

**PACIFIC SWIMMING SHORT COURSE SENIOR OPEN
HOSTED BY ORINDA AQUATICS**

January 24-25, 2026

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



No Friday Night set-up allowed. Gates will open each morning at 7:00 a.m.

ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1000) FOR EACH SESSION REACHES 5 HOURS.

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-006**

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, 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.

MEET OFFICIALS:

Meet Referee: Carol Cottam	Head Starter: Andy Downs
Meet Marshal: Anthony Blaylock	Admin Official: Amy Gonzales
Meet Director: Alex Neyman (oapbswimming@gmail.com)	

LOCATION: Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, CA.

DIRECTIONS: Highway 24 West-take Central Lafayette exit, turn right on Deer Hill Rd, right on First St, right on Mt. Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. Highway 24 East-take Orinda exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Dr. Pool is located behind high school. Parking lot located on left. **Do not park where no parking signs or permit parking only signs are posted. You will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 25-yard pool with up to 10 lanes available for competition. An additional 9 lanes 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 10' at the start end and 7' at the turn-end. The Meet Host shall ensure the required course dimensions.

TIME: Meet begins at 9:00am each day. The competition course will be open for warm-ups 7:30 – 8:45am.

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. The 1000 Free is limited to 40 athletes per 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 shall be made for any mandatory scratches.
- All Coaches and Officials on deck shall be certified and in good standing.
- Lifeguards will be available to participants during the meet.
- Athletes in the 400 IM must provide their own timers. Athletes in the 500 free and 1000 Free must provide their own lap counters and timers.
- ENTRIES WILL REMAIN OPEN UNTIL THE ESTIMATED TIMELINE (before the 1000) FOR EACH SESSION REACHES 5 HOURS.

BONUS EVENTS: Athletes that have entered and met the minimum time standard in one (1) event may enter up to two (2) bonus events. There is no minimum time standard for bonus events but you must enter a verifiable time (NT's bonus events are not allowed). Bonus events are only allowed for event distances of 200 yards or less.

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.
- No camping tents are allowed in the facility. Pop-up tents CANNOT be fully enclosed and must be properly secured.
- **Marshals and signage will indicate areas designated for set-up. Anyone set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.**
- Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.

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 will be in the following order: conforming short course yards (SCY), non-conforming long course meters (LCM), and non-conforming short course meters (SCM) - USA Swimming rules 207.12.7B.

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 and who have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for the event that they wish to scratch. Failure to swim an event will 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%202025%20rev%2011.13.25.pdf>

ENTRIES: To enter 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. Online entries will be accepted through 11:59PM **Wednesday, January 14, 2026 or until the meet reaches capacity, whichever comes first.**

AWARDS: None.

ADMISSION: Free. Printed programs will be available for working Coaches and Officials only. Seedings and results may be posted on Meet Mobile.

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

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

ORDER OF EVENTS

WOMEN'S EVENTS			MEN'S EVENTS			
Senior Open Time Standards			Senior Open Time Standards			
LCM	SCY			SCY	LCM	
Saturday, January 24, 2026						
2:57.49	2:34.29	1	200 IM (women)			
			200 free (men)	2	2:06.29	2:25.39
2:53.39	2:30.59	3	200 Back	4	2:17.09	2:39.99
1:18.29	1:09.09	5	100 Fly	6	1:02.39	1:11.29
33.49	29.49	7	50 Free	8	26.29	30.59
3:17.29	2:52.69	9	200 Breast	10	2:35.19	3:00.59
5:29.89	6:12.39	11	500 free (women)			
			400 IM (men) THERE WILL BE A 10 MIN BREAK BEFORE THE START OF MEN'S 1000 FREE	12	4:59.19	5:47.59
			1000 Free (men)	14	11:56.69	10:44.39
Sunday, January 25, 2026						
2:37.09	2:18.39	15	200 free (women)			
			200 IM (men)	16	2:20.19	2:43.59
2:54.39	2:33.99	17	200 Fly	18	2:19.49	2:39.49
1:20.69	1:09.39	19	100 Back	20	1:02.69	1:13.69
1:12.79	1:03.79	21	100 Free	22	57.59	1:06.69
1:31.59	1:19.79	23	100 Breast	24	1:11.39	1:23.09
6:15.79	5:29.69	25	400IM (women)			
			500 free (men)	26	5:42.09	5:10.19
11:25.09	12:53.49	27	1000 Free (women)			

**Athletes in the 500 Free & 1000 Free must provide their own timers and lap counter.
Athletes in the 400 IM must provide their own timers.**

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

BONUS EVENTS: Athletes that have entered and met the minimum time standard in one (1) event may enter up to two (2) bonus events. There is no minimum time standard for bonus events but you must enter a verifiable time (NT's bonus events are not allowed). Bonus events are only allowed for event distances of 200 yards or less.

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