

**ROHNERT PARK SWIM CLUB (PRNA) – SPRING SWIM FEST!**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**APRIL 18 - 19, 2026**  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-051**

*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 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:**

<i>Meet Referee:</i> Don Bautista	<i>Head Starter:</i> Sarah Obbagy
<i>Meet Marshal:</i> Brittany Ohlinger	<i>Admin Official:</i> Gary Lai
<i>Meet Director:</i> Viktoriya Kotlinski, <a href="mailto:v.kotlinska@yahoo.com">v.kotlinska@yahoo.com</a>	

**LOCATION:** Sonoma State University, Dr. G Edward Rudloff Pool, 1801 E. Cotati Ave, Rohnert Park, CA 94928

**DIRECTIONS:** From 101 N, take the Rohnert Park Expressway exit, turn right onto Rohnert Park Expressway, and stay on this route until you reach SSU's North Entrance. Turn right onto Redwood Circle to enter campus and pass Green Music Center on your left side. The Swimming Pool will be just across the bridge. Parking lot G, the closest parking lot to the pool, will be on your right-hand side.

From 101 S, take the Rohnert Park Expressway exit, turn left onto Rohnert Park Expressway, and stay on this route until you reach SSU's North Entrance. Turn right onto Redwood Circle to enter campus and pass Green Music Center on your left side. The Swimming Pool will be just across the bridge. Parking lot G, the closest parking lot to the pool, will be on your right-hand side.

**COURSE:** OUTDOOR 25 YARD pool with up to 6 lanes available for competition. An additional 2 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the course, measured in accordance with Article 103.2.3 is 4'9" at diving block #1. The depth increases gradually and measures 6'0" at diving block #6. These depths are applied to both the start end and 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 7:30 AM 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 **MAXIMUM 4** individual 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.
- Athletes in the 500 Freestyle must provide their own timers and lap counters. **NT (No-Time) entries will NOT be accepted for the 500 Free.** Athletes must provide an entry time for seeding purposes. **Coach-verified times shall be accepted.**

- 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.
- No pets other than service animals are allowed on deck. Medical certification shall be presented upon request.

**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 (Exception – 500 Free. See Rules above)**
- 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 **on/before March 17, 2026**, shall be given first priority for acceptance to the meet. All entries from other zones in Pacific Swimming or other LSCs, postmarked or entered online by the entry deadline, shall be considered in the order they are received.

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

**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>

**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. 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 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, April 8, 2026.

**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, April 6, 2026**, or hand delivered **by 6:30 p.m. Wednesday, April 8, 2026**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to:** Rohnert Park Swim Club

**Mail entries to:** Viktoriya Kotlinski  
959 Golf Course Dr., Unit #142  
Rohnert Park, CA 94928

**Hand delivered entries to:**

Viktoriya Kotlinski  
1801 E. Cotati Ave.  
Rohnert Park, CA 94928

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bullpen area at their scheduled time for each event. The seeding will be done the day before each session, and coaches are requested to provide known athlete scratches to Admin no later than 07:00 pm on Friday and before end of meet (EOM) Saturday for respective Saturday and Sunday sessions.

**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 to 1<sup>st</sup> through 8<sup>th</sup> place finishers in the A+, B, and C Divisions for each event and age group. Athletes aged 19 and over shall not be awarded.

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

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

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. SSU requires parking permits 24/7. All machines take cards only. Daily permits cost \$6 per day. **Note:** Charge Point charging stations are located at Parking lot O across from Green Music Center.

**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.

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & Under	9-10	11-12	13 & Over	8 & Under	9-10	11-12	13 & Over
25 FR	50 FR	200 FR	200 FR	50 BK	100 IM	200 IM	200 IM
50 BR	50 FL	50 FL	100 FL	25 BR	50 BK	50 BK	50 BK
25 BK	100 BR	100 BR	200 BR	50 FR	50 BR	50 BR	100 BR
100 FR	100 BK	100 BK	100 BK	25 FL	100 FR	50 FR	100 FR
		100 FR	50 FR			50 FL	50 FL
		100 IM	100 IM				50 BR
Open Mixed Medley Relay 4 x 50				Open 500 Free No time entry NOT accepted – Coaches verified time accepted			
Open Mixed Fun Relay 4 x 25							

**EVENTS**

SATURDAY, APRIL 18th, 2026		
EVENT #	EVENT	EVENT #
101	13 & Over 200 Free	102
103	11-12 200 Free	104
105	9-10 50 Free	106
107	8 & Under 25 Free	108
109	13 & Over 100 Fly	110
111	11-12 50 Fly	112
113	9-10 50 Fly	114
115	8 & Under 50 Breast	116
117	13 & Over 200 Breast	118
119	11-12 100 Breast	120
121	9-10 100 Breast	122
123	8 & Under 25 Back	124
125	13 & Over 100 Back	126
127	11-12 100 Back	128
129	9-10 100 Back	130
131	8 & Under 100 Free	132
133	13 & Over 50 Free	134
135	11-12 100 Free	136
137	13 & Over 100 IM	138
139	11-12 100 IM	140
141	Open Mixed Medley Relay 4x50	
142	Open Mixed Fun Relay 4x25	

SUNDAY, APRIL 19th, 2026		
EVENT #	EVENT	EVENT #
201	13 & Over 200 IM	202
203	11-12 200 IM	204
205	9-10 100 IM	206
207	8 & Under 50 Back	208
209	13 & Over 50 Back	210
211	11-12 50 Back	212
213	9-10 50 Back	214
215	8 & Under 25 Breast	216
217	13 & Over 100 Breast	218
219	11-12 50 Breast	220
221	9-10 50 Breast	222
223	8 & Under 50 Free	224
225	13 & Over 100 Free	226
227	11-12 50 Free	228
229	9-10 100 Free	230
231	8 & Under 25 Fly	232
233	13 & Over 50 Fly	234
235	11-12 50 Fly	236
237	13 & Over 50 Breast	238
239	Open 500 Free	240

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by PRNA SHORT COURSE CBA+ April 18-19, 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				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee      \$ 10.00 Facility Surcharge      \$ 10.00 Total                      \$ _____													
Coach's Name: _____ Coach's Cell Phone: _____ Coach's Email Address: _____													
Athlete's Address													
Home Phone							Cell Phone						
Email													