

PACIFIC SWIMMING LONG COURSE SENIOR OPEN PRELIMINARIES & FINALS MEET

HOSTED BY NEPTUNE SWIMMING

JULY 10-12, 2026

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



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-081**

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, 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: Debbi Tucker **Head Starter:** Sarah Obbagy
Meet Marshal: Allie Davis **Admin Official:** Mary Ruddell
Meet Director: Ashley Denize srnashleybritton@gmail.com

LOCATION: Quinn Swim Center. Kathryn Kettler Pool: 1501 Mendocino Avenue, Santa Rosa, CA 95401

DIRECTIONS: Travel south on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a left turn onto College Avenue. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left into the SRJC parking lot. From the south: Travel north on Hwy 101. Exit at College Avenue turnoff. At stoplight, make a right turn onto College Ave. Proceed eastbound on College Avenue to Mendocino Ave. Turn left on Mendocino Ave. At Pacific Avenue, turn left turn into the SRJC parking lot. Pass the football stadium to your right. Swim center and parking is to the right past the football stadium.

COURSE: OUTDOOR 50 METER pool with up to 8 lanes available for competition. An additional 8 lanes shall be available in the indoor pool 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 8'0" at the start end and 8'0" at the turn end. The Meet Host shall ensure the required course dimensions.

MEET TIMES:

		Prelim Warm Up	Prelim Start	Distance Start	Finals Warm Up	Finals Start Time
Tue, 7/7	General Meeting (Zoom) at 7:30 PM					
Thu, 7/9	Pool open for warm up 4:00-6:00 PM					
Fri, 7/10		7:30-8:45 AM	9:00 AM	5 minutes after prelims ends	4:00-4:45 PM	5:00 PM
Sat 7/11		7:30-8:45 AM	9:00 AM		4:00-4:45 PM	5:00 PM
Sun 7/12		7:30-8:45 AM	9:00 AM	5 minutes after prelims ends	4:00-4:45 PM	5:00 PM

PRELIMINARY SCRATCH DEADLINES: Use the following link: <https://sites.google.com/view/srn-lc-senior-open>

Friday's preliminary session and positive check-in for the 800 Free	Thursday, July 9 at 5:00 PM
Saturday's preliminary session	Friday, July 10, 30 minutes after the start of finals.
Sunday's preliminary session and positive check-in for the 1500 Free	Saturday, July 11, 30 minutes after the start of finals.

- 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 preliminary events shall swim fast to slow, with the fastest three heats circle seeded. The fastest 2 heats of the 400 IM and 400 Free will be circle seeded.
- **Athletes may compete in a maximum of three 3 events per day; 7 individual events for the meet.**
- All events shall be Preliminaries/Finals **except the 800 Free, 1500 Free, 200 Med Relay and 200 Free Relay**
- There will be a Championship Final (A), a Consolation Final (B), and a Bonus Final (C), swum in that order, with 8 Athletes qualifying for each final heat.
- 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 present on deck and AED is available to participants.
- Parking, canopy set-up, facility rules and other critical meet information will be posted on the SRN website under “2026 Senior Prelims and Finals” at: [Neptune Swimming - 2026 Senior P & F Meet](#)

- RELAYS:**
- All relay entries, including relay only Athletes, must be submitted by the entry deadline, Wednesday, July 1 by 11:59 PM via FastSwims with the entry time listed. Relay entries will not be accepted at the meet. Positive check-in/scratches for relays shall be due by 9:30 AM day of the event.
 - Clubs may enter a maximum of 2 relay teams per event.
 - All relays shall be timed finals and will be swum at the end of prelims.

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.
 - Dogs are not permitted inside the facility. Service dogs are permitted in accordance with SRJC policy, as outlined by Disability Resources under the Service Animals section. Service Animals | Disability Resources
 - **NO FOOD ALLOWED INSIDE THE INDOOR POOL FACILITY**
 - Leave belongings overnight at your own risk.

- 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 under the age of 13 years are not eligible to compete.

- Athletes shall meet the Senior Open time standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Max three (3) bonus events allowed. Bonus events must have an official USA Swimming entry time. “No Time” in bonus events shall be rejected.
- 800 Free and 1500 Free do not qualify as bonus events.
- *Athletes in the 50 Fly, 50 Back, and/or 50 Breast may qualify with either a 15-16 “BB” time standard for their gender, or the Senior Open standard in the corresponding 100 distance of the same stroke.*
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations. The swimmer (or swimmer's coach) is responsible for notifying the Meet Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide a Personal Assistant or any equipment (tappers, deck mats, etc.) if required. Failure to provide advance notice may limit the ability to accommodate all requests.
- 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.
- Out of LSC Entries are limited to the first 200 athletes – coaches must email Dan Greaves (greaves@msn.com) for requests and spots.

DISTANCE EVENTS: • The 800m and 1500m freestyle events will be swum as timed finals. Athletes may qualify for these events using any of the 800m/1000y or 1500m/1650y qualifying standards (i.e., the conforming or non-conforming distance event standards).

- Positive check in for distance events. See deadlines below.
- Distance events seeding shall be:
 - 800 LCM, 800 SCM, 1000 SCY, 1500 LCM, 1500 SCM, 1650 SCY
 - 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM, 1000 SCY
- Athletes swimming the 800 or 1500 Free may choose to swim after prelims (AM) or in finals (PM). Only the fastest 8 athletes who declare PM will swim in finals.

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 Wednesday, July 1, 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.

- 50 meter non-free events seeding shall be in the following order: 50 LCM, 50 SCM, 50 SCY; 100 LCM, 100 SCM, 100 SCY.
- See **DISTANCE EVENTS** for distance events seeding.

SCRATCH RULE/DEADLINES PRELIMINARIES: 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/srn-lc-senior-open>

Friday's preliminary session and positive check in for the 800 Free	Thursday, July 9 at 5:00 PM
Saturday's preliminary session	Friday, July 10, 30 minutes after the start of finals.
Sunday's preliminary session and positive check in for the 1500 Free	Saturday, July 11, 30 minutes after the start of finals.

The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete completes a **DIGITAL POSITIVE CHECK-IN** prior to the close of the scratch box for that day's events.

NOTE: Heat sheets/Timelines for the next day will be posted on the [Neptune Swimming Website](#)

SCRATCH RULE FINALS: Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall digitally scratch within 30 minutes after the announcement of qualifiers using the following link: <https://sites.google.com/view/srnlc-senior-open>. During this period, qualifiers may also notify the Referee that they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention **IN PERSON** within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then 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.

ENTRY FEES: \$8.50 per individual event plus a \$14.00 per Athlete participation fee and a \$20.00 facility surcharge. \$20.00 per Relay entry. Relay Only Athletes are NOT required to pay the participation fee or facility surcharge. Entries shall be rejected if payment is not sent at time of request. 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 Wednesday, **July 1, 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 entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, June 29, 2026 or hand delivered by 6:30 p.m. Wednesday, July 1, 2026. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Neptune Swimming

Mail entries to: Dan Greaves
PO Box 317
Santa Rosa, CA 95402

Hand deliver entries to: Dan Greaves
SRJC Pool, 1501 Mendocino Ave
Santa Rosa, CA 95401

AWARDS: None.

ADMISSION: Free.

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.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

ORDER OF EVENTS

Order of Events – Preliminaries			Order of Events - Finals		
Women Event #	Friday	Men Event #	Women Event #	Friday	Men Event #
1	400 IM%	2	11	800 Free* top 8	12
3	50 Fly**	4	3	50 Fly	4
5	200 Free	6	5	200 Free	6
7	200 Breast	8	7	200 Breast	8
9	100 Back	10	9	100 Back	10
<i>5 min break</i>			1	400 IM%	2
11	800 Free*	12			
			Women Event #	Saturday	Men Event #
Women Event #	Saturday	Men Event #	13	50 Free	14
13	50 Free	14	15	200 Back	16
15	200 Back	16	17	100 Fly	18
17	100 Fly	18	19	50 Breast	20
19	50 Breast**	20	23	400 Free^	24
21	200 Med Relay	22			
23	400 Free^	24	Women Event #	Sunday	Men Event #
			37	1500 Free* top 8	38
Women Event #	Sunday	Men Event #	25	100 Free	26
25	100 Free	26	27	200 Fly	28
27	200 Fly	28	29	100 Breast	30
29	100 Breast	30	31	50 Back	32
31	50 Back**	32	33	200 IM	34
33	200 IM	34			
35	200 Free Relay	36			
<i>5 min break</i>					
37	1500 Free*	38			

*All heats **except the fastest seeded** heats of Events 11 – 12 and 37- 38 will be swum fast to slow, alternating women’s and men’s heats and will be swum between prelims and finals as a timed final. There may be a 5-minute break before the start of these events. Athletes entered in the **800** and/or **1500** Freestyle shall provide their own timers and lap counters for the post prelim session. They shall provide only their own lap counters for the finals session. **The fastest seeded heat will swim at the start of finals.**

**Athletes in the 50 Fly, 50 Back, and/or 50 Breast may qualify with either a 15-16 “BB” time standard for their gender, or the Senior Open standard in the corresponding 100 distance of the same stroke.

%400 IM finals will be swum at the end of finals

^400 Free prelims will be swum after the 200 Med Relay. 400 Free finals will be swum at the end of finals.

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

Pacific Swimming – Hosted by Neptune Swimming
 SENIOR OPEN PRELIMINARIES & FINALS
 July 10-12, 2026
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#															
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Event #	Distance / Stroke	Entry Time	Circle One
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries _____	x \$8.50 = \$	_____
Participation Fee		\$14.00
Facility Surcharge		\$20.00
Total		\$ _____

Coach

Athlete's Address

Home Phone	Cell Phone
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Email