

SEBASTOPOL SEA SERPENTS – SHAMROCK SHOWDOWN AFTERNOON C/B/A+  
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET  
MARCH 28-29, 2026  
Enter Online: <http://www.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-027**

*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 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, 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.

**MEET PERSONNEL:**

<b>Meet Referee:</b> KEVIN CAMPBELL	<b>Head Starter:</b> MIKE ABEGG
<b>Meet Marshal:</b> JULIE & RHETT PARO	<b>Admin Official:</b> GARY LAI
<b>Meet Director:</b> Lehla Irwin <a href="mailto:billing@sea-serpents.org">billing@sea-serpents.org</a>	

**LOCATION:** Ives Pool, 7400 Willow Street, Sebastopol, California 95472

**DIRECTIONS:** From Highway 12 West: turn left at High-Street, right-on Willow St. From Highway 116: turn left on Bodega Hwy (12), left on High-Street, right-on Willow St. **PARKING MAY NOT BE AVAILABLE AT THE SEBASTOPOL CENTER FOR THE ARTS**

**COURSE:** OUTDOOR 25 YARD pool with up to 6 lanes available for competition. A separate pool 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 8' at the start end and 3'6" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet will begin at **12:00 PM** (noon) each day with warm-ups from **11:00 to 11:50 AM** each day. All lanes may be designated as one-way sprint lanes toward the end of the warm-up session with athletes exiting the pool at the far end.

**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 **MAXIMUM 4** individual events plus 1 Relay event 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.
- Athletes competing in the 500 Free and/or 1650 Free must provide their own lap counters.
- Athletes competing in the 1650 Free must provide their own timers and should consult their coaches **PRIOR** to entering.
- The 1650 Free will be limited to the first 18 entries.
- 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.**
- AED is available on the pool deck. Lifeguard and/or First Aid/CPR certified personnel will be available to participants

**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.**
- 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) entered online by **March 2, 2026** 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 on line by the entry deadline shall be considered in the order they are received.

**ENTRY FEES:** \$4.50 per event plus a \$10.00 per Athlete participation fee and a \$15.00 facility surcharge. \$9.00 per relay. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**ONLINE ENTRIES:** Enter online at <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 HyTek Team 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 18, 2026**.

**HYTEK ENTRIES:** Team entries may be submitted via Hy-Tek file. Entries shall be emailed to Lehla Irwin at [billing@sea-serpents.org](mailto:billing@sea-serpents.org) no later than 10:00 PM on **Wednesday, March 18, 2026**. Request a confirmation of receipt to ensure delivery of the email and file. I

**Make check payable to:** SEBASTOPOL SEA SERPENTS  
PO BOX 2517  
SEBASTOPOL, CA 95473

**MEFAP ENTRY FEES:** \$10.00 SCY 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>

**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 1:30 PM, 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 for that day shall be at 1:30 PM. Athletes who do not check in will not be seeded in the event. Athletes in the 6/u, 7-8, 9-10, 11-12, 13-14, 15/o age-groups will swim events together, seeded only by time, irrespective of gender or age.

**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:** Ribbons will be awarded 1-8th for each gender in the following age-groups: 6/u, 7-8, 9-10, 11-12, 13-14, 15/o. Events will be swum together and awarded separately. No awards given for athletes 19 years of age and older. Awards may be distributed at the meet or delivered to each team after the meet.

**SCORING:** (6-lane pool) Individual Events – 7-5-4-3-2-1. Individual point values shall be doubled for relays. Events will be swum together and awarded separately for each gender in the following age-groups: 6/u, 7-8, 9-10, 11-12, 13-14, 15/o.

**ADMISSION:** Free. A program/heat sheet may be available for purchase.

**SNACK BAR & HOSPITALITY:** A limited snack bar will be available. Hospitality will be provided for coaches & officials.

**MISCELLANEOUS: STREET PARKING ONLY.** 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

**NOTE:** 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.

## EVENTS

Athletes in the 6/u, 7-8, 9-10, 11-12, 13-14, 15/o age-groups will swim events together, seeded only by time, irrespective of gender or age.

Saturday, March 28, 2026			Sunday, March 29, 2026		
EVENT #	EVENT		EVENT #	EVENT	
101	Mixed Open	200 Free Relay	201	Mixed Open	200 Medley Relay
102	Mixed Open	200 Fly	202	Mixed Open	200 IM
103	Mixed Open	100 IM	203	Mixed Open	100 Fly
104	Mixed Open	50 Fly	204	Mixed Open	50 Back
105	Mixed Open	200 Breast	205	Mixed Open	200 Free
106	Mixed Open	100 Free	206	Mixed Open	100 Brst
107	Mixed Open	50 Breast	207	Mixed Open	200 Back
108	Mixed Open	100 Back	208	Mixed Open	50 Free
109	Mixed Open	500 Free	209	Mixed 11/over	1650 Free*

\* Athletes competing in the 1650 Free must provide their own lane timers and will be limited to the first 18 entries.