

SUNNYVALE SWIM CLUB  
SILICON VALLEY LONG COURSE AGE GROUP MEET  
June 27-29, 2025  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-087**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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. **The results of this meet will be posted in real time on the [Meet Mobile App](#).**

**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.

**MEET PERSONNEL:**

<b>Meet Referee:</b>	Carol Waln	<b>Head Starter:</b>	Robert Lashier/Manus J-Cheng
<b>Meet Marshal:</b>	Yannick Gullierm	<b>Admin Official:</b>	Curtiss Kikuta
<b>Meet Director:</b>	Andrey Stepantsov ( <a href="mailto:meet.director@sunn.org">meet.director@sunn.org</a> )		
<b>Meet Co-Director:</b>	Jen Brown		

**LOCATION:** Sunnyvale Swim Complex @ Fremont High School, 1283 Sunnyvale-Saratoga Ave., Sunnyvale, CA 94087 ([LINK](#))

**DIRECTIONS:** From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School is for meet officials and swim coaches ONLY. **Participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.**

**COURSE:** 50-meter, 9 lane, outdoor, heated pool with up to **8** lanes available for competition. At least **1** lane 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 **13'0"** at the start end and **4'0"** at the turn end. The competition course has not been certified in accordance with 104.2.2C(4)

**TIME:**

- **Friday session:** Meet will begin at 5:00 PM with warm-up from 4:00 PM to 4:45 PM.
- **Saturday and Sunday** are split into "AM" and "PM" sessions
  - **AM Session: 11 & Over Athletes.** Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM
  - **PM Session: 12 & Under Athletes.** The afternoon session will begin one hour after the AM Session finishes but not before 12:00 PM. Warm-up begins immediately after the AM Session 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 1 event on Friday and 3 events per day on Saturday/Sunday.
  - **11-12 year old athletes may compete in EITHER the AM or PM Session each day. They may not enter both. 11-12 year olds competing in the AM Session must have achieved a USA-S “BB” time for their age group/gender in at least one entered event to swim in that AM Session. The Saturday and Sunday AM sessions each require that an 11-12 year old Athlete must have achieved at least one USA-S “BB” time in an entered event. Coach verified times will not be accepted. Entry times submitted for the AM sessions will be checked against the USA Swimming SWIMS database.**
  - Entries with **“NO TIME” for the 200 meters and longer events will not be accepted.** A coach verified time will be accepted. A coach verified time cannot be used for the required USA-S “BB” time to swim in the AM session.
  - The 9 & Over 400 Free and the 11 & Over 800 Free shall be swum as mixed gender events.
  - Athletes entered in the 400 Free and 800 Free must provide their own timers and lap counters. Athletes entered in the 400 IM must provide their own timers.
  - **The Friday PM Session timeline will be capped at a maximum timeline of 3 Hours.**
  - Each session having athletes in age groups 12 or younger will follow the four-hour rule. According to the four-hour rule, the duration, measured from the first session event until the completion of the last session event having athletes 12 or under, must not exceed four hours. In any session where the last event is an age group event having 12 or younger athletes, the total session duration shall not exceed four hours.
  - **All athletes ages 12 and under shall complete competition in accordance with the four-hour rule.**
  - Entries will be accepted until the number of splashes reaches the estimated timeline, per the “Four-Hour Rule,” based on the Athlete’s age and gender.
  - 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.
  - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
  - First Aid and an AED are available on-site.

**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 animals are permitted with the exception of certified service animals, and they must check in with the meet director.
- **Coach tents ONLY on the pool deck, no personal tents allowed. Space outside of the pool is for personal tents.**

**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 be ACCEPTED for events SHORTER THAN 200 METERS.**
- 11-12 year old athletes must have achieved at least one USA-S Motivational “BB” time in order to compete in the AM Session. Coach verified times will NOT be accepted.
- 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 Zone 1N Clubs. Those entering online must do so by **11:59 PM, Sunday, June 15, 2025** to receive priority acceptance to the meet. Swimmers from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Friday, June 13, 2025 to receive priority acceptance into the meet. After June 15, and if the estimated timeline still permits, the meet will be open to swimmers outside of the Zone 1N clubs.

**ENTRY FEES:** Individual: \$4.50 per event plus a \$14.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**MEFAP ENTRY FEES:** \$14.00 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%202024.pdf>

**ONLINE ENTRIES:** You may enter this meet online at [FastSwims](http://FastSwims) or by U.S. mail. To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. [FastSwims](http://FastSwims) charges a processing 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 processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing 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, June 18, 2025 at 11:59 PM or until the session reaches the four-hour-rule limit.** LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely, accurately, and printed clearly with the athlete's best recorded, verifiable times. Entries must be postmarked by midnight, Monday, June 16, 2025, or hand delivered by 6:30 PM Wednesday, June 18, 2025. **NO ENTRIES WITH REGISTRATION ERRORS WILL BE ACCEPTED. NO LATE ENTRIES WILL BE ACCEPTED.** Requests for confirmation of receipt of entries should include a self-addressed envelope or should be made via an email to [meet.director@sunn.org](mailto:meet.director@sunn.org).

**Make check payable to:** Sunnyvale Swim Club

**Mail/Hand Delivered entries to:** Silicon Valley LCM  
c/o Andrey Stepanov  
125 Connemara Way, Apt 125  
Sunnyvale, CA 94087.

**CHECK-IN:** The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more

than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that 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 1<sup>st</sup> – 8<sup>th</sup> place will be given to the age groups: 8 & Under, 9-10, and 11-12 year old Athletes. A-time medals will be given to Athletes achieving a new A-time standard per the 2024-28 USA Swimming Motivational Time Standards (<http://www.pacswim.org/swim-meet-times/standards>), regardless of the place achieved in the event. All awards must be picked up at the end of the meet by a coach or club representative. Awards will not be mailed.

**\*\*IMPORTANT\*\***

**Awards MUST be picked up by the last day of the meet by a team representative.  
Awards will NOT be mailed unless a pre-paid envelope is provided.**

**ADMISSION:** Free.

**PROGRAM:** PDF copies of the program will be made available to the coaches and on [www.SUNN.org](http://www.SUNN.org).

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

**MISCELLANEOUS:**

- No overnight parking is allowed. Facilities will not be provided after meet hours.
- Disobeying parking signs may result in a citation and a fine.
- All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

**MINIMUM OFFICIALS REQUIREMENTS:**

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**

<b>FRIDAY, JUNE 27, 2025</b>	
<b>9 &amp; Over</b>	<b>11 &amp; Over</b>
400 FR *	800 FR *

<b>SATURDAY, JUNE 28 2025</b>				
<b>AM SESSION***</b>		<b>PM SESSION</b>		
<b>13 &amp; Over</b>	<b>11 &amp; 12**</b>	<b>11-12</b>	<b>9 - 10</b>	<b>8 &amp; UN</b>
200 FR	200 FR	200 FR	200 FR	
50 FL	50 FL	50 FL	50 FL	50 FL
50 BK	50 BK	50 BK	50 BK	50 BK
100 BR	100 BR	100 FR	100 FR	100 FR
100 FR	100 FR	100 BR	100 BR	100 BR
200 FL	200 FL			
400 IM	400 IM			
<p>**11 - 12 athletes in the AM Session must have the BB time to enter.  <a href="https://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf">https://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf</a></p>				

<b>SUNDAY, JUNE 29 2025</b>				
<b>AM SESSION***</b>		<b>PM SESSION</b>		
<b>13 &amp; Over</b>	<b>11 &amp; 12**</b>	<b>11-12</b>	<b>9 - 10</b>	<b>8 &amp; UN</b>
200 IM	200 IM	200 IM	200 IM	
100 BK	100 BK	100 BK	100 BK	100 BK
50 BR	50 BR	50 BR	50 BR	50 BR
50 FR	50 FR	50 FR	50 FR	50FR
100 FL	100 FL	100 FL	100 FL	100 FL
200 BK	200 BK			
200 BR	200 BR			
<p>**11 - 12 athletes in the AM Session must have the BB time to enter.  <a href="https://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf">https://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf</a></p>				

FRIDAY, JUNE 27, 2025	
MIXED #	EVENT
1	9&O 400 FR
3	11&O 800 FR

**SATURDAY, JUNE 28, 2025**

GIRLS #	EVENT	BOYS #
<b>AM SESSION***</b>		
5	13&O 200 FR	6
7	11-12 200 FR	8
9	13&O 50 FL	10
11	11-12 50 FL	12
13	13&O 50 BK	14
15	11-12 50 BK	16
17	13&O 100 BR	18
19	11-12 100 BR	20
21	13&O 100 FR	22
23	11-12 100 FR	24
25	13&O 200 FL	26
27	11-12 200 FL	28
29	13&O 400 IM *	30
31	11-12 400 IM *	32

GIRLS #	EVENT	BOYS #
<b>PM SESSION</b>		
33	11-12 200 FR	34
35	9-10 200 FR	36
37	11-12 50 FL	38
39	9-10 50 FL	40
41	8&U 50 FL	42
43	11-12 50 BK	44
45	9-10 50 BK	46
47	8&U 50 BK	48
49	11-12 100 FR	50
51	9-10 100 FR	52
53	8&U 100 FR	54
55	11-12 100 BR	56
57	9-10 100 BR	58
59	8&U 100 BR **	60

**SUNDAY, JUNE 29, 2025**

GIRLS #	EVENT	BOYS #
<b>AM SESSION***</b>		
61	13&O 200 IM	62
63	11-12 200 IM	64
65	13&O 100 BK	66
67	11-12 100 BK	68
69	13&O 50 BR	70
71	11-12 50 BR	72
73	13&O 50 FR	74
75	11-12 50 FR	76
77	13&O 100 FL	78
79	11-12 100 FL	80
81	13&O 200 BK	82
83	11-12 200 BK	84
85	13&O 200 BR	86
87	11-12 200 BR	88

GIRLS #	EVENT	BOYS #
<b>PM SESSION</b>		
89	11-12 200 IM	90
91	9-10 200 IM	92
93	11-12 100 BK	94
95	9-10 100 BK	96
97	8&U 100 BK	98
99	11-12 50 BR	100
101	9-10 50 BR	102
103	8&U 50 BR	104
105	11-12 50 FR	106
107	9-10 50 FR	108
109	8&U 50 FR	110
111	11-12 100 FL	112
113	9-10 100 FL	114
115	8&U 100 FL **	116

\* All 400 Free, 800 Free and 400 IM Athletes must enter a seed time (coach verified time is okay) for proper seeding purposes.

\*\* 8 & under Athletes must achieve the Pacific Swimming A-time standard in the 50 of that stroke:

<https://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf>

\*\*\* The Saturday and Sunday AM sessions each require that an 11-12 Athlete must have achieved at least one USA-S "BB" time in an entered event. Coach verified times will not be accepted.

