

**NAPA VALLEY SWIM TEAM SWIMMING TOWARDS SPRING
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
March 7-8, 2026
Enter Online: <http://ome.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-029**

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 Manager.**

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 PERSONNEL:

<i>Meet Referee:</i> ANDY DOWNS	<i>Head Starter:</i> DON BAUTISTA
<i>Meet Marshal:</i> ANDY BROCK	<i>Admin Official:</i> KIAN TAVAKOLI
<i>Meet Director:</i> JEANNE ABADIE, driaw223@ymail.com	

LOCATION & DIRECTIONS: Napa Valley College [2277 Napa Vallejo Hwy, Napa, CA 94558](https://www.napa-vallejo-hwy.com)

COURSE: Outdoor heated 25-yard pool with up to 10 lanes available for competition. Additional 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 6' at the start end and 6' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 09:00 AM each day with warm-ups from 07:30 to 08:45 AM each day.

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 will swim fast to slow.
- Athletes may compete in 4 events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athletes age and gender.
- Events may be combined in the discretion of the Meet Referee and Meet Director.
- 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.**
- **Coaches shall be acting as lifeguards. First Aid and AED are available on site.**
- Athletes in the 500 Freestyle shall provide their own timers and lap counters. The 500 Freestyle shall be swum alternating heats of girls and boys or seeded combining girls and boys. Minimum time standard shall be met for the 500 Freestyle. Entry times for the 500 Freestyle which cannot be proven using the Pacific Swimming database may be verified by a complete set of meet results or verified by the athlete's coach. Please contact the Meet Director AND Meet Referee. (Refer to Pacific Swimming Rule 4A2)

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 must 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 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 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.

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 in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.
- **Entries with "NO TIME" will be ACCEPTED except for the 500 Free.**
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards. Such Athletes must have met standards for the 17-18 age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered online by February 9, shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or from other LSC's, postmarked or entered online by the entry deadline shall be considered in the order they are received.

ENTRY FEES: \$4.50 per event plus a \$10.00 participation fee, plus a \$20.00 facility surcharge per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will 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, February 25, 2026**, unless the meet is closed earlier to comply with the four-hour rule.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, **Monday, February 23, 2026**, or hand delivered by 6:30 p.m. **Wednesday, February 25, 2026**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Napa Valley Swim Team

Mail and Hand Delivered entries to: Jeanne Abadie, 4015 Withers Road, Napa, CA 94559

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Prior to 10:30 AM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events shall be at 10:30 AM. Athletes who do not check in will not be seeded in the event.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

AWARDS: Individual events: Ribbons shall be awarded to the 1st – 8th place finishers in the "A," "B," and "C" divisions for each event and age group (8&U, 9-10, 11-12, 12-14, 15-16, 17-18).

- OPEN events shall be swum in combined heats, with no awards being given.
- "A" medals shall be awarded to athletes achieving new "PC-A" times swam during this meet only.

AWARDS SHALL BE PICKED UP ON SUNDAY, THE LAST DAY OF THE MEET, BY A CLUB'S COACH OR CLUB REPRESENTATIVE. AWARDS SHALL NOT BE MAILED. NON-ZONE 3 CLUBS AND UNATTACHED ATHLETES SHALL COORDINATE WITH THE AWARDS DESK FOR PICK UP AND/OR DELIVERY OF AWARDS. FOR THOSE AWARDS NOT PICKED UP, PRE-PAID ENVELOPES SHALL BE PROVIDED. AWARDS SHALL NOT BE DISTRIBUTED INDIVIDUALLY THROUGHOUT THE MEET.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

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

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet. - At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official per session of the meet.

Club Athletes entered in session	Trained and carded Officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5

Zone 3 shall include assigned and working Colorado, Intermediary/ Chief Timing Judge, and Computer operator in the count of officials for a session although these positions are not carded. Zone 3 shall accept Carded Apprentices in the count of officials. Clubs may use officials “borrowed” from other clubs, or unattached officials at the meet who agree, to fulfill their obligation under the rule.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
25 FR	200 IM	200 IM	200 IM	25 FL	200 FR	200 FR	200 FR
25 BK	100 BK	200 FL	200 FL	50 BK	100 FL	100 FL	100 FL
50 FL	50 FL	50 FL	50 FL	25 BR	50 BK	50 BK	50 BK
50 BR	50 BR	50 BR	50 BR	100 IM	100 BR	100 BR	100 BR
50 FR	400 IM	100 BK	100 BK	500 FR	100 IM	200 BK	200 BK
	50 FR	200 BR	200 BR	100 FR	500 FR	100 IM	500 FR
		400 IM	400 IM		100 FR	500 FR	100 FR
		50 FR	50 FR			100 FR	

ORDER OF EVENTS

SATURDAY, MARCH 7, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
1	9 & O 200 IM	2
3	8 & U 25 FR	4
5	OPEN 100 BK	6
7	8 & U 25 BK	8
9	OPEN 50 BREAST	10
11	9 & O 200 FL	12
13	OPEN 50 FL	14
15	11 & O 200 BR	16
17	OPEN 400 IM	18
19	OPEN 50 FR	20

SUNDAY, MARCH 8, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
21	8 & U 25 FL	22
23	9 & O 200 FR	24
25	OPEN 50 BK	26
27	9 & O 100 FL	28
29	8 & U 25 BR	30
31	9 & O 100 BR	32
33	OPEN 100 IM	34
35	11 & O 200 BK	36
37	OPEN 100 FR	38
39**	OPEN 500 FR	40**

** 500 Free Minimum Entry time – 7:45.09 Girls/7:33.09 Boys

Pacific Swimming – Hosted by NAPA VALLEY SWIM TEAM
 SHORT COURSE CBA+
 MARCH 7-8, 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				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Facility Surcharge \$ 20.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													