

PACIFIC SWIMMING LONG COURSE SENIOR OPEN MEET

HOSTED BY QUICKSILVER SWIMMING

SUNDAY, JUNE 7, 2026

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



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-078**

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.

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:** Mark Ryan **Head Starter:** Mette Graversen
 Meet Marshal: Jiadong Yin **Admin Official:** Trevor Gillis
 Meet Director: Megan Waters, megan@swimqss.org, Office Hours 2:00-7:00PM Mon/Tue/Thu

LOCATION: Gunderson High School, 622 Gaundabert Lane, San Jose, CA 95136

DIRECTIONS: From 85, exit onto Santa Teresa southbound. Turn right onto Thornwood Drive. The Oakridge Mall will be on your left. Continue past the mall. Turn right onto Winfield Blvd, and right onto Chynoweth Ave. Drive past the school to the stop sign and turn right onto Gaundabert Lane. Enter the main parking lot on your right. The pool is located at the back of campus, accessible via the sidewalk.

COURSE: Outdoor 50-meter pool with up to 9 lanes available for competition. An additional 6 lanes SCY 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 7'0" at the start end and 4'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet shall begin at 2:00PM with warm-ups from 1:00PM to 1:50PM.

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.
- All events are mixed gender.
- Athletes may compete in a maximum of four (4) events.
- Athletes may compete in no more than two 200-meter events.
- Entries will be accepted until the timeline reaches 5.5 hours.
- 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.
- A First Aid Station will be available to participants, as well as access to an AED.

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.
- 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 illegal parking in fire lanes (where the curb is painted red).
- Locker rooms will be used by Athletes only. Adult restrooms are in the 'round house' at the pool entrance.

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 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 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.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming Policies & Procedures Section X.G. 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 (**Tuesday, 5/26/2026 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.**

SEEDING: Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards - USA Swimming rules 207.11.7B.

CHECK-IN: 100-meter and 50-meter events shall be pre-seeded and do not require check-in. 200-meter events shall be deck seeded and require 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: For 100-meter and 50-meter events, Athletes shall report promptly to the starting block when their event/heat is called. Any Athlete not reporting for or competing in an individual timed final 100-meter or 50-meter event shall not be penalized.

Athletes that have checked in for **200-meter events** 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 a 200-meter event shall result in being barred from their next individual event.

ENTRY FEES: \$7.00 per individual event plus a \$14.00 participation fee per Athlete 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: \$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. 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 Tuesday, May 26, 2026 at 11:59PM.**

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 entered using the current Pacific Swimming procedure and postmarked by midnight, Saturday, May 23, 2026. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Quicksilver Swimming

Mail entries to: Megan Waters

1051 Evergreen Way

Nipomo, CA 93444

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Dinner will be provided for Coaches and working Officials. There will be a snack bar with snacks and drinks for purchase.

MISCELLANEOUS: Quicksilver and Gunderson High School are not responsible for any belongings left on campus.

ORDER OF EVENTS

SUNDAY, JUNE 7, 2026	
EVENT #	EVENT
1	100 FREE
2	100 BREAST
3	100 BACK
4	100 FLY
5	50 FREE
6	50 BREAST
7	50 BACK
8	50 FLY
9	200 FREE
10	200 BREAST
11	200 BACK
12	200 FLY
13	200 IM

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

Pacific Swimming – Hosted by Quicksilver Swimming SENIOR OPEN June 7, 2026 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				
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						: .			SCY / LCM / SCM				
						: .			SCY / LCM / SCM				
# of entries _____ x \$7.00 = \$ _____ Participation Fee \$ 14.00 Facility Surcharge \$ 20.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													