

**SOUTH SAN FRANCISCO AQUATIC CLUB**  
**SSF NEW YEAR SPLASH C/B/A+ MEET**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**JANUARY 10-11, 2026**



Enter Online: <http://ome.fastswims.com>

**PRIORITY Z1N CLUBS:** BGC, DCD, HDAC, FOG, MAV, MLKB, OSC, PASA, PPSC, PSL, SOLO, SSF

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-012**

*In granting this sanction 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.*

**NOTICE:** By entering this meet, the Athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

<b>MEET PERSONNEL:</b>	<b>Meet Referee:</b> Kit Yan	<b>Head Starter:</b> Robert Lasher
	<b>Meet Marshal:</b> Michael Kloefkorn	<b>Admin Official:</b> Amer Mirza
	<b>Meet Director:</b> Dan Jumanan: <a href="mailto:djumanan.ssfac@gmail.com">djumanan.ssfac@gmail.com</a>	

**LOCATION:** Jean E. Brink Swimming Pool, Oceana High School, 401 Paloma Ave, Pacifica, CA 94044-2436

**DIRECTIONS:** From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. EXIT the POLOMA/FRANCISCO exit. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Oceana Pool is the first driveway on your left. Please PARK on the STREET. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. EXIT the OCEANA / CLARENCE exit. At the end of the off ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign take a RIGHT to the next stop sign. Oceana Pool is the first driveway on your left. Please PARK on the STREET.

**COURSE:** INDOOR 25 YARD pool with up to Seven (7) lanes available for competition. An additional Two (2) lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5' at the start end and 5' at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** SESSION A (11 & Over): Meet Begins at 8:30 AM, Warm-up is from 7:00-8:15 AM.  
SESSION B (12 & Under): Session B will begin 1 hour after Session A finishes, but not before 11:30 AM. Session B Warm-ups will begin immediately after Session A finishes.

**RULES:**

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- 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.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **three (3)** individual events per day and **one (1)** relay per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athlete's age and gender.
- **Entries for relays will be limited to the first 7 teams per event (1 heat), per session.**

- **Athletes ages 11-12 may compete in EITHER the AM OR PM Session each day. They may NOT compete in both sessions in the same day. 11-12 Athletes competing in the AM session must have achieved a minimum USA-S Motivational "B" standard.**

- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- The estimated timeline will be calculated using the following limits: scratch rate of seven percent (7%); heat interval of thirty seconds (30 sec); backstroke extra interval of fifteen seconds (15 sec); seven (7) competition lanes.
- **All Coaches and Officials on deck shall be certified and in good standing.**
- Lifeguards, an AED, and first aid available.

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of Athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the Athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the Athlete or the Athlete's legal guardian to arrange for supervision by a USA Swimming Member-Coach. The Meet Director or Meet Referee may assist the Athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the Athlete's USA Swimming Club Member-Coach.

**RACING STARTS:** Athletes must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the Athlete or the Athlete's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- 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.
- No pets and/or animals are allowed with the exception of well-behaved service animals in accordance with ADA guidelines. The Meet Director or Meet Referee may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- Entries with **"NO TIME" will not be accepted.** A coach verified time is acceptable.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Priority entry will be given to the following Zone 1N clubs: BGC, DCD, HDAC, FOG, MAV, MLKB, OSC, PASA, PPSC, PSL, SOLO, SSF. Those entering online must do so by 11:59 PM, Wednesday, December 24, 2025 to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Monday, December 22, 2025 to receive priority acceptance into the meet. No athletes, other than those from the Zone 1N priority clubs may enter the meet until the priority period passes. After December 24<sup>th</sup>, and if the estimated timeline still permits, the meet will be open to athletes outside of the Zone 1N priority clubs.

**ENTRY FEES:** \$4.50 per event plus a \$10.00 participation fee, plus a \$10.00 facility surcharge per Athlete. Relays \$9.00 per relay team.

**MEFAP ENTRY FEES:** \$10.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:

<https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202025%20rev%2011.13.25.pdf>

**ONLINE ENTRIES:** To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter the meet using a mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. Online entries will be accepted through Wednesday, December 31, 2025.

**CLUB HYTEK ENTRIES:** Zone 1N priority clubs may enter with a Hy-Tek compatible entry file emailed to: [ssfacmeet@gmail.com](mailto:ssfacmeet@gmail.com) and received by December 31, 2025. Hard copy of entries and check should be sent to: SSFAC, P.O. Box 5179, South San Francisco, CA 94080 and must be postmarked by December 29, 2025.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked before close of session in which entry is requested or by midnight, Monday December 29, 2025 or hand delivered by 6:30 p.m. Monday, December 29, 2025. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** SOUTH SAN FRANCISCO AQUATIC CLUB

**Mail entries to:** SSFAC

P.O. BOX: 5179  
South San Francisco, CA 94080

**Hand deliver entries to:** Shane Cypert

1 W Orange Ave  
South San Francisco, CA 94080

**RELAY ENTRIES:** Clubs must enter their relays online, through Hy-Tek compatible file or by mail/hand delivery by 11:59 pm December 31, 2025. Clubs may enter a maximum of one (1) team per relay event. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check in will not be seeded in the event.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

**AWARDS:** Ribbons for 1st - 8th place for individual events in the A, B, and C divisions for the following age groups: 8 & under, 9-10 and 11-12. Medals for 1st - 3rd place for relay events in the following age groups: 8 & under, 9-10 and 11-12. No ribbons or relay medals for athletes 13 and over. Standard "A" medals awarded to athletes achieving NEW "A" times in each event regardless of place achieved in the event. All awards to be picked up by coaches at end of each session. Awards will not be mailed out.

**ADMISSION:** Free. A two-day psych sheet will be emailed to all participants prior to the meet

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:** Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below:

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 Athletes)

#### EVENT SUMMARY

Saturday				Sunday			
8 & UN	9-10	11-12 (AM)	13 & Ov	8 & UN	9-10	11-12 (AM)	13 & Ov
25 FR	50 FR	50 FR	50 FR	25 BR	50 BK	50 BK	50 BK
25 BK	50 BR	50 BR	50 BR	25 FL	50 FL	50 FL	50 FL
50 FR	100 BK	100 BK	100 BK	50 BK	100 FR	100 FR	100 FR
50 BR	100 FL	100 FL	100 FL	50 FL	100 BR	100 BR	100 BR
100 BK	100 IM	200 FR	200 FR	100 FR	200 IM	200 BK	200 BK
100 FL	200 FR	200 BR	200 BR	100 BR	200 Med-R	200 IM	200 IM
100 IM	500 FR	200 FL	200 FL	100 Med-R		400 IM	400 IM
100 FR-R	200 FR-R	500 FR	500 FR			200 Med-R	200 Med-R
		200 FR-R	200 FR-R				
11-12 (PM)				11-12 (PM)			
	50 FR				50 BK		
	50 BR				50 FL		
	100 BK				100 FR		
	100 FL				100 BR		
	100 IM				200 IM		
	200 FR				400 IM		
	500 FR						

**!! 11-12 Athletes may compete in EITHER the AM or PM Session each day. They may NOT compete in both sessions in same day !!**

EVENTS

SATURDAY, JANUARY 10, 2026		
SESSION A		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	11-12 200 FR-R **	2
3	13-14 200 FR-R	4
5	15-O 200 FR-R	6
7	11-O 200 Free **	8
9	11-O 100 Back **	10
11	11-O 200 Breast **	12
13	11-O 50 Free **	14
15	11-O 100 Fly **	16
17	11-O 50 Breast **	18
19	11-O 200 Fly **	20
21	11-O 500 Free * **	22
SESSION B		
GIRLS EVENT #	EVENT	BOYS EVENT #
23	9-10 200 FR-R	24
25	8-U 100 FR-R	26
27	12-U 200 Free	28
29	12-U 50 Breast	30
31	8-U 25 Free	32
33	12-U 100 Back	34
35	12-U 50 Free	36
37	12-U 100 Fly	38
39	8-U 25 Back	40
41	12-U 100 IM	42
43	9-12 500 Free *	44

SUNDAY, JANUARY 11, 2026		
SESSION A		
GIRLS EVENT #	EVENT	BOYS EVENT #
45	11-12 200 Med-R **	46
47	13-14 200 Med-R	48
49	15-O 200 Med-R	50
51	11-O 200 IM **	52
53	11-O 100 Free **	54
55	11-O 200 Back **	56
57	11-O 50 Fly **	58
59	11-O 100 Breast **	60
61	11-O 50 Back **	62
63	11-O 400 IM * **	64
SESSION B		
GIRLS EVENT #	EVENT	BOYS EVENT #
65	9-10 200 Med-R	66
67	8-U 100 Med-R	68
69	9-12 200 IM	70
71	12-U 50 Back	72
73	8-U 25 Fly	74
75	12-U 100 Breast	76
77	12-U 50 Fly	78
79	8-U 25 Breast	80
81	12-U 100 Free	82
83	11-12 400 IM *	84

!! 11-12 Athletes may compete in EITHER the AM or PM Session each day. They may NOT compete in both sessions in same day !!

\*\* 11-12-Year-old athletes competing in the Sunday AM session must have achieved a minimum 25-28 USA-S Motivational Time Standard of "B". (Coach verified times are acceptable)

\* All 400 IM and 500 Free athletes must provide their own timers. All 500 Free athletes must provide their own lap counters. No time (NT) entry will not be accepted for the 500 Free. Coach verified times shall be accepted.

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by South San Francisco Aquatic Club  
 SSFAC October Splash SCY C/B/A+ Meet  
 Jan. 10-11, 2026  
 Consolidated Entry Form

Name: Last                      First                      Middle											
Club Abbr.		UNATT TEAM ABBR				Club Name					
Age		Date of Birth				Sex M    F		LSC – (PC, SN)			
USA-#											
Event #	Distance / Stroke					Entry Time				Circle one	
						:   .				SCY / LCM	
						:   .				SCY / LCM	
						:   .				SCY / LCM	
						:   .				SCY / LCM	
						:   .				SCY / LCM	
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						:   .				SCY / LCM	
						:   .				SCY / LCM	
						:   .				SCY / LCM	
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 10.00 Facility Surcharge    \$ 10.00 Total                    \$ _____											
Coach											
Athlete's Address											
Home Phone						Cell Phone					
Email											