

2026 SCSL Fall Meet #3

Short Course Swim Meet

November 21, 2026



Approved by: USA Swimming and Southern California Swimming

Sponsored by: South Central Swim League

Date of Meet: Saturday, November 21, 2026

Warm up: 6:50-7:50 AM

Approval No: A26-172

Received by deadline: 5:00 PM, 11/21/2026

Start of Meet: 8:00:00 AM

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 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: Jetta Mate 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: matejetta@yahoo.com

RULES: USA Swimming rules will govern. Current SCSL 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 SCSL website: 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 2026 or 2027 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 gender and 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: entries@swimscsl.org

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ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM SATURDAY, NOVEMBER 21, 2026.

Meet Director:	Juan Torres	(310) 850-6156	juantmail-swim@yahoo.com
Admin Official:	Judy Shim	(310) 650-9560	judyshim@cox.net
Meet Referee:	Jetta Mate	(310) 531-0211	matejetta@yahoo.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.

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 govern this meet.

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SCHEDULED EVENTS IN SHORT COURSE YARDS:

Meet Schedule A			
Girls/Boys	Event	Age	Min Time
1	100 IM	11 - 18	2:00.00
2	100 Freestyle	5 - 8	2:00.00
3	200 Freestyle	9-18	3:15.00
4	25 Backstroke	5 - 8	
5	100 Backstroke	9 - 18	2:00.00
6	50 Breaststroke	5 - 10	
7	50 Breaststroke	11 - 18	
8	200 Breaststroke	11 - 18	3:15.00
9	25 Butterfly	5 - 8	
10	100 Butterfly	9 - 18	2:00.00
11	50 Freestyle	5 - 10	
12	50 Freestyle	11 - 18	
13	100 Medley Relay	5 - 8	
14	200 Medley Relay	9 - 18	
15	1000 Freestyle	11 - 18	15:30.00

- ❖ Girls' and boys' individual events may be swum together but will be awarded and scored separately by gender and age group.
- ❖ The 5–8 relays will be awarded and scored as mixed events. They may be seeded in any gender composition; however, only mixed relays consisting of exactly two boys and two girls will be accepted into the SWIMS database. Relays in the 9–18 age groups will be entered, awarded, and scored by gender and age group; mixed-gender relay teams are not permitted in those relay events.
- ❖ All 200-yard and longer individual events require a minimum entry time. Entries submitted as NT (No Time) will be automatically scratched. For the 500 and 1000 freestyle events, only one heat per gender will be seeded initially. The top ten entered swimmers per gender will be accepted; swimmers who are not accepted may choose an alternate event. If the timeline permits, additional heats may be added at the discretion of the administrative referee.

Emergency Action Plan

Event	2026 SCSL Fall Meet #3
Host	South Central Swim League
Location	Patricia G. Mitchell Swim Stadium 9520 Hildreth Avenue, South Gate, CA 90280
Date	Saturday, November 21, 2026
Time	6:30 AM - 2:00 PM

Medical Response and Law Enforcement

Emergency	Dial 911 immediately. Notify lifeguards and event management as soon as possible.
Medical Assistance First Aid	Notify lifeguards or call 911. Keep the area clear, control crowds around the victim, and wait for first responders.
Fire Department	Fire Station #54 4867 Southern Avenue, South Gate, CA 90280 323-567-8580
Closest Hospital	St. Francis Medical Center 3630 E. Imperial Hwy, Lynwood, CA 90262 310-900-8900
Closest Urgent Care	AltaMed Urgent Care 8627 Atlantic Ave, South Gate, CA 90280 888-499-9303
Law Enforcement	South Gate Police Department 8620 California Ave, South Gate, CA 90280 323-563-5400 (Non-Emergency)

Emergency Contacts

Life and Safety	Dial 911 and state the nature of the emergency.		
Pool Manager / Director	Leslie Consuegra	Phone	323-563-5753
SCS General Chair	Stacy Smith	Phone	818-665-6584
Meet Admin	Judy Shim	Phone	310-650-9560
Meet Referee	Jetta Mate	Phone	310-531-0211
Meet Director	Juan Torres	Phone	310-850-6156

General Safety Procedures

Civil Disturbance

- Notify lifeguards and the meet manager
- Dial 911 if there is an immediate threat or escalation
- Move uninvolved parties to a safe area

Suspicious Person

- Notify lifeguards and the meet manager
- Maintain a safe distance
- Dial 911 and wait for law enforcement if needed

Missing Person / Child

- Notify lifeguards immediately
- Obtain a clear description of the missing person
- Announce details as appropriate to assist with locating the person
- Contact law enforcement if the person is not located promptly

Life Safety Procedures

Earthquake

- Follow facility emergency procedures
- Notify lifeguards and clear the pool immediately
- Move attendees to the parking lot or front lawn, away from buildings
- Contact teams and complete an accountability check
- Call 911 if emergency assistance is needed

Weather Emergency

- Notify lifeguards and clear the pool immediately
- If lightning is in the area, keep all occupants out of the pool and off the deck
- Do not resume activity until at least 30 minutes after the last lightning strike in the area

Fire

- Call 911
- Notify lifeguards and clear the pool immediately
- Evacuate attendees to the parking lot or another safe area outside the structure
- Complete an accountability check with all teams
- Report accountability status to responding emergency personnel

Hazardous Materials

- Call 911
- Notify lifeguards and clear the pool immediately
- Move attendees to a safe area away from and upwind of the hazardous material

Electrical Emergency

- Call 911
- Notify lifeguards and clear the pool immediately
- Isolate the hazard area and deny entry
- Move attendees to a safe area away from the hazard

Incident Documentation Reminder: Document any incident as soon as possible. Include witness names and contact information, statements, timeline, and factual details as they occurred.