All athletes 18 years & older must complete the free, online Athlete Protection Training prior to the meet in order to compete:** www.usaswimming.org/apt

RECORDING DEVICES & MEDIA NOTICE: The uses 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 AQUA 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.

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.



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- ELIGIBILITY/ AFFILIATION:** Open to SCS Coastal Committee and non-SCS athletes who hold a 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 will be accepted, space available; submit a copy of registration with entry.
- 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 for completing the Club Transfer process online.
- SUBMITTED TIMES:** Times submitted must be the **best recorded times** short course yards or long course meters from this or the preceding swim season (NO workout times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. "NT" (no time) entries are permitted.
- ENTRY LIMIT:** Swimmers are limited to 5 individual events per day. Entries will be limited to meet the "4-Hour Rule".
- ENTRY PROCEDURES:** Electronic Entry: Email entry (Hy-Tek 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 a team entry must be postmarked within 48 hours of the email 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 for entered swimmers may be submitted by hard copy (this includes email) **ONLY**. New swimmers accepted by 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:**
- **\$6.00 for each individual event, plus a \$15.50 surcharge per swimmer.**
 - **OUTREACH ATHLETES: The Outreach athlete entry fee is a \$15.00 flat fee. Coaches entering any qualified Outreach athletes in this meet must notify the Admin Official when sending their team entry report and file, listing the athlete's name.**
- Entry fees must accompany each individual entry. NO REFUNDS. Returned checks will incur a service fee per SCS policy.
- MAKE CHECKS PAYABLE TO:** **ARROYO GRANDE AQUATIC CLUB**
- EMAIL ENTRIES TO:** meetadmin@agacswim.org
- MAIL TEAM PAYMENT TO:** AGAC c/o Kevin Virnig
140 James Way
Arroyo Grande, CA 93420
- ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5:00 PM THURSDAY, MAY 21st, 2026.** If the meet fills to the "4 Hour Rule" prior to the deadline, entries will be rejected (last received, first rejected).
- 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 Official **more than 45 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.
- SEEDING:** All events will be seeded **fast to slow.** After entries close, non-conforming times will be converted for seeding purposes only.
- DISTANCE EVENTS:** Swimmers in the 400 IM, 800 Free and 400 Free are requested to provide their own timers and 800 & 400 Free swimmers are requested to provide lap counters. Lap counting devices will be available. **These distance events, with the exception of Event 24 (12 & Under 400 Free), will alternate girls and boys heats.** Events/heats may be combined if entries permit.
- 7-10 400 Free: Swimmers aged 7-10 who wish to enter the 400 Free (Event 24) must have achieved the 10 & Under 200 Free USA "BB" Time Standard to enter.
- AWARDS:** Ribbons for 1st through 6th place will be awarded for the following age groups: 5-8, 9-10, 11-12.
- LANE TIMING:** Clubs will be assigned lanes for timing based on the number of entrants. Please have parents/volunteers available to time throughout the meet. Athletes competing in distance events (400 IM, 800 Free, and 400 Free) are requested to provide their own lane timers.
- MEET CONTACTS:**
- ADMIN OFFICIALS:** Amy Sage
sageswimevents@gmail.com
Kevin Virnig
meetadmin@agacswim.org
- MEET REFEREE:** Ernie Peterson
erniep@kcienv.com
- MEET DIRECTOR:** Kevin Virnig
(Contact for further information) kevin@agacswim.org



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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 (MAAPP 3.0) govern this meet.**



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Girls		Saturday, May 30, 2026 Session 1 - 9:30am Start		Boys	
Event #	Age Group	Event	Event #	Event #	Event #
1	13 & Over	200m Freestyle	2	2	
3	5-12	200m Freestyle	4	4	
5	13 & Over	100m Butterfly	6	6	
7	5-12	100m Butterfly	8	8	
9	13 & Over	100m Breaststroke	10	10	
11	5-12	100m Breaststroke	12	12	
13	11 & Over	200m Backstroke	14	14	
15	5 & Over	50m Backstroke	16	16	
17	13 & Over	50m Freestyle	18	18	
19	5-12	50m Freestyle	20	20	
21	11 & Over	MIXED 400m Individual Medley*	21	21	
22	11 & Over	MIXED 800m Freestyle **	22	22	

Swimmers may enter up to 5 individual events each day.

* Swimmers in the 400 IM are requested to provide their own timers.

** Swimmers in the 800 Free are requested to provide their own timers & lap counter.

The 400 IM (Event 21) and 800 Free (Event 22) will be swim mixed gender.

Girls		Sunday, May 31, 2026 Session 2 - 9:30am Start		Boys	
Event #	Age Group	Event	Event #	Event #	Event #
23	13 & Over	MIXED 400m Freestyle*	23	23	
24	7-12	MIXED 400m Freestyle**	24	24	
25	13 & Over	100m Backstroke	26	26	
27	5-12	100m Backstroke	28	28	
29	13 & Over	200m Individual Medley	30	30	
31	5-12	200m Individual Medley	32	32	
33	5 & Over	50m Breaststroke	34	34	
35	11 & Over	200m Breaststroke	36	36	
37	5-12	100m Freestyle	38	38	
39	13 & Over	100m Freestyle	40	40	
41	5 & Over	50m Butterfly	42	42	
43	11 & Over	200m Butterfly	44	44	

* Swimmers in the 400 Free are requested to provide their own timers & lap counter.

** Swimmers aged 7-10 who wish to enter the 400 Free (Event 24) must have achieved the 10 & Under 200 Free USA "BB" Time Standard to enter.

All 400 Free events (23/24) will be swim mixed gender.