

PACIFIC SWIMMING SPRING SCY AGE GROUP CHAMPIONSHIPS

Hosted by Pleasanton Seahawks

March 14-16, 2025

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



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-012**

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.

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 may be posted in real time on the Internet at meet mobile.**

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.

OFFICIALS:

Meet Referee: Mike Piccardo	Head Starter: Mette Graversen
Meet Marshal: Harry Wong	Admin Official: Angela Cardenas
Meet Director: Nan Wang (meetdirector@pleasantonseahawks.org)	

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588. Carpooling is suggested. Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and Coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go 1/2 mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 1/2 miles down on left. From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. The pool is on the right.

COURSE: Outdoor 25-yard pool with up to 16 lanes available for competition. An additional 8 lanes shall 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 4 feet at the start end and 4 feet at the turn end. The Meet Host shall ensure required course dimensions.

TIME: Meet shall begin at 9:00AM each day with warm-ups from 7:15 to 8:45 AM each day. Special Warm-up time/lanes for 8 & Under athletes may be provided at the discretion of the Meet Referee TBA during warm-ups. At the discretion of the Meet Director & Meet Referee, a separate warm-up pool may open at 8:00 AM each morning. Warmups for Finals shall start one hour prior to the start of Finals. Championship Finals will tentatively begin at 4PM each day, but will start no sooner than one hour after the conclusion of the preliminary session including distance events.

- 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.
 - 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 preliminaries and finals (Exception – 1000 and 1650 Freestyle)
 - All preliminary events shall swim fast to slow with the first three heats circle seeded.
 - Athletes may compete in a maximum of 3 individual events per day and a maximum of **seven 7** individual events, plus relays for the entire meet.
 - If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - **Prelims will swim as combined age groups 10&U, 11-12 & 13-14 in preliminary heats**
 - **Championship Finals Only with the top 10 Athletes in 10&U, 11’s, 12’s, 13’s and 14’s year olds qualifying for each final.**
 - Medical Supervision to participants/spectators shall be provided by lifeguards. Further medical support is available via 911. AED is available at the venue.

- DISTANCE RULES:**
- The 1000 Freestyle and 1650 Freestyle events are timed finals and shall swim after the conclusion of the last prelims event and before the start of the Finals session. All age groups will be combined and shall be seeded fast to slow. Athletes in these events shall provide their own timers and lap counters. If local conditions warrant, genders may be combined in one course, alternating heats of girls and boys.
 - **Positive Check-in is required for the 1000 Freestyle and 1650 Freestyle.** Check-in will close at 11:00 a.m. on the day the event is swum. Athletes may check-in early on the designated 1000 Freestyle or 1650 Freestyle check-in sheets at the check-in desk.
 - Athletes can qualify for the 1650 Freestyle with a 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, or 800 SCM qualifying time. Athletes can qualify for the 1000 Freestyle with a 1000 SCY, 800 LCM, 800 SCM, 1650 SCY, 1500 LCM, or 1500 SCM qualifying time. The 1650 will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, and 800 SCM. The 1000 will be seeded in the following order: 1000 SCY, 800 LCM, 800 SCM, 1650 SCY, 1500 LCM, and 1500 SCM. Athletes shall provide their own timers and counters for the 1000 and 1650 Freestyle. Athletes shall provide their own timers and counters for the 1000 and 1650 Freestyle.

BONUS EVENTS: Athletes with at least one (1) Age Group Championships qualifying standard for their age/gender may enter up to two (2) bonus events, not exceeding 3 total events per day/7 total events for the meet. Athletes entering bonus events should enter using their best official time in each event, made up or converted times will not be accepted. Athletes must have recorded an official time in an event in order to enter as a bonus event. NT entries will NOT be accepted. Bonus events are limited to events 200 yards and less. The 400 IM, 500 Free, 1000 Free, and 1650 Free are not eligible as bonus events.

RELAYS: All relay events are timed finals and will be swum at the conclusion of the last finals event each day. Relays will be seeded fast to slow. Relay entries must be submitted by the entry deadline. Relay entries will not be accepted without an entry time. No deck entered relays will be allowed. Relay only athletes must be entered on the relay only entry list prior to the meet entry deadline (either online, via mail or via email to meetdirector@pleasantonseahawks.org) to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event.

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall 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.
- There shall be no equipment allowed in any of the competition or warm-up pools.
- No overnight parking is allowed. Facilities will not be provided after hours.

ELIGIBILITY:

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. 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.
- Meet is open to Pacific Swimming Athletes only.
- Athlete's shall have met the "AGC" time standard in all non-bonus events entered.
- Athlete's entering bonus events shall have recorded an official time in each bonus event entered.
- Entries with "NO TIME" shall be rejected.
- 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. Time Standards for Athletes with a disability are available at the following link: [PARA TIME STANDARDS](#)
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming Policies & Procedures Section X.G. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. **Entry times must have been achieved prior to the closing date of entries for the meet Wednesday, March 5, 2025 at 11:59PM PST.** If a time cannot be proven prior to the meet, the Athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the Coaches shall be notified of the Athletes who have not proven their entry time. **No refunds shall be given if a time cannot be proven.**

ENTRY FEES: \$8.00 per individual event, \$10.00 participation fee and a \$20.00 facility surcharge per athlete. \$20.00 per relay. ****Note, relay only Athletes ARE NOT required to pay the participation or facility fees. All entry fees SHALL be included with entry. No refunds shall be made, except mandatory scratch downs.**

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, March 5, 2025.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be postmarked by midnight, Monday, March 3, 2025 or hand delivered by 6:30 p.m. Wednesday, March 5, 2025. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: PLEASANTON SEAHAWKS

Mail entries to: Lan Wang
5253 Pembroke Way
San Ramon, CA 94582

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, non-conforming short course meters, bonus short course yards, bonus long course meters, and bonus short course meters - USA Swimming rules 207.11.7B. **See Distance Rules for distance events seeding.**

CHECK-IN: The meet shall be pre-seeded, except for the 1000 and 1650 Freestyle (See Distance Rules above). A meet program for each preliminary session shall be made available online no later than 7AM on each day of competition.

SCRATCHES:

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Advanced scratches shall be collected using an online submission at the following link: <https://forms.fillout.com/t/uE6oJKeHdhus>. Early submission is appreciated. Advanced scratches must be received by the following deadlines:
 - Scratches for preliminary events swum on Friday, March 14, 2025 must be received by 5PM on Thursday, March 13.
 - Scratches for preliminary events swum on Saturday, March 15, 2025 must be received by 30 minutes following the start of the Friday, March 14 finals session.
 - Scratches for preliminary events swum on Sunday, March 16, 2025 must be received by 30 minutes following the start of the Saturday, March 15 finals session.
- **Positive Check-in is required for the 1000 Freestyle and 1650 Freestyle.** Check-in will close at 11:00 a.m. on the day the event is swum. Athletes may check-in early on the designated 1000 Freestyle or 1650 Freestyle check-in sheets at the check-in desk.
- Athletes may compete in 3 events per day, and a total of 7 events for the competition. Any athlete who fails to scratch down to meet these parameters will be automatically scratched from their later events in order to comply. Athletes must scratch, "No-Shows" and "DFS" will be counted toward an athlete's event total for the day/competition.
- Athletes not reporting for or competing in a preliminary or timed final event shall not be penalized.
- Any Athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- Any Athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

AWARDS: Individual Events: Medals 1st – 3rd; Ribbons 4th – 10th Relay Events: Medals 1st - 3rd; Individual High Point: Distinctive awards for high point male and female for ages 10& Under, 11, 12, 13, 14.

SCORING: Individual Event Scoring (Top 10): 11 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1

Relay Event Scoring (Top 10): 22–18–16–14–12–10 –8 – 6 – 4– 2

ADMISSION: Free.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working Officials and Coaches.

MISCELLANEOUS: HOTEL ACCOMODATIONS Hotel Blocks have been made at certain locations. Additional information on www.pleasantonseahawks.org Tab – "Age Group Champs & Far Western 2025" that includes links to hotels.

EVENT SUMMARY:

<i>Friday, 14 March 2025</i>		
10 & under	11-12	13-14
200 IM	200 IM	200 IM
100 BACK	100 BACK	100 BACK
50 FREE	50 FREE	50 FREE
50 FLY	50 FLY	500 FREE
500 FREE	500 FREE	
200 FREE RELAY	200 FREE RELAY	200 FREE RELAY

<i>Saturday, 15 March 2025</i>		
10 & under	11-12	13-14
100 IM	100 IM	200 BREAST
100 FLY	200 BREAST	100 FLY
100 FREE	100 FLY	200 BACK
50 BREAST	200 BACK	100 FREE
	100 FREE	1000 FREE
	50 BREAST	
	1000 FREE	
200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY

<i>Sunday, 16 March 2025</i>		
10 & under	11-12	13-14
200 FREE	200 FREE	200 FREE
50 BACK	50 BACK	200 FLY
100 BREAST	200 FLY	100 BREAST
	100 BREAST	400 IM
	400 IM	1650 FREE
	1650 FREE	
	400 FREE RELAY	400 FREE RELAY

ORDER OF EVENTS:

Friday, March 14, 2025			
Girls	Age	Event	Boys
1	10&U	200 IM	2
3	12	200 IM	4
	11		
5	14	200 IM	6
	13		
7	10&U	100 Back	8
9	12	100 Back	10
	11		
11	14	100 Back	12
	13		
13	10&U	50 Free	14
15	12	50 Free	16
	11		
17	14	50 Free	18
	13		
19	10&U	50 Fly	20
21	12	50 Fly	22
	11		
23	10&U	500 Free*	24
25	12	500 Free*	26
	11		
27	14	500 Free*	28
	13		

Saturday, March 15, 2025			
Girls	Age	Event	Boys
35	12	100 IM	36
	11		
37	10&U	100 IM	38
39	12	200 Breast	40
	11		
41	14	200 Breast	42
	13		
43	10&U	100 Fly	44
45	12	100 Fly	46
	11		
47	14	100 Fly	48
	13		
49	12	200 Back	50
	11		
51	14	200 Back	52
	13		
53	10&U	100 Free	54
55	12	100 Free	56
	11		
57	14	100 Free	58
	13		
59	12	50 Breast	60
	11		
61	10&U	50 Breast	62
63	14	1000 Free**	64
	13		
	12		
	11		

Sunday, March 16, 2025			
Girls	Age	Event	Boys
71	10&U	200 Free	72
73	12	200 Free	74
	11		
75	14	200 Free	76
	13		
77	10&U	50 Back	78
79	12	50 Back	80
	11		
81	14	200 Fly	82
	13		
83	12	200 Fly	84
	11		
85	14	100 Breast	86
	13		
87	12	100 Breast	88
	11		
89	10&U	100 Breast	90
91	14	400 IM*	92
	13		
93	12	400 IM*	94
	11		
95	14	1650 Free**	96
	13		
	12		
	11		

Relays*** (at conclusion of Finals)			
29	10&U	200 Free Relay	30
31	11-12	200 Free Relay	32
33	13-14	200 Free Relay	34

Relays*** (at conclusion of Finals)			
65	10&U	200 Medley Relay	66
67	11-12	200 Medley Relay	68
69	13-14	200 Medley Relay	70

Relays*** (at conclusion of Finals)			
97	11-12	400 Free Relay	98
99	13-14	400 Free Relay	100

*Athletes in the 500 Free and/or 400 IM shall provide their own timers.

**1000 & 1650 Freestyle events shall swim after the conclusion of the last trial event and before the starts of the finals session each day. Athletes in these events shall provide their own times and lap counters.

Time standards are located on the PC website:

<https://www.pacswim.org/userfiles/cms/documents/809/agc-time-std.-scy-2023-2024-rev-9.18.23.pdf>

RELAY ENTRY FORM

CLUB				LSC		CLUB ABBREVIATION	
FRIDAY, MARCH 14, 2025							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
SATURDAY, MARCH 15, 2025							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
SUNDAY MARCH 16, 2025							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY	X	\$20.00 EA.
COACH EMAIL					TOTAL	\$	

PACIFIC SWIMMING 14 & U SPRING AGE GROUP CHAMPIONSHIPS

March 14-16, 2025

To be accepted, all entry information must be completely filled out. Please print!

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number	Gender M F	Date of Birth	
Event Number	Qualifying Entry Time	(SCY / LCM / SCM)	Distance/Stroke		
Athlete's Address:		Total Entries _____ x \$8.00 US Dollars		\$	
Athlete's Phone #		Participation Fee		\$ 10.00	
Athlete's/ parent's email:		Facility Surcharge		\$ 20.00	
Athlete's Coach:		-----		-----	
Athlete's Coach:		Total Due		\$	

IMPORTANT!

Please PRINT clearly. Be sure to include all information. Athletes must have achieved an AGC Qualifying Standard in at least ONE entered event. Athletes must have recorded an official time in ALL BONUS EVENTS. NT Entries will NOT be accepted. Bonus Events should be entered with the athlete's best official time in that event.

MADE UP TIMES WILL NOT BE ACCEPTED.

All clubs will be assigned Timer Assignments by the Meet Director. The FRIDAY PM Session require that the athlete provide their own timers and counters. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.