

Zone 3 Monthly Board Meeting Minutes

Date: July 21, 2026

Time: 7:31 PM – 7:48 PM

Location: Zoom

Call to Order

Vice Chair Andrew Downs called the meeting to order at 7:31 PM. Andrew presided over the meeting in the absence of Chair Kevin Twohey.

Conflict of Interest

The Pacific Swimming Conflict of Interest statement was addressed. No conflicts of interest were declared.

Attendance

Name	Club/Role
Sarah Obbagy	Zone 3 Officials Chair
Andrew Downs	UN (Vice Chair)
Charlie Barrett	Ukiah Dolphins
Beau Caldwell	Pacific Swimming
Victor Wales	TCA
Bella Stamps	NBA / Athlete Representative
Ashley Deniz	SRN

Kian Tavakoli	NVST / Sanctions
Sidney Ross	SSS / Athlete Representative
Mehrad Zarrehparvar	SRBY
Aaron Jon Toch	VJO / Age Group
Ericka Richards	Sebastopol
Eddie Lee	SF Seals
Sophie Waterson	VJO
Sonya Shaffer	MCSD / Zone 3 Secretary

Approval of Minutes

Prior Meeting Minutes

Motion: Sarah Obbagy

Second: Kian Tavakoli

Motion Passed

Correspondence/Announcements

None.

Guest Speaker

Beau Caldwell – Pacific Swimming

Beau reported that he served as the prelims announcer and handled social media during the recent Age Group Championships.

Andrew noted that a new National Age Group Record was set at Age Group Championships by a 10-and-under Pleasanton athlete in the 400 freestyle. The record had stood for more than 20 years and was broken by approximately six seconds.

Officer Reports

Chair – Kevin Twohey

Kevin was absent and did not provide a report.

Vice Chair – Andrew Downs

No formal report.

Secretary – Sonya Shaffer

No additional report.

Treasurer

Position remains vacant. The Zone continues to seek someone willing to serve as Treasurer. The Zone currently relies on Pacific Swimming for certain financial responsibilities.

Committee Reports

Officials – Sarah Obbagy

Sarah encouraged officials to participate in upcoming Reels and Sectionals opportunities. New officials are entering the program, and existing officials continue to advance.

Sarah discussed plans to develop an Officials Outreach program, potentially involving visits to individual clubs or groups of clubs. The goal would be to introduce officials to parents, explain the role of officials, and establish a stronger liaison between officials and clubs.

Clubs were encouraged to consider participation in the officials clinic scheduled for October.

Sanctions – Kian Tavakoli

Several meets for the new season have been sanctioned, including the Waves meet in September and the Santa Rosa CBA meet in early October.

The Vallejo early-October meet is awaiting its meet announcement. Kian encouraged Vallejo to submit the announcement promptly if they would like the meet sanctioned before Annie's upcoming leave.

Teams were reminded that a new meet announcement template is in effect due to the new event fees. Individual event fees have increased by \$1 from the previous season. The current template is available through Pacific Swimming and Zone 3.

Clubs were reminded not to copy the previous year's meet announcement, as templates and requirements may change from year to year.

Age Group – Aaron Toch

Age Group Championship and Far Western time standards for the 2026–27 championship season have been approved.

Winter Age Group and Spring Age Group Championship formats are expected to be completed by the next meeting.

Senior Committee – Beau Caldwell

Milpitas was awarded the December Senior Meet at the most recent Senior Meeting.

A new rule for the upcoming season allows 12-year-old swimmers to enter Senior Open Meets and Senior 2 Meets if they have Senior 2 qualifying times.

Equipment – Kevin Twohey

Kevin was absent. No report.

Athlete Representatives

Bella Stamps (NBA) reported that she had no report. The next athlete representative meeting is scheduled for July 26.

Sidney Ross was also present and had no additional report.

DEI – Mehrad Zarrehparvar

The committee is currently evaluating grant applications.

Two Zone 3 teams submitted applications. The committee will contact applicants as needed for additional information before completing its review.

Safe Sport – Debbi Tucker

Debbi was absent.

With Debbi's retirement, the Zone will need to identify a new Safe Sport Representative.

Clubs or individuals interested in serving in this role are encouraged to contact Kevin and Sonya. The matter is expected to be addressed at the September meeting.

Zone Governance / Bylaws Update

The committee consists of Andrew Downs, Kevin Twohey, and Lehla Irwin.

No progress has been made on the bylaws update since the previous meeting.

Old Business

No old business was reported.

New Business

Appointment of Athlete Representative

Andrew presented the appointment of Sidney Ross as an additional Zone 3 Athlete Representative.

Motion: Sarah Obbagy

Second: Sonya Shaffer

Motion Passed

Sidney Ross was officially appointed as a Zone 3 Athlete Representative. Sidney and Bella Stamps will serve as the Zone's Athlete Representatives for the coming year.

Meet Reports

Napa Valley Swim Team Long Course Meet

Reported by Kian Tavakoli.

The meet was conducted smoothly, with approximately 360 athletes registered.

Micah Begg was thanked for stepping in and taking over referee duties during the meet.

The first day's timeline ran somewhat long due to four heats of the mile (1500 freestyle). This was the largest number of mile swimmers at an NVST long course meet in several years.

An increase in requests for 50-meter splits from athletes age 15 and older was noted, likely due to the increased availability of 50-meter events at major competitions.

The possibility of adding open 50-meter events for older swimmers at future NVST meets was discussed.

Beau Caldwell noted that adding 50-meter non-freestyle events at non-championship meets can help improve meet timelines and provide athletes with opportunities to compete in events offered at higher-level competitions.

Willits Meet

An attendee who participated in the meet reported that the meet ran smoothly and concluded by approximately 11:00 AM each day.

No significant issues were reported.

Other Business

Beau Caldwell recognized the Hoopa Valley Swim Team for attending its first meet and congratulated Coach Kelly and the athletes.

Next Meeting

The next Zone 3 Board Meeting is scheduled for September 15, 2026.

Adjournment

Motion to adjourn:

Motion: Sarah Obbagy

Second: Kian Tavakoli

Motion Passed

Meeting adjourned at approximately 7:48 PM.