

JSC Swim Bowl

February 6-8, 2026

Sanction # AZ26-36

HELD UNDER SANCTION OF USA SWIMMING, INC.

Liability: In granting this sanction it is understood and agreed that USA Swimming, Inc., Arizona Swimming, Inc., J Swim Club, Martin Pear Aquatics Center, Valley of the Sun JCC, and all meet officials shall be held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet, which includes the warm-up sessions.

Host Club: J Swim Club
Location: Valley of the Sun J, Martin Pear Aquatics Center
12701 N Scottsdale Rd, Scottsdale, AZ 85254

Meet Director: Lenita Vokshi 480-358-7605 hlenita@gmail.com
Meet Referee: Kurt Watkins 602-819-9066 watkinsk44@yahoo.com

Course: One six or eight-lane, outdoor 25-yard pool with non-turbulent lane dividers. A Colorado automatic timing system will be used. Warm-up and warm-down lanes will be available throughout the meet in the competition pool and/or in a separated 15-yard, 4 lane warm up pool.

Rules Governing Sanctioned Meets

1. Age on the first day the meet will govern for the entire meet.
2. Conduct of the sanctioned event shall conform in every respect to current rules of USA Swimming including technical and administrative rules and the Minor Athlete Abuse Prevention Policy ("MAAPP").
3. 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 without the use of the backstroke ledge. 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.
4. The competition course has been certified in accordance with 104.2.2C(4) as to pool length. A copy of such certification is on file with USA Swimming.
5. The minimum water depth, measured in accordance with Article 103.2.3, is 7 feet, at the start end and 7 feet at the turn end.
6. Deck changes are prohibited.
7. The Arizona Swimming Controlled Meet Warm-up and Safety Guidelines will be posted and enforced.
8. No swimmer will be permitted to compete unless the swimmer is a member of USA Swimming. On deck registration is not available at any Arizona Swimming meet.
9. The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or other areas as may be designated by the Meet Director/Meet Referee.
10. All referees, starters, administrative officials, chief judges, and stroke and turn judges serving in an official capacity in a sanctioned event must be non-athlete members of USA Swimming or members of other FINA member organizations. All meet directors for meets sanctioned by USA Swimming must be members of USA Swimming. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity in a sanctioned event must be a coach member of USA Swimming.
11. Officials and Meet Marshals must sign in and present proof of current membership and/or training respectively, to the Meet Referee prior to the start of each session of competition. If requested, Arizona
12. Officials and Meet Marshals must present their AZSI issued Picture ID's to the Meet Referee.
13. Coaches must sign in and present proof of current membership at the Clerk of Course prior to the start of each session of competition. If requested, Arizona Coaches must present their AZSI issued Picture ID's to the Meet Referee Clerk of Course.
14. All Officials, Coaches and Meet Marshals shall display their valid Arizona Swimming Picture ID badge in a visible manner at all times. Meet Marshals shall wear their identifying vests.
15. Swimmers with a disability are welcome. The Swimmer (or swimmers' coach) is responsible for notifying the Referee, prior to the competition, of any disability of the swimmer and of the requested modification. The swimmer/coach shall provide any assistant(s) or equipment (tappers, deck mats, etc.) if required.
16. 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.
17. The following medical supervision will be available to athletes participating in the meet: Lifeguards, first aid, EMT, AED.

Eligibility & Rules:

1. Open to all swimmers who are USA Swimming registered athletes, holding a current and valid USA Swimming card as of the meet entry deadline.
2. Swimmers age on February 6, 2026, will govern for this meet.
3. This is an ABC meet. Swimmers may enter with NT.
4. Swimmers may enter no more than 3 individual events on Friday and 4 individual events on Saturday and Sunday for no more than 11 individual events for the meet, not including time trials. If an entrant has more than 11 individual events for the meet, or greater than 3/4/4 individual events for the day, the highest numbered event will be dropped until the entry limits have been met. Swimmers may enter up to 2 relay events for the meet.
5. Distance Events: (All athletes must pre-enter all events).
The 400 IM and 500 Free will require positive check-in to compete and will be swum fastest to slowest, alternating girls and boys. Deadline for check-in is the start of the session. Swimmers must provide their own timers and provide counter personnel for the 500.
6. The meet is limited to 400 athletes.
7. Time Trials will be offered at the sole discretion of the Meet Referee.
8. Entry Seeding order for this meet will be: 1. Short course yards (SCY), 2. Long course meters (LCM), 3. Short course meters (SCM). No converted times may be used.
9. The host club reserves the right to limit the number of entries per day to control the timeline.

Entries

Deck entries will not be accepted. All entries must be submitted via email to hlenita@gmail.com in Hy-tec or comparable format.

Entries are due January 30, 2026 and must be accompanied by a .pdf of the meet entries as contained in the electronic file. The electronic copy will have precedence in case of discrepancy.

Entry Fees

Arizona Swimming Surcharge	\$10.00
Individual Events	\$6.00
Relays	\$12.00
Time Trials	\$12.00

Make checks payable to: Valley of the Sun J, 12701 N Scottsdale Rd Scottsdale, AZ 85254

Sessions:

Friday February 6, 2026	Session 1	2:15 PM Warm up, 3:00 PM Start
Saturday February 7, 2026	Session 2	10:00 AM Warmup 11:00 AM Start
Sunday, February 8, 2026	Session 3	10:00 AM Warm up 11:00 AM Start

Awards

There will be ribbons for 1st-8th place in each individual event for each age group 10&U, 11-12, and 13-14. A/B Certificates will be passed out to those achieving their first A or B times, upon request.

Concessions

A concession stand will be available.

Order of Events

Session 1: Friday, February 6, 2026

Warm up 2:15 PM

Start 3:00 PM

Girls	Event	Boys
1	Open 50 Butterfly	2
3	Open 50 Backstroke	4
5	Open 50 Breaststroke	6
7	Open 400 IM	8
9	Open 100 Free	10

Session 2: Saturday, February 7, 2026

Warm up 10:00 AM

Start 11:00 AM

Girls	Events	Boys
11	Open 200 Free	12
13	Open 100 Back	14
15	Open 200 Fly	16
17	Open 100 IM	18
19	Open 200 Breast	20
21	Open 400 Medley Relay	22
23	Open 500 Free	24

Session 3: Sunday, February 8, 2026

Warm up 10:00 AM

Start 11:00 AM

Girls	Events	Boys
25	Open 200 IM	26
27	Open 100 Fly	28
29	Open 50 Free	30
31	Open 200 Back	32
33	Open 100 Breast	34
35	Open 400 Free Relay	36