

SWIM SOUTH BAY  
PACIFIC SWIMMING SHORT COURSE CBA MEET  
SATURDAY and SUNDAY, MARCH 28-29, 2026  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-033**

*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> Trevor Gillis	<i>Head Starter:</i> Csaba Andrejka
<i>Meet Marshal:</i> Adam Wilson	<i>Admin Official:</i> Mike Piccardo
<i>Meet Director:</i> Marisa Cozort	

**LOCATION:** Willow Glen High School, 2001 Cottle Avenue, San Jose, CA 95125

**DIRECTIONS:** From Almaden Expressway North – Exit at Lincoln Blvd exit (exit on left) Follow Lincoln to Curtner Avenue, left on Curtner then take a right on Cottle. Parking behind the school and on the corner of Cottle and Dry Creek. From Almaden Expressway South – Exit at Curtner Avenue

**COURSE:** Outdoor 25 yard pool with up to 8 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 shallow end course, measured in accordance with Article 103.2.3, is 10" at the start end and 3'6" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet shall begin at 9:00 AM with warm-ups from 7:30 to 8:45 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 shall 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 shall be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the athlete's age and gender, or when the number of entered athletes meets maximum facility capacity as determined by facility and local health restrictions.
- Athletes must provide their own timers for the 400 IM and 500 Free.
- 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 must present proof of their USA Swimming membership when requested, and be in good standing.
- First Aid 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.
- Entries with "**NO TIME**" will be accepted.
- 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.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** Zone 1 South (1S) shall have priority of entry for 7 days upon opening the meet entries.

**ENTRY FEES:** \$4.50 per event plus a \$10.00 participation fee 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 **3/18 unless the meet fills to capacity prior to that date.**

**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 3/18, hand delivered by 6:30 PM on 3/18. Late entries and entries postmarked after the meet filled to capacity will not be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Swim South Bay**

**Mail/hand deliver entries to: Marisa Cozort, 1583 Phantom Avenue, San Jose, CA 95125**

**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. 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. All remaining events shall close at 2PM on Saturday and 10:30 AM on Sunday. 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 entered/checked-in for shall not be penalized.

**MIXED GENDER EVENTS:** All events will be swum with girls and boys together and seeded by time, fastest to slowest.

**AWARDS:** Ribbons to 1-8th place in each age group of each event (girls and boys, 8&under, 9-10, 11-12, 13-14, 15-18.)

**ADMISSION:** Free.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided outside of meet hours.

**EVENT SUMMARY**

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
200 free	200 free	200 free	200 free	100 back	200 IM	200 IM	200 IM
100 fly	100 fly	100 fly	100 fly	50 breast	100 back	100 back	100 back
50 back	50 back	50 back	100 breast	50 fly	50 breast	50 breast	200 breast
100 breast	100 breast	100 breast	200 back	100 free	50 fly	200 breast	100 free
100 IM	100 IM	200 back	100 IM		100 free	50 fly	200 fly
50 Free	50 free	100 IM	50 free		500 free**	100 free	500 free**
		50 free	400 IM**			200 fly	
		400 IM*				500 free**	

**ORDER OF EVENTS**

Saturday, February 28	
EVENT #	EVENT
1	Open 200 Free
2	Open 100 Fly
3	12 and under 50 Back
4	Open 100 Breast
5	11 and over 200 Back
6	Open 100 IM
7	Open 50 Free
8	11 and over 400 IM*

Sunday, March 1	
EVENT #	EVENT
9	9 and over 200 IM
10	Open 100 Back
11	12 and under 50 Breast
12	11 and over 200 Breast
13	12 and under 50 Fly
14	Open 100 Free
15	11 and over 200 Fly
16	9 and over 500 Free**

\* Athletes entering the 11 & Over 400 IM must provide their own timers.

\*\* Athletes entering the 9 and over 500 Free must provide their own timers and/or lap counters

