

**PACIFIC SWIMMING LCM/SCY SENIOR POST-NCS SWIM MEET**  
**HOSTED BY THUNDER COAST AQUATICS**  
**SUNDAY, MAY 10<sup>th</sup>, 2026**  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-060**

*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 their 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 on 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 their designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Christopher Lam	<b>Head Starter:</b> Sarah Obbagy
<b>Meet Marshal:</b> Tom Evers	<b>Admin Official:</b> Angela Cardenas
<b>Meet Director:</b> Sarah Paoli ( <a href="mailto:tcameetdirector@gmail.com">tcameetdirector@gmail.com</a> )	

**LOCATION:** Miwok Aquatic & Fitness Center, College of Marin–Indian Valley Campus. 1800 Ignacio Blvd, Novato, CA 94949.

**DIRECTIONS:** From 101 North or South, exit Ignacio Blvd. Stay on Ignacio Blvd to College of Marin entrance. Follow signs for Miwok Aquatic & Fitness Center

**PARKING:** Parking is free in all lots on Sunday. Park only in marked stalls.

**COURSE:** LCM (SESSION 1): OUTDOOR 50-METER pool with up to 8 lanes available for competition. An additional 6 lanes will be available for warm-up/cool down in the diving well throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'6" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

SCY (SESSION 2): OUTDOOR 25-YARD pool with up to 10 lanes available for competition. Up to an additional 14 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 7'6" at the start end and 7'6" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** SESSION 1 (LCM): Competition begins at 8:30 AM with warmup from 7:00–8:15 AM.  
SESSION 2 (SCY): Competition will begin no earlier than one (1) hour after the conclusion of Session 1.

**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.
- All events are timed finals.
- All events shall swim fast to slow.
- Athletes may compete in a MAXIMUM of three (3) events per session and six (6) events per day.
- **Athletes may be asked to show their USA Swimming ID and/or their high school ID card at check-in.**
- Athletes in the 500 Free must provide their own lap counter.
- Athletes in the 1000 SCY Free and 800 LCM Free must provide their own timers and lap counter.

- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- All Coaches and Officials on deck shall be certified and in good standing.
- First Aid will be available to participants.

**ATTENTION HIGH SCHOOL ATHLETES:** High School Athletes in season may need to be Unattached for this meet. It is the Athlete’s responsibility to be Unattached for this meet. Athletes 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 Member-Athlete 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 Member-Coach 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 heaters are permitted.
  - All shelters must be properly secured.
  - 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 their 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 parking in fire lanes (where the curb is marked red).
  - Locker rooms will be used by Athletes only. Adult restrooms are in the ‘round house’ at the entrance to the pool.

**ELIGIBILITY:** • Athletes must be current members of USA Swimming and must enter their name and registration number on the meet entry card as their name and number are shown on their USAS 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.

**• All athletes must be in 9<sup>th</sup> grade and older.**

- Athletes in 8<sup>th</sup> grade and lower are not eligible to compete. No refunds.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations per Pacific Swimming policy.
- Entries with “NO TIME” shall be accepted.
- Entries for each session will close when the estimated timeline reaches 3.5 hours.

<b>ENTRY FEES:</b>	Facility fee	\$20.00
	Participation Fee	\$14.00
	Entry Fee (per event)	\$7.00

\*Entries will be rejected if payment is not made at the time of submittal. No refunds.

**MEFAP ENTRY FEES:** \$14.00 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. Online entries will be accepted through **11:59 p.m. on Saturday, May 2, 2026.**

**DECK ENTRIES:** No deck entries will be allowed.

**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 for that session shall be no more than 60 minutes before the estimated start time of the first heat of the event. Athletes who do not check in will not be allowed to compete in the event.

**SCRATCHES:** 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.

**AWARDS:** None.

**ADMISSION:** Free. A meet program will be posted at the pool and given to coaches and officials.

**HOSPITALITY:** Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There will not be a snack bar.

**TIMING:** Participating clubs will be assigned timing chairs.

**SNACK BAR:** NONE

### ORDER OF EVENTS

SESSION 1 – LCM Sunday, May 10, 2026 8:30 AM		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	400 FREE	2
3	400 IM	4
5	100 FREE	6
7	200 BACK	8
9	200 BREAST	10
11	200 FREE	12
13	200 IM	14
15	200 FLY	16
17	100 BREAST	18
19	100 FLY	20
21	100 BACK	22
23	50 FREE	24
25	800 FREE**	26

SESSION 2 – SCY Sunday, May 10, 2026 No earlier than 1 hour after conclusion of Session 1		
GIRLS EVENT #	EVENT	BOYS EVENT #
101	500 FREE*	102
103	400 IM	104
105	100 FREE	106
107	200 BACK	108
109	200 BREAST	110
111	200 FREE	112
113	200 IM	114
115	200 FLY	116
117	100 BREAST	118
119	100 FLY	120
121	100 BACK	122
123	50 FREE	124
125	1000 FREE**	126

\*Athletes in the 500 SCY Free must provide their own lap counter.

\*\*Athletes in the 1000 SCY Free and 800 LCM Free must provide their own timers and lap counter.