

PALO ALTO STANFORD AQUATICS
TRI VENUE LAST CHANCE FOR JO'S
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 7-8, 2026
Enter Online: <http://ome.fastswims.com>



Z1N CLUBS PRIORITY: SOLO, SWAMI, LAMV, LO, MAV, OSC, UCPA, PASA

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-035**

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 MeetMobile.**

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:

Meet Referee: Manus J-Cheng	Head Starter: Lucille Glassman
Meet Marshal: Kathy Kirby, Bryan Kirk	Admin Official: Curtiss Kikuta
Meet Director: Sam Chuang(pasa.meetdirector@gmail.com), Zoltan Bara	

LOCATION: Rinconada Park Pool, 777 Embarcadero Road, Palo Alto, CA 94303

DIRECTIONS: From US 101, take Embarcadero Road West one mile and turn right onto Newell followed by the first left onto Hopkins. The pool is located across from the tennis courts. Parking is available in the adjacent neighborhood, however, PLEASE DO NOT BLOCK driveways or park in the park grounds. There is NO R.V. parking available in the neighborhood.

COURSE: Outdoor 25 yard heated pool with up to 10 lanes available for competition. And additional three (3) 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 **at least** at the 4'5" at the start end and 4'5" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 8:15 AM each day with warm-ups from 7:00 AM to 8:10 AM each day. A special warm-up time for 8 and under athletes only will be provided.

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 **three (3)** events per day on.
- 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.
- 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.**

- Athletes entered in the 400 IM, 1000 Free, and/or 500 Free must provide their own timers. Athletes entered in the 1000/500 Free must provide their own lap counters.
- The 400 IM, 500 Freestyle, and 1000 Freestyle shall be limited to the first 30 entries received.
- Athletes entering the 400 IM, 500 Freestyle, and/or 1000 Freestyle must have achieved a minimum "BB" time standard for their age/gender. Coach-Verified times shall be accepted.
- Lifeguards, AED available on site 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.
- Only coaches, athletes and volunteers will be allowed in designated pool deck areas. There will be a spectator area.

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 – 1000 Free/500 Free/400 IM. See Rules)**
- 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: Zone 1N Athletes from **SOLO, SWAMI, LAMV, LO, MAV, OSC, UCPA, PASA** entering online must do so by **11:59 PM, Wednesday, February 18th** in order to receive priority acceptance to the meet. No athletes other than those from SOLO, SWAMI,

LAMV, LO, MAV, OSC, UCPA, PASA may enter the meet until the preference period has concluded. Athletes from SOLO, SWAMI, LAMV, LO, MAV, OSC, UCPA, PASA submitting surface mail entries must be postmarked by Monday, February 16th in order to receive first priority acceptance into the meet. Entries of athletes from other Zone 1 North Clubs entered online between **12:00AM Thursday, February 19th** and **11:59PM, Sunday, February 22nd, 2026**, will be given 2nd priority acceptance. Beginning **Monday, February 23rd at 12:00AM**, all entries from Zone 1N, all other Pacific LSC Zones and other LSCs, either postmarked, entered online, or hand delivered by the entry deadline will be considered in the order they are received.

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 **Wednesday, February 25th**

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, February 23rd, 2026**, or hand delivered by 6:30 p.m. Wednesday, **February 25th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Palo Alto Swim Club
Mail entries to: Ava Thompson
3830 Clover Valley Rd
Rocklin, Ca 95677

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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: None.

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: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

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 (+1 for every additional 25 athletes)

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13 & O	8 & UN	9-10	11-12	13 & O
25 BK	200 FR	200 FR	200 FR	25 BR	200 IM	200 IM	200 IM
100 BK	100 BK	100 BK	100 BK	100 BR	100 BR	100 BR	100 BR
50 FR	50 FR	200 BR	200 BR	50 FL	50 FL	50 FL	50 FL
100 FL	100 FL	50 FR	50 FR	100 FR	100 FR	200 BK	200 BK
25 FL	100 IM	100 FL	100 FL	25 FR	50 BK	100 FR	100 FR
100 IM	50 BR	100 IM	100 IM	50 BK	500 FR (G)	200 FL	200 FL
50 BR	500 FR (B)	50 BR	50 BR			50 BK	50 BK
		400 IM (G)	400 IM (G)			400 IM (B)	400 IM (B)
		500 FR (B)	500 FR (B)			500 FR (G)	500 FR (G)
		1000 FR (G)	1000 FR (G)			1000 FR (B)	1000 FR (B)

ORDER OF EVENTS

Saturday, March 7, 2026		
Girls Event #	Event	Boys Event #
1	9 & Over 200 Free	2
3	8 & Under 25 Back	4
5	Open 100 Back	6
7	11 & Over 200 Breast	8
9	Open 50 Free	10
11	Open 100 Fly	12
13	8 & U 25 Fly	14
15	Open 100 IM	16
17	Open 50 Breast	18
19	11 & O GIRLS 400 IM**	
	9 & O BOYS 500 Free**	20
21	11 & O GIRLS 1000 Free**	

Sunday, March 8, 2026		
Girls Event #	Event	Boys Event #
23	9 & Over 200 IM	24
25	8 & Under 25 Breast	26
27	Open 100 Breast	28
29	Open 50 Fly	30
31	11 & Over 200 Back	32
33	Open 100 Free	34
35	11 & Over 200 Fly	36
37	8 & Under 25 Free	38
39	Open 50 Back	40
	11 & O BOYS 400 IM**	42
43	9 & O GIRLS 500 Free**	
	11 & O BOYS 1000 Free**	44

*Athletes entered in the 400 IM/500 Free/1000 Free must have met a minimum "BB" standard for their age/gender. Coach-Verified Times are OK.

** The 500 Freestyle, and 400 IM shall be limited to the first 30 entries received.
 ** The 1000 Freestyle shall be limited to the first 10 entries received.

Athletes in the 400 IM/500 Free/1000 Free must provide their own timers.
 Athletes in the 500 Free/1000 Free must provide their own Lap Counters.

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

Pacific Swimming – Hosted by PASA SHORT COURSE CBA March 7-8 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 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													