

ALTO SWIM CLUB  
PACIFIC SWIMMING LONG COURSE INVITATIONAL  
JUNE 27 – 29, 2025  
Enter Online: <http://ome.fastswims.com>



**Invited Clubs:** ALTO, BAC, BCP, CDST, TIDE, QSS

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-085**

*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.**

**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> Sylvain Flamant	<b>Head Starter:</b> Sam Tang
	<b>Meet Marshal:</b> Kara Guenther	<b>Admin Referee:</b> Mike Abegg
	<b>Meet Director:</b> Joanne Leung/Joy Taylor - <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	

**LOCATION:** Ohlone College, 43600 Mission Blvd, Fremont, CA 94539

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 5'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Friday Timed Finals: Competition will begin at 4 PM with warm-ups from 3 - 4 PM.  
Saturday / Sunday Prelims: Competition will begin at 8:30 AM with warm-ups from 7 - 8:20 AM.  
Saturday / Sunday Finals: Competition will begin no earlier than 3 PM with warm ups lasting for 1 hour prior to the start of finals.

- 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.
  - Athletes may compete in 1 individual event on Friday and a maximum of 3 individual events per day on Saturday and Sunday.
  - Athletes may compete in a maximum of 1 relay per day.
  - All individual events shall be Prelims and Finals with the exception of Friday’s Timed Finals events 400 IM / 400 Free / 1500 Free.
  - Prelims will be swum fastest to slowest. Prelims events may be combined and / or swum mixed age. The fastest 3 heats of each event will be circle seeded with exception of any events identified as timed finals.
  - FINALS: There will be a Championship final (8 spots) for each event (by age group).
  - If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be issued to the participating teams for any mandatory scratches.
  - Entries will be accepted until the maximum timeline is reached.
  - All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.
  - Medical Information: First-aid kits and AED will be available on the pool deck. Further Medical support available via 911.

**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.
  - Pets, with the exception of WORKING (and documented) service animals are prohibited on-site.

**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.

- Meet is open to qualified athletes registered with ALTO, BAC, BCP, CDST, TIDE, and QSS. Unattached athletes participating with ALTO, BAC, BCP, CDST, TIDE, or QSS are eligible to compete.
- Entries with NO TIME will not be accepted.
- Athlete's must achieve the qualifying standard in at least one event in order to enter the meet. The qualifying standard is the 2024-28 USA-S Motivational Time Standards National BB time standard (see link): <https://www.pacswim.org/swim-meet-times/standards>. Additional events may be swum as bonus events (up to 6 bonus events).
- 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 FEES:** Friday \$20 flat fee. Saturday and Sunday \$60 flat fee per athlete per day.

**HYTEK ENTRIES:** Entries will be accepted via hy-tec file only (one entry submission per club). Entries will be accepted until Friday, June 20, 2025 or until capacity has been reached, whichever is sooner. Each club will submit a single check payment for their club entry no later than the first day of competition, Saturday June 28, 2025.

**CHECK-IN:** The meet shall be pre-seeded.

**SCRATCHES for PRELIMS and TIMED FINALS:** • Advanced scratches shall be collected using online submission via an email link distributed by the Meet Director. Early submission is appreciated.

- Athletes not reporting for or competing in an individual preliminary or timed final event that they have checked in for/entered shall not be penalized.

**SCRATCHES for FINALS:** • There will be a Championship final (8 spots) for each event (by age group). The top 8 finalists will be seeded in finals unless scratched during the appropriate time. Athletes will have 30 minutes after the results of their completed events are announced in which to scratch or declare their intent to scratch. Athletes will be seeded in finals unless they scratch.

- Alternates who get called into finals will not be penalized for missing

**ADMISSION:** Free.

**AWARDS:** None.

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

**MINIMUM OFFICIALS:**

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 (for every 25 athletes)

# ORDER OF EVENTS

FRIDAY JUNE 27 <sup>TH</sup> TIMED FINALS										
TIME STANDARD (BB TIME)				Event #	Event		TIME STANDARD (BB TIME)			
10 & U	11-12	13-14	15 & O				15 & O	13-14	11-12	10 & U
6:56.79	6:56.79	6:28.19	6:15.79	101	Mixed 400 IM		5:47.99	6:02.79	6:46.59	6:46.59
7:01.69	6:04.79	5:41.79	5:29.89	102	Mixed 400 Free		5:10.19	5:23.49	5:53.89	6:52.49
12:42.89	12:42.89	11:50.79	11:25.09	103	Mixed 800 Free		10:44.39	11:09.19	12:22.99	12:22.99
24:14.99	24:14.99	22:43.49	21:52.49	104	Mixed 1500 Free		20:33.39	21:25.69	24:00.99	24:00.99

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

SATURDAY JUNE 28 <sup>TH</sup> PRELIMS										
TIME STANDARD (BB TIME)				Event #	Event	Event #	TIME STANDARD (BB TIME)			
10 & U	11-12	13-14	15 & O				15 & O	13-14	11-12	10 & U
3:39.89	3:39.89	3:24.59	3:17.29	1	200 Breast	2	3:00.59	3:08.29	3:31.59	3:31.59
3:25.69	2:53.09	2:42.79	2:37.09	3	200 Free	4	2:25.39	2:32.29	2:46.39	3:14.99
3:15.99	3:15.99	3:01.69	2:54.39	5	200 Fly	6	2:39.49	2:46.79	3:10.19	3:10.19
2:03.89	1:42.19	1:34.99	1:31.59	7	100 Breast	8	1:23.09	1:27.09	1:39.59	1:59.19
1:48.09	1:32.69	1:23.29	1:20.69	9	100 Back	10	1:13.69	1:17.69	1:29.59	1:44.49
48.09	38.79	38.79	38.79	11	50 Fly	12	38.69	38.69	38.69	46.39
40.89	35.89	34.59	33.49	13	50 Free	14	30.59	31.79	34.79	39.79

SUNDAY JUNE 29 <sup>TH</sup> PRELIMS										
TIME STANDARD (BB TIME)				Event #	Event	Event #	TIME STANDARD (BB TIME)			
10 & U	11-12	13-14	15 & O				15 & O	13-14	11-12	10 & U
3:13.29	3:13.29	2:59.49	2:53.39	23	200 Backstroke	24	2:39.99	2:48.79	3:08.49	3:08.49
1:55.39	1:30.49	1:20.99	1:18.29	25	100 Fly	26	1:11.29	1:14.59	1:27.29	1:52.89
3:48.89	3:15.59	3:03.09	2:57.49	27	200 IM	28	2:43.59	2:49.79	3:08.99	3:43.69
1:32.99	1:19.49	1:15.39	1:12.79	29	100 Free	30	1:06.69	1:09.79	1:16.19	1:30.59
55.49	46.19	46.19	46.19	31	50 Breast	32	45.89	45.89	45.89	54.39
49.69	41.59	41.59	41.59	33	50 Back	34	41.09	41.09	41.09	49.29

Saturday June 28 - FINALS		
Event #	Event	Event #
1	12 and under 200 breast	2
	13 - 14 200 breast	
	15 and over 200 breast	
3	10 and under 200 free	4
	11 - 12 200 free	
	13-14 200 free	
	15 and over 200 free	
5	12 and under 200 fly	6
	13 - 14 200 fly	
	15 and over 200 fly	
7	10 and under 100 breast	8
	11 - 12 100 breast	
	13 - 14 100 breast	
	15 and over 100 breast	
9	10 and under 100 back	10
	11 - 12 100 back	
	13-14 100 back	
	15 and over 100 back	
11	10 and under 50 fly	12
	11 - 12 50 fly	
	13 - 14 50 fly	
	15 and over 50 fly	
13	10 and under 50 free	14
	11 - 12 50 free	
	13 - 14 50 free	
	15 and over 50 free	
15	10 and under 200 free relay	16
17	11 - 12 200 free relay	18
19	13 - 14 200 free relay	20
21	15 - 18 200 free relay	22

Sunday June 29 - FINALS		
Event #	Event	Event #
1	12 and under 200 back	2
	13 - 14 200 back	
	15 and over 200 back	
3	10 and under 100 fly	4
	11 - 12 100 fly	
	13-14 100 fly	
	15 and over 100 fly	
5	10 and under 200 IM	6
	11 - 12 200 IM	
	13 - 14 200 IM	
	15 and over 200 IM	
7	10 and under 100 free	8
	11 - 12 100 free	
	13 - 14 100 free	
	15 and over 100 free	
9	10 and under 50 breast	10
	11 - 12 50 breast	
	13 - 14 50 breast	
	15 and over 50 breast	
11	10 and under 50 free	12
	11 - 12 50 free	
	13 - 14 50 free	
	15 and over 50 free	
13	10 and under 200 free relay	14
15	11 - 12 200 free relay	16
17	13 - 14 200 free relay	18
19	15 - 18 200 free relay	20