

**PACIFIC SWIMMING SHORT COURSE SPRING AGE GROUP CHAMPIONSHIPS**

**Hosted by Pleasanton Seahawks**

**March 20-22, 2026**

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



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-026**

*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 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: Charlie Gonzales*

*Head Starter: Mette Graversen*

*Meet Marshal: Harry Wong*

*Admin Official: Amy Gonzales*

*Meet Director: Matt Stephanson [meetdirector@pleasantonseahawks.org](mailto: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. All competition lanes are 6 feet 6 inches deep at the start and 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.

**GENERAL MEETING:** There will be a General Meeting on Tuesday, March 17, 2026 at 7:30PM PST. This will be held via Zoom and chaired by the Meet Referee. The purpose of the meeting is to review the Meet Announcement and answer any questions. The Zoom link will be provided on Wednesday, March 11<sup>th</sup>. 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 [www.pleasantonseahawks.org](http://www.pleasantonseahawks.org) – Tab "2026 Age Group Champs."

**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 and 1650 Freestyle events are **POSITIVE CHECK-IN**. Check-in for the 1000 Freestyle will close on Thursday, March 19<sup>th</sup> at 5PM. Check-In for the 1650 Freestyle will close on Saturday, March 21<sup>st</sup>, no later than 30 minutes after start of Final session.

- The 1000 and 1650 Freestyle events are timed finals and shall swim on Friday (1000)/Sunday (1650). All age groups will be combined and shall be seeded fast to slow. If local conditions warrant, genders may be combined in one course, alternating heats of girls and boys.

- 1000/1650 - Afternoon/Evening option:

When completing positive check-in for the 1000 & 1650 freestyle, athletes must also declare afternoon or evening as their preference. Selecting afternoon indicates the athlete will compete at the conclusion of the preliminary session with the majority of heats; selecting evening/finals indicates the athlete would like to compete in the finals session. The fastest 10 of Finals Lanes, ages 11-14 of each gender, to declare evening, will be seeded in the evening/finals session. All of those who declare afternoon, and those not amongst the fastest 10 of Finals Lanes to declare evening/finals, will be seeded in the afternoon.

- 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.
- 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 1000 will be seeded in the following order: 1000 SCY, 800 LCM, 800 SCM, 1650 SCY, 1500 LCM, or 1500 SCM
- 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 as many as 3 bonus events (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. Bonus events are limited to events 200 yards and shorter.

**RELAYS:** All relay events are timed finals. The 11-12 and 13-14 200 Free Relays shall swim at the conclusion of the Friday Finals Session. All other relays shall swim at the conclusion of the Preliminary Sessions. Relays shall be seeded fast to slow. Relay entries must be submitted by the entry deadline. Relay entries shall not be accepted without an entry time. No deck entered relays shall be allowed. Relay only athletes must be entered on the relay only entry list prior to the meet (either online, via mail or via e-mail to [meetdirector@pleasantonseahawks.org](mailto:meetdirector@pleasantonseahawks.org)) to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event.

**SCRATCH DEADLINES:** The scratch deadline for **Friday's preliminary session** and positive check-in for the 1000 Freestyle will be Thursday, March 19<sup>th</sup> at 5PM.

The scratch deadline for **Saturday's preliminary session** will Friday, March 20<sup>th</sup> no later than 30 minutes after the start of finals.

The scratch deadline for **Sunday's preliminary session** and positive check-in for the 1650 Freestyle will be Saturday, March 21<sup>st</sup> no later than 30 minutes after the start of finals.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a High School Athlete in season, you need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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 "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, March 11, 2026 at 11:59 PM 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 per Athlete, plus a \$20 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%202025%20rev%2011.13.25.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, March 11, 2026.

**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, 9, 2026 or hand delivered by 6:30 p.m. Wednesday, March 11, 2026. 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, 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 conformation email will be sent once the scratch/positive check-in has been received.

The scratch deadline for **Friday's preliminary session** and positive check-in for the 1000 Freestyle will be **Thursday, March 19<sup>th</sup> at 5PM**.

The scratch deadline for **Saturday's preliminary session** will **Friday, March 20<sup>th</sup>, no later than 30 minutes after the start of finals**.

The scratch deadline for **Sunday's preliminary session** and positive check-in for the 1650 Freestyle will be **Saturday, March 21<sup>st</sup> 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 Athlete's 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, and 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 [www.pleasantonseahawks.org](http://www.pleasantonseahawks.org). Age Group Championship Tab.

**AWARDS: Individual Events:** Medals 1<sup>st</sup> – 3<sup>rd</sup>; Ribbons 4<sup>th</sup> – 10<sup>th</sup>. Relay Events: Medals 1<sup>st</sup>-3<sup>rd</sup>;

**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 (10 Lanes)

**Relay:** 22-18-16-14-12-10-8-6-4-2 (10 Lanes)

**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:** See <http://www.pleasantonseahawks.org> Tab “2026 Age Group Champs” for hotel group rates.

**EVENT SUMMARY:**

<i><b>Friday, March, 20, 2026</b></i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
100 IM	100 IM	400 IM
50 FLY	50 FLY	50 FLY
200 FREE	200 FREE	200 FREE
100 BACK	200 BREAST	200 BREAST
	100 BACK	100 BACK
	1000 FREE	1000 FREE
	200 FREE RELAY	200 FREE RELAY

<i><b>Saturday, March 21, 2026</b></i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
50 FREE	50 FREE	50 FREE
100 FLY	200 BACK	200 BACK
50 BREAST	100 FLY	100 FLY
500 FREE**	50 BREAST	50 BREAST
	500 FREE**	500 FREE
	400 IM#	
200 MEDLEY RELAY	200 MEDLEY RELAY	200 MEDLEY RELAY

<i><b>Sunday, March 22, 2026</b></i>		
<b>10 &amp; under</b>	<b>11-12</b>	<b>13-14</b>
100 FREE	100 FREE	100 FREE
100 BREAST	200 FLY	200 FLY
50 BACK	100 BREAST	100 BREAST
200 IM	50 BACK	50 BACK
	200 IM	200 IM
	1650 FREE	1650 FREE
200 FREE RELAY	400 FREE RELAY	400 FREE RELAY

\*1000 and 1650 Freestyle events are timed finals and shall swim on Friday (1000) / Sunday (1650) afternoon, scheduled to swim fastest to slowest at the conclusion of the preliminary sessions. The Fastest Heat of the 1000 (Friday) / 1650 (Sunday) choosing to swim in Finals shall swim in Finals. 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.

\*\* The 10 & Under and 11-12 500 Freestyle shall be TIMED FINALS swum during the Saturday Prelim Session.  
# The 11-12 400 IM shall be TIMED FINALS swum during the Saturday FINALS Session.

**ALL RELAYS, with the exception of the 11-12 and 13-14 200 FREE RELAYS shall be swum at the conclusion of the PRELIMINARY SESSIONS. The 11-12 and 13-14 200 FREE RELAYS shall be swum during the Friday FINALS Session.**

**ORDER OF EVENTS**

Friday, MARCH 20, 2026 PRELIMS					
GIRLS		DESCRIPTION		BOYS	
#	AGE	EVENT	#		
101	13-14	400 IM	102		
1	11-12	100 IM	2		
3	10 & U	100 IM	4		
5	13-14	50 Fly	6		
7	11-12	50 Fly	8		
9	10&U	50 Fly	10		
11	13-14	200 Free	12		
13	11-12	200 Free	14		
15	10 & U	200 Free	16		
17	13-14	200 Breast	18		
19	11-12	200 Breast	20		
21	13-14	100 Back	22		
23	11-12	100 Back	24		
25	10&U	100 Back	26		
201	13-14	1000 Free (Fastest Heat Swims in Finals)	202		
	11-12				

Saturday, MARCH 21, 2026 PRELIMS					
GIRLS		DESCRIPTION		BOYS	
#	AGE	EVENT	#		
27	13-14	50 Free	28		
29	11-12	50 Free	30		
31	10&U	50 Free	32		
33	13-14	200 Back	34		
35	11-12	200 Back	36		
37	10&U	100 Fly	38		
39	13-14	100 Fly	40		
41	11-12	100 Fly	42		
43	10&U	50 Breast	44		
45	13-14	50 Breast	46		
47	11-12	50 Breast	48		
103	10&U	500 Free	104		
105	13-14	500 Free	106		
107	11-12	500 Free	108		
		5 Minute Break			
305	10&U	200 Medley Relay	306		
307	11-12	200 Medley Relay	308		
309	13-14	200 Medley Relay	310		

Friday, MARCH 20, 2026 FINALS					
GIRLS		DESCRIPTION		BOYS	
#	AGE	EVENT	#		
201	11-14	1000 Free – Fastest Heat	202		
1	11-12	100 IM	2		
3	10&U	100 IM	4		
5	13-14	50 Fly	6		
7	11-12	50 Fly	8		
9	10 & U	50 Fly	10		
11	13-14	200 Free	12		
13	11-12	200 Free	14		
15	10&U	200 Free	16		
17	13-14	200 Breast	18		
19	11-12	200 Breast	20		
21	13-14	100 Back	22		
23	11-12	100 Back	24		
25	10&U	100 Back	26		
101	13-14	400 IM	102		
301	11-12	200 Free Relay	302		
303	13-14	200 Free Relay	304		

Saturday, MARCH 21, 2026, FINALS					
GIRLS		DESCRIPTION		BOYS	
#	AGE	EVENT	#		
27	13-14	50 Free	28		
29	11-12	50 Free	30		
31	10&U	50 Free	32		
33	13-14	200 Back	34		
35	11-12	200 Back	36		
37	10&U	100 Fly	38		
39	13-14	100 Fly	40		
41	11-12	100 Fly	42		
43	10&U	50 Breast	44		
45	13-14	50 Breast	46		
47	11-12	50 Breast	48		
105	13-14	500 Free	106		
109	11-12	400 IM	110		

\*\* The 10 & Under and 11-12 500 Freestyle shall be TIMED FINALS swum during the Saturday Prelim Session.

# The 11-12 400 IM shall be TIMED FINALS swum during the Saturday FINALS Session.

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

\*1000 and 1650 Freestyle events are timed finals and shall swim on Friday (1000) / Sunday (1650) afternoon, scheduled to swim fastest to slowest at the conclusion of the preliminary sessions. The Fastest Heat of the 1000 (Friday) / 1650 (Sunday) choosing to swim in Finals shall swim in Finals. Athletes in these events shall provide their own timers and lap counters.

Sunday, March 22, 2026 PRELIMS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
49	13-14	100 Free	50
51	11-12	100 Free	52
53	10&U	100 Free	54
55	13-14	200 Fly	56
57	11-12	200 Fly	58
59	10&U	100 Breast	60
61	13-14	100 Breast	62
63	11-12	100 Breast	64
65	10&U	50 Back	66
67	13-14	50 Back	68
69	11-12	50 Back	70
71	10&U	200 IM	72
73	13-14	200 IM	74
75	11-12	200 IM	76
311	10&U	200 Free Relay	312
313	13-14	400 Free Relay	314
315	11-12	400 Free Relay	316
203	13-14	1650 Free (Fastest Heat swims in Finals)	204
	11-12		

**ALL RELAYS, with the exception of the 11-12 and 13-14 200 FREE RELAYS shall be swum at the conclusion of the PRELIMINARY SESSIONS. The 11-12 and 13-14 200 FREE RELAYS shall be swum during the Friday FINALS Session.**

Sunday, March 22, 2026 FINALS			
GIRLS	DESCRIPTION		BOYS
#	AGE	EVENT	#
203	11-14	1650 Free – Fastest Heat	204
49	13-14	100 Free	50
51	11-12	100 Free	52
53	10&U	100 Free	54
55	13-14	200 Fly	56
57	11-12	200 Fly	58
59	10&U	100 Breast	60
61	13-14	100 Breast	62
63	11-12	100 Breast	64
65	10&U	50 Back	66
67	13-14	50 Back	68
69	11-12	50 Back	70
71	10&U	200 IM	72
73	13-14	200 IM	74
75	11-12	200 IM	76

\*1000 and 1650 Freestyle events are timed finals and shall swim on Friday (1000) / Sunday (1650) afternoon, scheduled to swim fastest to slowest at the conclusion of the preliminary sessions. The Fastest Heat of the 1000 (Friday) / 1650 (Sunday) choosing to swim in Finals shall swim in Finals. 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.

Time standards are located on the Pacific Swimming website: [www.pacswim.org/swim-meet-times/standards](http://www.pacswim.org/swim-meet-times/standards)

## RELAY ENTRY FORM

CLUB			LSC		CLUB ABBREVIATION		
FRIDAY, MARCH 20, 2026							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
SATURDAY, MARCH 21, 2026							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
SUNDAY, MARCH 22, 2026							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY	X \$20.00 EA.	
COACH EMAIL					TOTAL		\$

## **RELAY ONLY ATHLETES**

**PACIFIC SWIMMING 14 & U SPRING AGE GROUP CHAMPIONSHIP**

**Hosted by Pleasanton Seahawks**

**March 20-22, 2026**

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

Last Name		First Name	Init.		
LSC		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 US Dollars		\$
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. The 1000 and 1650 Free Events 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.