

PACIFIC SWIMMING SHORT COURSE WINTER AGE GROUP CHAMPIONSHIPS
HOSTED BY SAN RAMON VALLEY AQUATICS
DECEMBER 12-14, 2025
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-131**

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 may 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, restrooms 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:** Mike Flegel
 Meet Marshal: Sergey Kozlov **Admin Official:** Amy Gonzales (chgaag@yahoo.com)
 Meet Director: Shilpa Nakka & Peter Deweese, (meetdirector@srvaswimteam.org)

LOCATION: San Ramon Olympic Pool and Aquatic Center, 9900 Broadmoor Dr, San Ramon, CA 94583 (At California High School)

DIRECTIONS: Located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd and go approximately 2 miles. Turn left (east) on Montevideo Drive, go approximately 1/2 mile, turn right at the stop sign onto Broadmoor Drive, go approximately 1/4 mile to the pool located on the left side.

PARKING: Parking is available behind the school in the south parking lot. Surrounding streets might have additional parking restrictions. Parking spaces between the front of the pool entrance and tennis courts are for Coaches and Officials ONLY. Parking will be limited due to other events at the high school. Meet attendees are highly encouraged to carpool. Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed.

COURSE: Outdoor 25 yard pool with up to 16 lanes available for competition. An additional 25 yard pool 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 4'0" at the start end and 4'0" at the turn end. The meet host shall ensure required course dimensions.

TIME: Meet will begin Friday at 5:00 pm, with warm-ups from 3:30 to 4:45 PM. On Saturday and Sunday, the meet will begin at 9:00 AM, with warm-ups from 7:30 to 8:45 AM each day. Pace and Race Start Lanes will be available upon request at 7:50 AM. Saturday and Sunday finals will start at 5:00 PM with warm-ups starting at 4:00 PM.

GENERAL MEETING: There will be a General Meeting on Tuesday, Dec 9th at 7:30PM. This will be held via Zoom and chaired by the Meet Referee. The purpose of the meeting is to review the meet rules and answer any questions. The Zoom link will be provided at a later date. This meeting is in lieu of an on-deck meeting on the first day of the meet. All coaches are strongly urged to attend. A recorded link from the general meeting will be placed on the [SRVA](http://srva.org) website.

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 individual events are preliminaries and finals (**Exception – all of Friday's events as well as the 1650 Freestyle.**)
- All preliminary events shall swim fast to slow with the first three heats circle seeded.
- Athletes may compete in a maximum of individual **3** events per day and a maximum of **seven 7** individual events, plus 4 relays for the entire meet.

- If local conditions warrant 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 on deck shall be Certified and must wear their provided meet credentials 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 ten (10) Athletes in 10&U, 11's, 12's, 13's and 14's year olds qualifying for each final.
- Medical supervision, including lifeguards, EMT, AED, will be provided by the City of San Ramon staff who are going to be working onsite during the meet

DISTANCE RULES: • The 1650 Freestyle event is timed finals and shall swim on Sunday afternoon, with the last heat scheduled to finish 5 minutes prior to the start of finals warm-up. A start time, timeline, and heat sheet will be announced after check-in has closed and ample warm-up will be provided for 1650 athletes. 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 for the 1650 Freestyle will close at Sunday's Preliminary Scratch Deadline** (Saturday, December 13th no later than 30 minutes into the start of Finals). Athletes may check-in early on the designated 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. The 1650 will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, and 800 SCM.
- 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.

BONUS EVENTS: Athletes with at least one (1) Age Group Championships qualifying standard for their age/gender may enter as many bonus events as desired (not exceeding 3 events per day and/or 7 total events for the meet). Athletes entering bonus events should enter using their best official time in each event, **please do not enter made up times.** Athletes must have recorded an official time in an event in order to enter as a bonus event. NT entries will NOT be accepted.

RELAYS: All relay events are timed finals. Single Gender Relays will be swum at the conclusion of finals on Saturday and Sunday. Mixed Gender Relays will be swum at the conclusion of prelims on Saturday and Sunday. 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 to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event. Mixed Relays must consist of 2 male and 2 female athletes. Relay cards, positive check-in/scratches shall be due by 10:30 AM day of the 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) anytime Athletes, Coaches, Officials and/or Spectators are present.

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 "2025-26 AG Champs" time standard in at least one entered event.
- 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.
- 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 rule Section 4.C.2. 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, Dec 3, 2025).** If a time cannot be proven prior to the meet, the Athlete shall not be seeded 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 per Athlete, plus a \$20.00 facility surcharge per Athlete. \$20.00 per relay. **Note, relay only Athletes ARE NOT required to pay the participation/facility fees. All entry fees SHALL be included with entry. 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, Dec 3rd 2025.

MAILED 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, Dec 1st 2025. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: SRVA

Mail entries to: SRVA

PO BOX 973

San Ramon, CA 94583

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

SCRATCHES: Pacific Swimming Scratch Rules shall be enforced. A copy shall be posted at the clerk-of-course. Athletes, Coaches, and Parents/Guardians who wish to scratch event(s) must complete the digital scratch form using the following link:

<https://sites.google.com/view/pacificswimming/> A QR code will also be posted at the facility. The link can also be used for distance and timed finals positive check-in, scratches from finals, and no-show positive check-in. A confirmation email will be sent once the scratch/positive check-in has been received.

The scratch deadline for Friday's Timed Finals session will be Thursday, December 11th at 5:00 PM.

The scratch deadline for Saturday's preliminary session will be Friday, December 12th, no later than 30 minutes after the start of timed finals.

The scratch deadline for Sunday's preliminary session & positive check-in for the 1650 Freestyle will be Saturday, December 13th, no later than 30 minutes after the start of finals.

- Athletes may compete in 3 individual events per day and a total of 7 individual events for the competition. Any Athlete who fails to scratch down to meet these parameters will be automatically scratched from their later events to comply. Athletes must scratch, "No-Shows" and "Declared False Starts" will be counted toward an Athletes event total for the day/competition.
- Failure to compete in a preliminary event or to declare a false start shall result in being barred from their next preliminary individual event not including distance. There shall be no penalty for missing a "Timed Final event." "No-Shows" and "Declared False Starts" in a timed final event will count toward an Athlete's event total for the day/competition.
- 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 they 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 individual preliminary event. No athlete may declare a false start in finals.
- Any athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to the calling of 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 shall be barred from their next preliminary event.
- If the No-Show occurs on the last day that the Athlete is entered in an individual event in the meet, an no other individual event penalty is applicable, the Athlete shall be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

NOTE: Heat sheets and timelines for each day will be posted on SRVA website

AWARDS: Individual Events: Medals 1st – 3rd; Ribbons 4th – 10th place. Relay Events: Medals 1st-3rd;

Individual High Point: Distinctive awards for high point male and female for ages 10 & Under, 11, 12, 13, 14.

Team Awards: Meet management will recognize the Top-3 highest overall score and Top-3 highest quality score. Overall score is traditional team scoring. Quality points are tabulated through Hy-Tek Meet Manager software, calculating points per rostered athlete on each team.

SCORING: Individual: 11-9-8-7-6-5-4-3-2-1 **Relay:** 22-18-16-14-12-10-8-6-4-2

ADMISSION: Free.

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

HOSPITALITY: Hospitality will be available to all working Officials and Coaches.

MISCELLANEOUS: No overnight parking is allowed at the facility. [SRVA](#) website has information about nearby hotels for overnight stay purposes.

EVENT SUMMARY:

<i>Friday, December 12th, 2025</i>		
10 & under	11-12	13-14
500 FREE	500 FREE	50 BACK
200 IM	400 IM	50 BREAST
		500 FREE
		50 FLY
		400 IM

<i>Saturday, December 13th, 2025</i>		
10 & under	11-12	13-14
200 FREE	200 BACK	200 BACK
50 BACK	200 FREE	200 FREE
100 IM	50 BACK	200 BREAST
100 FLY	200 BREAST	100 FLY
50 BREAST	100 IM	
	100 FLY	
	50 BREAST	

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

*1650 Freestyle event is timed finals and shall swim on Sunday afternoon, with the last heat scheduled to finish 5 minutes prior to the start of finals warm-up. A start time, timeline, and heat sheet will be announced after check-in has closed and ample warm-up will be provided for 1650 athletes. Athletes in these events shall provide their own timers and lap counters.

Events will be swum by age group during prelims and separated out to single age during finals.

ORDER OF EVENTS

FRIDAY, DECEMBER 12, 2025 – ALL TIMED FINALS

GIRLS	EVENT	BOYS
1	13-14 50 Back	2
3	10&U 500 Free	4
5	13-14 50 Breast	6
7	11-12 500 Free	8
9	13-14 500 Free	10
11	10&U 200 IM	12
13	13-14 50 Fly	14
15	11-12 400 IM	16
17	13-14 400 IM	18

SATURDAY, DECEMBER 13, 2025 – TRIALS/FINALS

GIRLS	EVENTS	BOYS
19	11-12 200 Back	20
21	13-14 200 Back	22
23	10&U 200 Free	24
25	11-12 200 Free	26
27	13-14 200 Free	28
29	10&U 50 Back	30
31	11-12 50 Back	32
33	13-14 200 Breast	34
35	11-12 200 Breast	36
37	10&U 100 IM	38
39	11-12 100 IM	40
41	13-14 100 Fly	42
43	11-12 100 Fly	44
45	10&U 100 Fly	46
47	11-12 50 Breast	48
49	10&U 50 Breast	50
101	13-14 Mixed 200 Free Relay**#	
103	11-12 Mixed 200 Free Relay**#	
105	10&U Mixed 200 Free Relay **#	
51	13-14 200 Medley Relay	52
53	11-12 200 Medley Relay	54
55	10&U 200 Medley Relay	56

SUNDAY, DECEMBER 14, 2025 – TRIALS/FINALS

GIRLS	EVENT	BOYS
57	11-12 200 IM	58
59	13-14 200 IM	60
61	10&U 100 Free	62
63	11-12 100 Free	64
65	13-14 100 Free	66
67	10&U 50 Fly	68
69	11-12 50 Fly	70
71	10&U 100 Breast	72
73	11-12 100 Breast	74
75	13-14 100 Breast	76
77	11-12 200 Fly	78
79	13-14 200 Fly	80
81	10&U 100 Back	82
83	11-12 100 Back	84
85	13-14 100 Back	86
87	10&U 50 Free	88
89	11-12 50 Free	90
91	13-14 50 Free	92
107	10&U Mixed 200 Medley Relay**#	
109	11-12 Mixed 200 Medley Relay**#	
111	13-14 Mixed 200 Medley Relay**#	
201	11-14 1650 Free*	202
93	10&U 200 Free Relay	94
95	11-12 200 Free Relay	96
97	13-14 200 Free Relay	98

****Mixed Gender Relays – must consist of two (2) female and two (2) male athletes**
#Mixed Gender Relays will swim at the conclusion of the prelim session (before distance).

*1650 Freestyle event is timed finals and shall swim on Sunday afternoon, with the last heat scheduled to finish 5 minutes prior to the start of finals warm-up. A start time, timeline, and heat sheet will be announced after check-in has closed and ample warm-up will be provided for 1650 athletes. Athletes in these events shall provide their own timers and lap counters.

Events will be swum by age group designations above during preliminaries and separated into single age during finals.

Time standards are located on the Pacific Swimming website: www.pacswim.org/swim-meet-times/standards

RELAY ENTRY FORM

CLUB				LSC		CLUB ABBREVIATION	
Friday, December 12th, 2025							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Saturday, December 13th, 2025							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Sunday, December 14th, 2025							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY FEE		X \$20.00 EA.
COACH EMAIL					TOTAL		\$

RELAY ONLY ATHLETES

[illegible]

PACIFIC SWIMMING 14 & U WINTER AGE GROUP CHAMPIONSHIP

Hosted by SRVA

December 12-14, 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	(LCM /SCY) Distance/Stroke			
Athlete's Address:		Total Entries _____ x \$8.00 <i>US Dollars</i>		\$	
Athlete's Phone #		Participation Fee Facility Surcharge		\$ 10.00 \$ 20.00	
Athlete's/ parent's email:		-----		-----	
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.

Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.