

**BURLINGAME AQUATIC CLUB**  
**BAC "Race to AGCs" CBA+ Meet**  
**PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**  
**March 7-8, 2026**

<http://ome.fastswims.com>

**PRIORITY Z1N TEAMS: BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MLKB, PSL, PPSC, SSF**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-036**

*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> Sylvain Flamant	<b>Head Starter:</b> Jeff Hu
<b>Meet Marshal:</b> Graeme Staples	<b>Admin Official:</b> Kit Yan/Khai Vu
<b>Meet Director:</b> Tommy Dowley ( <a href="mailto:tommy@burlingameaquatics.com">tommy@burlingameaquatics.com</a> )	

**LOCATION:** Burlingame Aquatic Center 1 Mangini Way Burlingame, CA 94010. The pool is located on the north side of campus near the tennis courts, gym, and soccer fields, bordering Oak Grove Ave.

**DIRECTIONS:** From Hwy 101: take Broadway exit West. Turn left on Carolan Ave. Turn left on Oak Grove Ave. The Aquatic Center will be on your right.

**COURSE:** Outdoor 25 yard by 50 meter pool with up to 10 lanes available for competition. An additional 6-8 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 7'0" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Saturday and Sunday are split into sessions "A" and "B"

**Session A:** **11-12\* and 13&Over Athletes.** Warm-ups from 7-8:15 AM. Meet begins at 8:30 AM

**Session B:** **11-12\* and 10&Under Athletes.** Session B will begin one hour after Session A finishes but not before 12:30 PM. Warm-ups begins immediately after Session A finishes.

\*11-12 Athletes may enter either the 'A' or 'B' session each day, but not both

**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 a **MAXIMUM of 3** events per day.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- In accordance with rule 205.3.1F (the four-hour rule), entries will be accepted for each session until the estimated timeline reaches the session maximum time limit (4 hours).
- The estimated timeline will include any requisite breaks and will be calculated using the following limits: scratch rate of

seven percent (7%); heat interval of thirty seconds (30 sec); backstroke extra interval of fifteen seconds (15 sec); ten (10) competition lanes.

- For each session the maximum session time limit is four hours (4 hours).
- Upon closing entries, the host team and/or Meet Director will promptly review the final estimated timelines (e.g., HyTeK estimated timelines) with the Meet Referee to confirm each session is in accordance with the session time limit and with the entries NT rules. The final estimated timelines will include requisite breaks and will be calculated using the above limits for scratch rate, heat interval, backstroke extra interval, and number of competition lanes.
- No new entries will be accepted after entries (sessions) have officially closed.
- No modifications to valid entry times will be accepted after entries (sessions) have officially closed. Either the Meet Referee or Admin Official may determine if an entry time is a valid entry time.
- If during review of the final estimated timelines, the Meet Referee or Meet Director determines that one or more sessions is oversubscribed, then there will be an automatic scratch down to bring the one or more sessions in compliance with the maximum session time limit (4 hours). For instance, athletes may be asked to scratch down to 2 events if an estimated timeline, including requisite breaks, exceeds 4 hours. In the event that refunds are not available for an automatic scratch down, the Meet Director may determine the manner and/or time for which refunds may be provided.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Refunds will be issued to the participating teams for any mandatory scratches.
- To be present on deck, coaches and officials must sign in and provide proof of current good standing USA Swimming membership.
- **Entries with “NO TIME” for the morning ‘A’ Session will not be accepted. All 11-12 athletes must have achieved the “BB” time standards (or corresponding “BB” time in the 100 yd event) to compete in the morning ‘Session’.**
- All athletes in the 400 IM must provide their own timers. All 500 Free athletes must provide their own timers and lap Counters.
- Certified lifeguard staff and a functional AED will be available on premises.

**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 and/or animals are allowed with the exception of well-behaved service animals in accordance with ADA guidelines. The Meet Director or Meet Referee may ask any person handling a service animal to leave the premises if the service animal is barking, mis-behaving, soiling, or otherwise causing a disturbance.

**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" for the 200 yards and longer events will not 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:** Priority entry will be given to the following Zone 1N clubs: **BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MLKB, PSL, PPSC, SSF**. Those entering online must do so by **11:59 PM, Sunday, February 15, 2026** to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Friday, February 13, 2026 to receive priority acceptance into the meet. No athletes, other than those from the Zone 1N priority clubs may enter the meet until the priority period passes. After February 15, and if the estimated timeline still permits, the meet will be open to athletes outside of the Zone 1N priority clubs.

**ENTRY FEES:** \$4.50 per event plus an \$10.00 participation fee, plus a \$20.00 facility surcharge 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 Wednesday, **February 25, 2026**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly and accurately with Athlete's valid time. If either the Meet Referee or Admin Official determines an entry time is not a valid time, then the entry form may be rejected. Entries must be postmarked by midnight, Monday, February 23, 2026 or hand delivered by 6:30 p.m. Wednesday, **February 25, 2026**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Burlingame Aquatic Club**

**Mail entries to: BAC % Tommy Dowley**  
**P.O. Box 281**  
**Burlingame, CA 94011**

**Hand deliver entries to: BAC % Tommy Dowley**  
**P.O. Box 281**  
**Burlingame, CA 94011**

**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. Athletes who do not check in for an event will not be seeded in and will not be allowed to compete in said event.

**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:** 1st through 8th place ribbons will be awarded to the afternoon session only, broken up into 8 & under, 9-10, and 11-12 age groups only.

**ADMISSION:** Free.

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

**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
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (1 for every 25 athletes)

#### EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
25 FL	200 IM	200 IM	200 IM	100 IM	200 FR	200 FR	200 FR
100 FR	100 FR	100 FR	100 FR	25 BR	100 IM	100 IM	100 IM
25 BK	100 FL	200 BR	200 BR	50 FR	100 BR	100 BR	100 BR
50 BR	50 BR	100 FL	100 FL	25 FR	50 FR	200 FL	200 FL
50 BK	50 BK	50 BR	50 BR	50 FL	100 BK	50 FR	50 FR
	500 FR	200 BK	200 BK		50 FL	100 BK	100 BK
		50BK	50 Bk			50 FL	50 FL
		500 FR	500 Free			400 IM	400 IM
						1650 FR	1650 FR

## EVENTS

SATURDAY, MARCH 7, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
1	11&Up 200 IM	2
3	11&Up 50 Back	4
5	11&Up 100 Free	6
7	11&Up 200 Breast	8
9	11&Up 100 Fly	10
11	11&Up 50 Breast	12
13	11&Up 200 Back	14
15	Mixed 11&Up 500 Free*	
SESSION B		
17	9-12Over 200 IM	18
19	8&Under 25 Fly	20
21	12&Under 100 Free	22
23	11-12 200 Breast	24
25	8&Under 25 Back	26
27	9-12 100 Fly	28
29	12&Under 50 Breast	30
31	11-12 200 Back	32
33	12&Under 50 Back	34
35	Mixed 9-12 500 Free*	

SUNDAY, MARCH 8, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
37	11&Up 200 Free	38
39	11&Up 100 IM	40
41	11&Up 100 Breast	42
43	11&Up 200 Fly	44
45	11&Up 50 Free	46
47	11&Up 100 Back	48
49	11&Up 50 Fly	50
51	Mixed 11&Up 400 IM**	
53	Mixed 11&Up 1650 Free***	
SESSION B		
55	9-12 200 Free	56
57	12&Under 100 IM	58
59	9-12 100 Breast	60
61	8&Under 25 Breast	62
63	11-12 200 Fly	64
65	12&Under 50 Free	66
67	9-12 100 Back	68
69	8&Under 25 Free	70
71	12&Under 50 Fly	72
73	Mixed 11-12 400 IM**	

**All events 200 yards and longer must enter a seed time (coach verified time is okay) for proper seeding purposes (No NT).**

**All 11-12 athletes competing in the AM session must have achieved the "BB" time standard (or corresponding "BB" time in the 100 yd event).**

**\*All 500 Free athletes must have achieved the "BB" time standard in their respective age group. All 500 Free athletes must provide their own timers and lap counters. This event will be a mixed gender event.**

**\*\*All 400 IM athletes must have achieved the "BB" time standard in their respective age group. All 400 IM athletes must provide their own timers. This event will be a mixed gender event.**

**\*\*\*All 1650 athletes must have achieved the "BB" time standard in their respective age group (or 500 Free "BB"). All 1650 Free athletes must provide their own timers and lap counters. This event will be a mixed gender event & will be capped at 30 athletes max.**

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

Pacific Swimming – Hosted by Burlingame Aquatic Club  
Race to AGCs C/B/A+ Meet  
March 7-8, 2026  
Consolidated Entry Form

Name: Last,	First	Middle
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Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M   F	LSC – (PC, SN)
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USA-#															
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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
		: .	SCY / LCM

# of entries _____ x \$4.50 =	\$ _____
Participation Fee	\$ 10.00
Facility Surcharge	\$ 20.00
Total	\$ _____

Coach
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Athlete's Address
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Home Phone	Cell Phone
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Email
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