

**2025 SCSL Spring Meet #1**  
Short Course Swim Meet  
March 1, 2025



Approved by: USA Swimming and Southern California Swimming  
Sponsored by: South Central Swim League  
Date of Meet: Saturday, March 1, 2025  
Warm up: 6:50-7:50 AM

Approval No: A25-047  
Received by deadline: 5:00 PM, 2/19/2025  
Start of Meet: 8:00 AM Saturday

**POOL:** Patricia G. Mitchell Swim Stadium, 9520 Hildreth Avenue, South Gate, CA 90280. Please use online maps or apps for directions.

**COURSE:** Indoor 50 meter x 25 yard with 10 competition lanes and warmup area is available. The competition course has been certified in accordance with 104.2.2(C) on file with USA Swimming. Pool depth: start end 54 inches minimum, turn end 54 inches minimum.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 6:50 – 7:50 am. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will open and be assigned at the direction of meet referee. The pool will close after each warm-up session at the direction of meet referee. All swimmers must use 3-point, slide in entries into the pool during warm up, no jumping or diving.

**MEET REFEREE:** Bill Wright will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the Meet Referee at e-mail: [blmwright@sbcglobal.net](mailto:blmwright@sbcglobal.net).

**RULES:** USA Swimming rules will govern. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN with the clerk of course 30 MINUTES 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. Timers are requested to be provided by each team. Swimmers competing in the 500 or 1000 Freestyle are requested to furnish their own timers for three heats and lap counters. **Swimmer may swim a maximum of 3 events per day plus relays.** 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.

**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 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](http://www.socalswim.org).

**DECK CHANGING:** 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 all current South Central Swim League 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 and older must complete the online Athlete Protection Training (APT) to compete in the meet.

**CHANGE OF AFFILIATION:** Club Transfers (unattached 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). After entries close, meet administration will convert nonconforming times for seeding purposes only. 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 1st-6th Place (including relays). All combined events will be swum by time but will be awarded and scored by the following age groups: Individual events: 5-6, 7-8, 9-10, 11-12, 13-14 and 15-18. Relay events: 5-8, 9-10, 11-12, 13-14 and 15-18

**ENTRY PROCEDURE:** Team Electronic Entry is preferred. Added events (entered swimmers) and new swimmers may be submitted by e-mail ONLY. All relays are deck entered and time permitting. DO NOT RESEND AN ENTRY FILE. Send electronic entries to: Judy Shim ([judyshim@cox.net](mailto:judyshim@cox.net)).

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**ENTRIES CLOSE:** ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM WED, FEBRUARY 19, 2025.

**Make checks payable to: South Central Swim League**

<b>Electronic entries:</b> Judy Shim	Meet Director:	Juan Torres	(310) 850-6156	<a href="mailto:juantemail-swim@yahoo.com">juantemail-swim@yahoo.com</a>
Mail or hand delivery USA registrations:	Admin Official:	Judy Shim	(310) 650-9560	<a href="mailto:judyshim@cox.net">judyshim@cox.net</a>
28715 Mount Rushmore Rd	Meet Referee:	Bill Wright		<a href="mailto:blmwright@sbcglobal.net">blmwright@sbcglobal.net</a>
Rancho Palos Verdes, CA 90275				

**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](http://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](http://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.**

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**SCHEDULED EVENTS IN SHORT COURSE YARDS:**

<b>Meet Schedule A</b>				
<b>Girls</b>	<b>Event</b>	<b>Age</b>	<b>Min Time</b>	<b>Boys</b>
1	100 Freestyle	5-8		2
3	200 Freestyle	9 & Over	3:15.00	4
5	25 Backstroke	5-8		6
7	100 Backstroke	9 & Over		8
9	50 Breaststroke	5-8		10
11	50 Breaststroke	9 & Over		12
13	200 Breaststroke	11 & Over	3:15.00	14
15	25 Butterfly	5-8		16
17	100 Butterfly	9 & Over		18
19	50 Freestyle	5-8		20
21	50 Freestyle	9 & Over		22
23	100 Medley Relay	5-8		24
25	200 Medley Relay	9 & Over		26
27	1000 Freestyle	11 & Over	15:30.00	28

All 200+ distance events require a minimum time. Events entered with NT will be automatically scratched.  
 500 and 1000 events: Only 1 heat per gender will be seeded. Only the top 10 swimmers will be seeded, swimmers that do not make the cut can opt to swim an alternate event.