

**ZONE 1 NORTH SHORT COURSE CHAMPIONSHIPS**  
**PACIFIC SWIMMING SHORT COURSE MEET**  
**JANUARY 24 - 25, 2026**  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-014**

*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.

**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> Brett Shaug	<b>Head Starter:</b> Stephanie Kuang
<b>Meet Marshal:</b> Gaku Ito	<b>Admin Official:</b> Sachi Kuwano
<b>Meet Director:</b> Thad Gunther <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	
<b>Assistant Meet Director:</b> Joy Taylor and Suma Ramadas	

**LOCATION:** Morgan Hill Aquatics Center, 16200 Condit Road, Morgan Hill, CA 95037

**DIRECTIONS:** From Southbound Highway 101: take Dunne Avenue exit, go left and cross over 101, go right at the first street (traffic light), Condit Road. Pool is on left, about ¼ mile. From Northbound Highway 101: take Tennant Avenue exit, go right and make immediate left onto Condit Road. Pool is on right.

**COURSE:** Outdoor 25-yard pool with up to 16 lanes available for competition (running two separate yards courses). Separate warm up and warm-down area available throughout the meet.. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'0" at the shallow end and 13'0" at the deep end. The Meet Host shall ensure the required course dimensions.

**TIME:** This is a single session championship meet for Pacific Swimming Zone 1 North. The morning session will begin at 10:00 AM each day with warm-ups beginning at 8:30 AM each day. The pool deck will open at 8 AM each day. Each participating Club will have an assigned warm up as determined by the Meet Director and meet operations team. Warm-up will be coach / club led, including one-way starts and pace. Additional one-way start and pace lanes will not be available outside of a club's assigned warm up lanes / time slot with the exception of two (2) one-way start lanes that will be open for the entire duration of warm up for one-way starts.

Session 1: Saturday, January 24, 2026

Session 2: Sunday, January 25, 2026

- 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 3 events per day and 2 relays per day.
  - 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 available to all participants. Lifeguards will be on site throughout the duration of the event. Further Medical support available via 911.

**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 and placed in designated areas only.
- 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.
- Spectators are not permitted within the competition course / deck. There will be clearly marked spectator areas alongside the competition course. Spectators must stay within the Spectator area as communicated by the Meet Directors and meet personnel.

**ELIGIBILITY:**

- This meet is open only to members of Participating Zone 1 North Clubs. Unattached Athletes participating with a participating Zone 1 North Club are eligible to compete.
- 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.
- Entering Athletes shall have met the minimum time standard as outlined in the meet sheet in each event entered. **Entries with "NO TIME" will be rejected.**
- Clubs may enter a maximum of "A," "B," and "C" relays.
- Competition will take place in two "courses" divided by gender with the exception of relays, which will run in a single course.
- 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 15 & Over age group.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY PRIORITY:** The meet is open only to members of participating Zone 1 North swim clubs: **ALTO, BAC, BCP, BSC, DACA, DCD, FOG, LO, OSC, PASA, PSL, SSF, SUNN, SWMI.**

**ENTRY FEES:** \$4.50 per event, a \$10.00 participation fee, plus a \$20.00 facility surcharge per Athlete. Relays are \$9.00 per Relay entered. 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. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. Entries will be accepted through Sunday, January 18, 2026 at 11:59 PM.

**MAILED OR HAND DELIVERED ENTRIES:** Mailed or hand delivered entries will not be accepted. If you are unable to enter online without assistance, please contact the Meet Director.

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the competition course at their scheduled time for each event.

**SCRATCHES:** Advanced scratches for this meet will be collected using an online submission system. Advanced scratches must be received by 11:59 PM on Thursday, January 22, 2026. Early submission is appreciated. Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters - USA Swimming rules 207.11.7B.

**SCORING:** Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

In relay events, only the highest-placing relay entry from each club shall be eligible to score points.

**AWARDS: Medals will be awarded to the top three (3) places in individual events and relay events.** Ribbons will be awarded to the places 4th – 16th in individual events and places 4th - 8th places in relay events. Club champions will be awarded in three divisions, based on the size of the club, following the table below.

**The Ray Taft Award** will be awarded to the fastest male 100 backstroke of the meet. Unattached athletes will not receive awards. "A" Medals may be issued to athletes by their OWN CLUBS, "A" medals will not be awarded at the meet. **Awards will not be mailed; coaches must pick up their awards and ribbons at the conclusion of the meet on Sunday.**

Division 1	1 - 39 Athletes
Division 2	40 - 99 Athletes
Division 3	100 + Athletes

**ADMISSION:** Free. A pdf file of the meet program will be provided to all participating clubs, available after the scratch deadline.

**HOSPITALITY:** Hospitality will serve refreshments to Coaches and Officials. Coaches and working Officials will also be provided lunch.

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

**MINIMUM OFFICIALS:**

Club Athletes entered in session	Trained and carded Officials requested
0-24	0
25-50	1
51-75	2
76-100	3
101+	4+ (one for each additional 25 athletes)

**ORDER OF EVENTS**

LCM Time Standard	SCY Time Standard	Event #	SATURDAY January 24, 2026	Event #	SCY Time Standard	LCM Time Standard
		1	15 & O 200 Mixed Free Relay			
		2	13 - 14 200 Mixed Free Relay			
		3	11 - 12 200 Mixed Free Relay			
		4	9 - 10 200 Mixed Free Relay			
		5	8 & U 100 Mixed Free Relay			
	1:33.19	7	9 – 10 100 IM	8	1:29.69	
	1:53.99	9	8 & U 100 IM	10	1:53.99	
	1:19.09	11	11 – 12 100 IM	12	1:15.89	
3:03.09	2:39.49	13	13 – 14 200 IM	14	2:26.69	2:49.79
2:57.49	2:34.29	15	15 & O 200 IM	16	2:20.19	2:43.59
39.79	35.99	17	9 – 10 50 Free	18	34.59	38.19
	20.99	19	8 & U 25 Free	20	20.99	
33.99	31.69	21	11 – 12 50 Free	22	30.49	32.79
34.59	30.19	23	13 – 14 50 Free	24	27.69	31.79
33.49	29.49	25	15 & O 50 free	26	26.29	30.59
54.59	48.69	27	9 – 10 50 Breast	28	47.69	53.39
	27.49	29	8 & U 25 Breast	30	27.49	
43.99	40.89	31	11 – 12 50 Breast	32	40.09	43.49
1:34.99	1:22.29	33	13 – 14 100 Breast	34	1:14.79	1:27.09
1:31.59	1:19.79	35	15 & O 100 Breast	36	1:11.39	1:23.09
		37	8 & U 100 Free Relay	38		
		39	9 - 10 200 Free Relay	40		
		41	11 – 12 200 Free Relay	42		
		43	13 - 14 200 Free Relay	44		
		45	15 & O 200 Free Relay	46		

LCM Time Standard	SCY Time Standard	Event #	SUNDAY January 25, 2026	Event #	SCY Time Standard	LCM Time Standard
		47	15 & O 200 Mixed Medley Relay			
		49	13 - 14 200 Mixed Medley Relay			
		51	11 - 12 200 Mixed Medley Relay			
		53	9 - 10 200 Mixed Medley Relay			
		55	8 & U 100 Mixed Medley Relay			
48.59	43.29	57	9 – 10 50 Back	58	42.89	48.29
	24.99	59	8 & U 25 Back	60	24.99	
38.79	35.99	61	11 – 12 50 Back	62	35.59	38.49
1:23.29	1:11.39	63	13 – 14 100 Back	64	1:06.19	1:17.69
1:20.69	1:09.39	65	15 & O 100 Back	66	1:02.69	1:13.69
48.39	42.69	67	9 – 10 50 Fly	68	41.29	46.49
	23.19	69	8 & U 25 Fly	70	23.19	
36.89	34.29	71	11 – 12 50 Fly	72	34.19	37.09
1:20.99	1:11.29	73	13 – 14 100 Fly	74	1:05.49	1:14.59
1:18.29	1:09.09	75	15 & O 100 Fly	76	1:02.39	1:11.29
1:30.79	1:21.09	77	9 – 10 100 Free	78	1:18.89	1:27.99
51.49	46.99	79	8 & U 50 Free	80	46.99	51.49
1:19.49	1:09.39	81	11 – 12 100 Free	82	1:06.39	1:16.19
1:15.39	1:05.89	83	13 – 14 100 Free	84	1:00.29	1:09.79
1:12.79	1:03.79	85	15 & O 100 Free	86	57.59	1:06.69
		87	8 & U 100 Medley Relay	88		
		89	9 - 10 200 Medley Relay	90		
		91	11 – 12 200 Medley Relay	92		
		93	13 - 14 200 Medley Relay	94		
		95	15 & O 200 Medley Relay	96		