

**Las Cruces Aquatic Team
2026 LCAT Suntan Classic
May 1-3, 2026**



~ This meet has an entry cap of 500 athletes ~

SANCTION

Held under the sanction of USA Swimming, Inc. (USA-S) and New Mexico Swimming, Inc. (NMSI).

- Sanction Number: #NMS26O11L

HOST

Las Cruces Aquatic Team

KEY MEET PERSONNEL

Meet Referee:	Lee Cothorn, cowpoke63@hotmail.com
Meet Director:	Christopher Encapera, crenca01@yahoo.com
Admin Official:	Karin Guikema, lascrucesaquaticclub@gmail.com
Entry Chair:	Karin Guikema, lascrucesaquaticclub@gmail.com

LOCATION

City of Las Cruces Natatorium, 1405 E. Hadley Ave, Las Cruces, NM 88001, 575-541-2744

PARKING

Free parking is available in the lots at the City of Las Cruces Natatorium, as well as in any of the parking lots in the various City of Las Cruces recreational facilities along E. Hadley Ave.

FACILITY

Ten-lane, state-of-the-art heated indoor facility, 3,977 feet altitude, 50-meter x 25-yard pool, and contiguous dressing rooms. Colorado Timing System with ten-lane display is used. The water depth from 1m to 5m at the starting end of the pool is 11 1/2 feet or greater. At the bulkhead end of the pool, the water depth from 1m to 5m is 4 feet. The competition course has not been certified in accordance with 104.2.2C(4).

The City of Las Cruces Natatorium prohibits smoking or use of other tobacco products on the pool deck, in the changing rooms, in spectator seating, and in all areas used by swimmers in the course of this meet. No glass containers will be allowed anywhere inside the City of Las Cruces Natatorium. There are NO PETS allowed on the deck. Use of profanity is prohibited.

ENTRY ACCESS

Coaches, swimmers, volunteers, and spectators will gain access to the facility beginning at 3:00pm on Friday, May 1, 2026. Spectator seating is available on built-in bleachers; tents and chairs may also be set up outdoors along the sidewalk outside the facility. Swimmers may sit on the on-deck bleachers or bring their own chairs to sit on deck. No reserved seating is allowed. Personal items may not remain on the bleachers or pool deck overnight.

LIABILITY

In granting this approval it is understood and agreed that USA Swimming, Inc. (USA-S), New Mexico Swimming (NMSI), Las Cruces Aquatic Club (and its Board of Directors), the City of Las Cruces, and all meet officials shall be held free and held harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event, which includes warm-up sessions. Damage to the facility, when proved, will cause the offending swimmer, if unattached, or the offending swimmer's club, if attached, to be held accountable. Please be respectful of the facility and all visitors within. Vandalism to property will not be tolerated. If anyone witnesses such behavior, please report to the Meet Director or Meet Referee.

RULES

2026 USA Swimming Rules and Regulations govern this meet, except as noted in this meet information.

FORMAT

This is a timed finals, long course meters meet. 8 lanes will be used for competition. No time trials will be offered.

ELIGIBILITY

Swimmers must be 2026 USA Swimming registered. The meet is also open to all foreign athletes formally invited by USA Swimming. **All registrations will be verified. No on-deck registrations will be accepted.** Swimmer's age as of May 1, 2026 will determine their age for the meet. There are no time standards for this meet.

UNACCOMPANIED SWIMMER

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

DISABLED SWIMMERS

Disabled swimmers are welcome. Please contact the Meet Referee if special considerations are needed.

COACHES

All coaches must show their credentials upon arrival at the meet to receive a wristband; electronic member cards from the USA Swimming App will be accepted as a suitable form of verification. Information regarding coaches' meetings will be distributed in advance of the meet.

OFFICIALS

Volunteer officials are needed for the successful conduct of this meet. All officials must be current in their certifications; apprentice officials are also welcome. Visiting team officials are welcome and appreciated. Visiting team officials who work at least two sessions are eligible to receive reimbursement from LCAT following the meet for the individual entry fees for one swimmer (excluding relay entry fees, NMSI surcharge, and pool usage fee) or a gift card for visiting officials without swimmers entered in the meet.

VOLUNTEER WORKERS

Volunteers are needed to help run this meet (timers, marshals, runners, etc.). **The meet host reserves the right to require entered teams to provide lane timers.**

MINOR ATHLETE ABUSE PREVENTION POLICY

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.

SAFETY GUIDELINES

Safety Marshals shall be on deck to enforce the safety guidelines. The marshals, under the direction of the Meet Referee, shall have the authority to remove any swimmer or coach found to be in violation of unsportsmanlike conduct, swimming ethics, or procedures outlined in the meet information. USA Swimming-certified coaches shall direct their swimmers regarding the safety guidelines and warm-up procedures. All swimmers must be supervised by a certified USA Swimming Coach throughout the warm-up session.

MEDICAL SUPERVISION

Certified lifeguards employed by the City of Las Cruces will be on duty during all warm-up and competition sessions. An AED is located within the Las Cruces Natatorium.

LOCKER ROOMS

Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, restrooms, or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. In order to comply with MAAPP requirements, athletes, coaches, officials, volunteers, and spectators shall comply with all signage and direction from meet staff indicating the separately designated restroom facilities for athletes and non-athletes.

SWIMWEAR

Swimwear must conform to those rules specified in the USA Swimming Rulebook 102.8.

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.

PROGRAMS, HEAT SHEETS, AND RESULTS

Programs, including heat sheets, will be available in digital format and printable at home. Heat and lane information will also be available on Meet Mobile. Final results will be emailed to all participating teams.

CONCESSIONS/HOSPITALITY

Food concessions may be available at the meet. There will be a hospitality area for officials, coaches, and volunteer meet workers.

VENDOR

Ski Pro will be on site throughout the weekend with swim gear and apparel available for sale.

ENTRIES

Swimmers may compete in a maximum of four (4) individual events and one (1) relay per session. All entries are to be received no later than **8:00pm on Tuesday, April 21, 2026**. Entries received after the deadline will be considered late entries. Late entries and changes will be accepted on a lane available basis through **6:00pm on Sunday, April 26, 2026**. **Coaches must email proof of current registration for all swimmers at the same time when submitting late entries.** All teams must submit their entries via email, using Hy-Tek Team Manager software or through TeamUnify, along with a PDF copy of a meet entries report by athlete name (along with the names and entry fees of swimmers whose fees are waived in accordance with NM Swimming Rules & Regulations). **Please send electronic entries to: lascruesaquaticclub@gmail.com.** You must include the name, email address, and phone number of the person who prepared the entries for clarification purposes. Paper entries and non-Hy-Tek email entries will be subject to an additional charge of \$5.00 per swimmer. **There will be no deck entries allowed at this meet.**

Events 1, 2, 3, 4, 5, 6, 23, 24, 39, 40, 73, and 74 may be restricted to a maximum of two (2) heats each, depending on the estimated timeline of the meet after all entries are received.

Entries will be accepted in the order they are received; 500 athletes is a HARD CAP.

RELAY ENTRIES

All relay entries and entry fees must be submitted with a team's individual entries. No individual swimmer names are required on the relay entries at the time of electronic entry; however, all potential relay team swimmers must be included when team entries are sent in. Relay teams may not swim unattached. Swimmers and order may be changed on the relay cards up to the time of the swim at the blocks. Swimmers who fail to show up for a relay event will not be penalized.

ENTRY FEES

Individual Events:	\$6.00 per event
Relays:	\$8.00 per relay
NMSI Surcharge:	\$7.00 per swimmer, including relay-only swimmers
Pool Usage Fee:	\$20.00 per swimmer, including relay-only swimmers

Meet fees will be waived for qualified swimmers in accordance with sections 7.1.1.1 and 7.1.6 of NMSI Rules and Regulations. Other meet fees are not refundable.

PAYMENT

Full payment can be made by cashier's check or team check **payable to "Las Cruces Aquatic Club" or "LCAC."** Payment can be mailed to:

Las Cruces Aquatic Club
P.O. Box 3192
Mesilla Park, NM 88047

If meet entry fees are not paid by the start of warmups on Friday, May 1, 2026, coaches will not receive their packets, and your swimmers may be scratched from the meet until full payment is made.

POSITIVE CHECK-IN

Positive check-in is required for the 400 IM, 400 freestyle, 800 freestyle, and 1500 freestyle. Positive check-in will close 30 minutes prior to the start of each session.

SPLIT REQUESTS

Swimmers requesting initial distance split requests must do so at the admin table no later than 30 minutes prior to the start of the session. Swimmers will be required to provide their own 2 timers to record the split time on the lane timer sheet.

EVENT SEEDING

- All entries will be seeded by long course meters, then short course meters, then short course yards.
- All individual events 200 meters and shorter, and all relays, will be pre-seeded and swum slowest to fastest.
- All individual events 400 meters and longer will be deck-seeded following completion of required positive check-in and will be swum fastest to slowest, alternating between female heats and male heats. The last heat may be combined female and male in order to save time.
- Swimmers in events 400 meters or longer are responsible for furnishing their own lap counters and 2 timers.
- Partial heats may be combined, female and male. The Meet Referee will waive, pursuant to USA-S Rule 102.7.2, the requirement that there be one empty lane between such combined events unless a coach states when submitting entries that the coach does not agree that this requirement be waived for swimmers from his or her team.

SCRATCHING

Swimmers are not required to scratch and will not be penalized for no-shows.

SCORING AND AWARDS

Events will be scored by gender in the following age groups: 8&U, 9-10, 11-12, 13-14, 15&O

- Individual Events: 1st – 10th Place (11, 9, 8, 7, 6, 5, 4, 3, 2, 1)
- Relay Events: 1st – 10th Place (22, 18, 16, 14, 12, 10, 8, 6, 4, 2)

Awards will be given to the following place finishers:

- 1st – 8th Place will be awarded for individual events for each gender in the following age groups: 8&U, 9-10, 11-12, 13-14, 15&O
- 1st – 3rd Place will be awarded for relay events.
- Individual high point (1st - 3rd Place) will be awarded for each gender in the following age groups: 8&U, 9-10, 11-12, 13-14, 15&O
- Team awards for 1st - 3rd Place, combined for boys and girls.

Additional small prizes will be given to heat winners in all events.

WARM-UP PROCEDURES

Warm-up times are listed below. Specific times for Sessions 3, 5, and 6 will be determined after entries are received and an estimated timeline is generated. The meet host reserves the right to assign warm-up lanes to teams, which will be distributed prior to the meet after the close of entries. Should the number of swimmers in the meet warrant an additional warm-up session, one will be created and the teams notified of their specific warm-up time. No diving from the blocks or pool edge; swimmers must enter the water using-the 3-point entry. The last 10 minutes at the end of warm-up session will be open for dive starts and one-way swimming only in lanes 2-9.

Warm-up and Session Start Times			
Session	Start	End	Session Start
1 (Fri Distance)	4:30pm	5:15pm	5:30pm
2 (Sat, 12 & Under)	7:00am	8:15am	8:30am
3 (Sat, 13 & Over)	TBA	TBA	TBA
4 (Sun, 12 & Under)	7:00am	8:15am	8:30am
5 (Sun, 13 & Over)	TBA	TBA	TBA
6 (Sun Distance)	TBA	TBA	TBA

SCHEDULE OF EVENTS

Session 1 - Friday, May 1, 2026 (5:30pm)		
Distance		
Event (girls)	Description (LCM)	Event (boys)
1	11 & Over 400 IM*	2
3	9-10 400 Free*	4
5	11 & Over 1500 Free*	6

*Fastest to slowest, alternating girls and boys. Swimmers are required to provide their own lap counters (1500 free) and 2 timers.

Session 2 - Saturday, May 2, 2026 (8:30am)		
12 & Under		
Event (girls)	Description (LCM)	Event (boys)
7	12 & Under 50 Free	8
9	12 & Under 50 Fly	10
10 Minute Break		
11	11-12 200 Breast	12
13	12 & Under 100 Back	14
15	12 & Under 200 IM	16
17	12 & Under 100 Fly	18
19	10 & Under 200 Medley Relay	20
21	12 & Under 200 Medley Relay	22
10 Minute Break		
23	11-12 400 Free*	24

*Fastest to slowest, alternating girls and boys. Swimmers are required to provide 2 timers.

Session 3 - Saturday, May 2, 2026 (TBA)		
13 & Over		
Event (girls)	Description (LCM)	Event (boys)
25	13 & Over 50 Free	26
10 Minute Break		
27	13 & Over 100 Back	28
29	13 & Over 200 IM	30
31	13 & Over 100 Fly	32
33	13 & Over 200 Breast	34
35	13-14 400 Medley Relay	36
37	15 & Over 400 Medley Relay	38
10 Minute Break		
39	13 & Over 400 Free*	40

*Fastest to slowest, alternating girls and boys. Swimmers are required to provide 2 timers.

Session 4 - Sunday, May 3, 2026 (8:30am) 12 & Under		
Event (girls)	Description (LCM)	Event (boys)
41	12 & Under 50 Back	42
43	12 & Under 50 Breast	44
10 Minute Break		
45	11-12 200 Fly	46
47	12 & Under 100 Free	48
49	12 & Under 100 Breast	50
51	12 & Under 200 Free	52
53	11-12 200 Back	54
55	10 & Under 200 Free Relay	56
57	12 & Under 200 Free Relay	58

Session 5 - Sunday, May 3, 2026 (TBA) 13 & Over		
Event (girls)	Description (LCM)	Event (boys)
59	13 & Over 100 Free	60
61	13 & Over 200 Back	62
63	13 & Over 100 Breast	64
65	13 & Over 200 Fly	66
67	13 & Over 200 Free	68
69	13-14 400 Free Relay	70
71	15 & Over 400 Free Relay	72

Session 6 - Sunday, May 3, 2026 (TBA) 13 & Over		
Event (girls)	Description (LCM)	Event (boys)
73	13 & Over 800 Free*	74

*Fastest to slowest, alternating girls and boys. Swimmers are required to provide their own lap counters and 2 timers.