

ORINDA AQUATICS
SUMMER FINALE LONG COURSE/SHORT COURSE INVITATIONAL MEET
INVITED CLUBS: OAPB, TERA, TOC, TRIV, WCAB
JULY 26-27, 2025



Enter online at: <http://ome.fastswims.com>

SANCTION: Held under USA/Pacific Swimming Sanction No. **25-093**

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

NOTICE: By entering this meet, the athlete or their guardian consents to the publication, via electronic, print or other media, of information and/or imagery related to their participation at this meet, which may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

USE OF AUDIO AND VIDEO: Photography and video recording from behind or beside 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, 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 their designee. Flash photography from any location is prohibited during the start of a race.

MEET PERSONNEL:	Meet Referee: Peter McNamara	Head Starter: Tony Lu
	Meet Marshal: Cynthia Blaylock	Admin Official: Sara Beugelmans
	Meet Director: Alex Neyman oapbswimming@gmail.com	

LOCATION: Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California.

DIRECTIONS: **Highway 24 West**-take Central Lafayette Exit, turn right on Deer Hill Rd, right on First St, right on Mount Diablo Blvd, left on Moraga Rd, and right on Campolindo Dr. **Highway 24 East**-take Orinda Exit, turn right on Moraga Way, left on Glorietta Blvd, right on Rheem Blvd, left on Moraga Rd, left on Campolindo Drive. The Pool is located behind the high school. The parking lot is located on the left. **Do not park where no parking signs or permit parking only signs are posted; you will be ticketed or towed. No overnight/RV parking allowed.**

COURSE: Outdoor 50-Meter competition pool with up to 8 lanes with electronic timing system. Outdoor 25-Yard competition pool with up to 10 lanes with electronic timing system. A separate pool and/or minimum of 3 lanes will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The Meet Host shall ensure the required course dimensions.

TIME: Meet begins at 9:00 AM each day. The competition course will be open for warm-ups from 7:30 to 8:45 AM each day. Round 1 and Round 2 will run consecutively, without a break between or warm-ups in the competition lanes between the Rounds of events.

- 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 and will be seeded from fastest to slowest.
 - Athletes may compete in up to 5 individual events per day. (Note that there will be minimal rest time between some events.)
 - Some events are repeated twice each day. Athletes may choose when they would prefer to swim these events or can choose to swim these events twice.
 - All events are mixed gender events and will be seeded and swum without regard to age and gender.
 - At the discretion of the meet referee, and with the concurrence of the meet director, certain events may be swum together in a single 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 will be made for any mandatory scratches.
 - **DISTANCE:** All athletes in the 500 yard freestyle must provide their own lap counters. All athletes in the 1650 yard freestyle and the 1500 meter freestyle must provide their own timers and lap counters.
 - 1650 yard freestyle and the 1500 meter freestyle will be limited to the first 16 entrants, regardless of gender.
 - **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
 - **Lifeguards will be available to participants.**

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 START CERTIFICATION: Each athlete 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 without the use of a backstroke ledge. 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 consumption 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.
 - **Marshals and signage will indicate areas designated for set-up. Participants who set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to re-locate.**
 - All shelters must be properly secured. **NO Camping Tent allowed in the facility. Pop-up tents CANNOT be fully enclosed.**
 - Deck changes are prohibited.
 - Destructive devices, including 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 their 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 and ejection from the facility. Law enforcement officers are exempt per applicable laws.
 - Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
 - Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
 - No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

ELIGIBILITY:

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as they are shown in their USA Swimming registration. 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.

- This meet is only open to athletes attached to or training with the following Clubs: OAPB, TERA, TOC, TRIV, WCAB.
- 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.
- No time conversions shall be accepted.
- Entries with "NO TIME" will be rejected.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY TIMES: Entries must be submitted using the athlete's best short-course yards time for each short course event, or long-course meter time for each long-course event. Entries with **"NO TIME" (NT) will NOT be accepted.**

ENTRY FEES: \$45 flat fee per day of the meet entered. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

MEFAP ENTRY FEES: \$14.00 participation fee for Saturday; \$10.00 participation fee for Sunday. 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%202024.pdf>

ENTRY DEADLINES: Online entries will be accepted through **6:00 PM Friday, July 18, 2025** OR until the estimated timeline reaches 5 hours, pre-distance (1500/1650 Free), whichever occurs FIRST. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.** Check <http://ome.fastswims.com> for open or closed status.

ONLINE ENTRIES: You may enter this meet **online only**. To enter online go to <http://ome.fastswims.com>. This method requires payment by credit card. FastSwims charges a service fee, 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. Online entries will be accepted through **6:00 PM Friday, July 18, 2025** OR until the estimated timeline reaches 5 hours, pre-distance (1500/1650 Free), whichever occurs FIRST.. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

CHECK-IN: All Sessions for this meet will be pre-seeded. Athletes will not be required to check-in each day. -

SCRATCHES & NO-SHOWS:

- **Scratch Deadlines:** Any athlete who plans to scratch events is requested to scratch with the Meet Director (or via email to oapbswimming@gmail.com) as soon as possible. The scratch deadline for each Saturday and Sunday session will be at the beginning of warm-ups for that session. Email scratches from athletes will NOT be confirmed with their coach.
- **No-shows:** Any athlete not reporting for or competing in a single individual event shall not be penalized. Athletes who must withdraw from an event after the scratch deadline are requested to inform the referee immediately.

AWARDS: None.

ADMISSION: Free.

HOSPITALITY: Orinda Aquatics Snack Hospitality will be provided to coaches and working Officials throughout the meet.

TIMERS: Clubs will be assigned lanes based on the number of club athletes entered (host club will not be expected to time).

MINIMUM OFFICIALS: All available USA Swimming certified officials are welcomed and encouraged to work at this meet. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

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

ORDER OF EVENTS
Session 1: Long Course Meters with 2 rounds

	Saturday, July 26 Round 1 LCM		Saturday, July 26 Round 2 LCM
Event #	Event	Event #	Event
1	400 Free	101	50 Free
2	200 IM	102	200 IM
3	12&under 50 Fly	103	100 Fly
4	100 Fly	104	200 Free
5	200 Breast	105	12&under 50 Breast
6	100 Free	106	100 Breast
7	12&under 50 Back	107	200 Back
8	100 Back	108	100 Free
9	100 Breast	109	100 Back
10	200 Free	110	200 Breast
11	200 Fly	111	200 Fly
12	50 Free	112	11&up 400 IM
13	200 Back		
14	1500 Free (limited to 16 athletes)**		

** Athletes in the 1500 free must provide their own Timers and Lap Counters.

ORDER OF EVENTS
Session 2: Short Course Yards with 2 rounds

	Sunday, July 27 Round 1 SCY		Sunday, July 27 Round 2 SCY
Event #	Event	Event #	Event
15	500 Free*	113	50 Free
16	200 IM	114	200 IM
17	12&under 50 Fly	115	100 Fly
18	100 Fly	116	200 Free
19	200 Breast	117	12&under 50 Breast
20	100 Free	118	100 Breast
21	12&under 50 Back	119	200 Back
22	100 Back	120	100 Free
23	100 Breast	121	100 Back
24	200 Free	122	200 Breast
25	200 Fly	123	200 Fly
26	50 Free	124	100 IM
27	200 Back	125	11&up 400 IM
28	1650 (limited to 16 athletes**)		

* Athletes in the 500 free must provide their own Lap Counters.

** Athletes in the 1650 Free must provide their own Timers and Lap Counters.