

PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET

HOSTED BY Thunder Coast Aquatics

September 20-21, 2025

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



ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1650 free on Saturday and the 1000 free on Sunday) FOR EACH SESSION REACHES 5 HOURS.

SANCTION: Held under USA/Pacific Swimming Sanction No. **25-098**

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. The results of this meet shall 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:* Phil Grant: pgrant@pacswim.org *Head Starter:* Eric Fetterman
 Meet Marshal: Michael Stompe *Admin Official:* Amy Gonzales
 Meet Director: Sarah Paoli tcameetdirector@gmail.com

LOCATION: Miwok Aquatic & Fitness Center. College of Marin Indian Valley Campus (IVC) 1800 Ignacio BLVD, Novato, CA 94949

DIRECTIONS: College of Marin Indian Valley Campus. Miwok Aquatic & Fitness Center, 1800 Ignacio BLVD, Novato, CA 94949. Parking passes are required on Saturday. Upper Lot #5 is the ONLY free lot, all parking spaces are painted yellow. Parking passes may be purchased at the kiosks or online. [https://marin.the permitstore.com/purchase.php](https://marin.thepermitstore.com/purchase.php)

COURSE: OUTDOOR 25 YARD pool with up to 16 lanes available for competition. An additional 10 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 7'x 0" at the start end and 7'6" at the turn end. The Meet Host shall ensure the required course directions.

TIME: Meet shall begin at 9 AM each day with warm-ups from 7:30 to 8:45 AM each day.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 shall swim fast to slow
- Athletes may compete in a maximum of four (4) events per day.
- 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 shall wear their USA Swimming membership cards in a visible manner.
- **Lifeguards will be on duty and available to participants throughout the meet**

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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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.
- Parking permits are required Monday - Saturday (except school holidays). Daily permits may be bought for \$4.00 in the ticket machines in the parking lots. You can purchase your permit online prior to your arrival [online](#). Upper lot 5 is the only free parking lot. All vehicles must be parked in a marked stall. Do not park along the road or block vehicle access. Handicapped parking is enforced. Any car parked illegally will be cited. The ADA loop road is not to be used unless you have a valid ADA parking placard. Please do not drive on the loop road for any drop off.
- No team set up will be allowed on the pool deck. There is a dedicated field in front of the Facility that can be used for teams. You may also set up in grassy or bark areas in and around the facility if you do not block access roads or pathways. Do not drive on any pathways on campus or emergency roadways. No team set up or gathering directly in front of the building leading to the entrance on the warm-up pool side. No team set up anywhere on deck.

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 shall meet the 2025-26 Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.**
- **Athletes under the age of 13 years are not eligible to compete.**
- Athletes with a disability are welcome to attend this meet and prior to the start of the meet should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

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

CHECK-IN: The meet shall be deck seeded. Athletes shall 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 shall not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to

scratch. Failure to swim an event shall result in being barred from their next individual event.

ENTRY FEES: \$7.00 per individual event plus a \$10.00 per Athlete participation fee and a \$20.00 facility surcharge. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall be made, except mandatory scratch downs.

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%202024.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, September 10, 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 entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, **September 8, 2025**, or hand delivered by 6:30 p.m. Wednesday, **September 10, 2025**. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Thunder Coast Aquatics

Mail entries to: Tom Evers
PO Box 435
Novato, CA 94948

Hand deliver entries to: Sarah Paoli or Tom Evers
College of Marin Indian Valley Campus
Miwok Aquatic & Fitness Center
1800 Ignacio BLVD, Novato, CA 94949

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There **will** be a snack bar.

ORDER OF EVENTS

Saturday, September 20th		
EVENT #	EVENT	EVENT #
1*	500 FREE	2*
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13**	1650 FREE	14**

Sunday, September 21st		
EVENT #	EVENT	EVENT #
15	400 I.M.	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
27**	1000 FREE	28**

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**ATHLETES MUST MEET THE SENIOR OPEN TIME STANDARD IN EACH EVENT ENTERED.
NT OR MADE UP ENTRIES WILL NOT BE ACCEPTED.**

*Events 1-2 and 15-16 shall be swum fastest to slowest and **will run in event order**.
Events 1-2 Athletes shall supply their own lap counters.

Events 13-14 and 27-28, if using "only one course," shall be swum fastest to slowest **alternating women and men.
Athletes shall supply their own timers and lap counters.
There MAY be a **10 minute break** before the start of these events

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Thunder Coast Aquatics SHORT COURSE SENIOR OPEN September 20-21 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 / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
							: .			SCY / LCM / SCM					
<div style="text-align: right; margin-right: 50px;"> # of entries _____ x \$7.00 = \$_____ </div> <div style="text-align: right; margin-right: 50px;"> Participation Fee \$10.00 Facility fee \$20.00 Total \$_____ </div>															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															