

LOS ALTOS MOUNTAIN VIEW AQUATIC CLUB
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
MARCH 28 – 29, 2026

Enter Online: <http://ome.fastswims.com>

Zone 1 North Clubs Assigned: ALTO, BSC, DACA, LAMV, LO, OSC, SCRA, SOLO, SUNN, SWAMI, UCPA



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-049**

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, restrooms 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: Brian Floyd *Head Starter:* Carol Waln
Meet Marshal: Ivan Sanchez *Admin Official:* Ryan Gallagher
Meet Director: Jose Bonpua (meetdirector@lamvac.org)

LOCATION: Rengstorff Park Pool, 201 S. Rengstorff Ave., Mountain View, CA 94040

DIRECTIONS: From the North – Take US 101S towards San Jose. Exit 400A Rengstorff Ave. Turn left onto Rengstorff Ave. Cross Central Expressway and train tracks. Turn left at the first traffic light into Mountain View Community Center. Parking lot will be on the right, Rengstorff Pool is located behind the community center. From the South – Take US 101N towards San Francisco. Exit 399B Old Middlefield Way. Continue onto Old Middlefield Way. Turn left onto Rengstorff Ave. Cross Central Expressway and train tracks. Turn left at the first traffic light into Mountain View Community Center. Parking lot will be on the right, Rengstorff Pool is located behind the community center. There is a parking lot in front of the pool on Crisanto Ave. **for Coaches and Officials ONLY.**

COURSE: OUTDOOR 25 YARD pool with up to 8 lanes available for competition. An additional 4 lanes in a separate pool (depth of 3'6") 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' at the start end and 7' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: **Session A (11-12* and 13 & Over Athletes)** begins at **8:30 AM** each day with warm-ups from **7:00 AM to 8:15 AM**.
Session B (11-12* and 10 & Under Athletes) begins **1 hour after the end of Session A**, but not before 12:00 PM. Warm-ups for Session B will begin as soon as Session A ends.

***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.
- Timers must meet USA and Pacific Swimming minimum age requirements.
- 11-12 year old athletes may compete in EITHER the AM **OR** PM session each day. They may **NOT** compete in both. All 11-12 year old athletes competing in the AM Session must have achieved a USA-S "BB" time for their age group/gender in at least one entered event to swim in that AM Session. Coach verified times will be accepted.

- Entries with "NO TIME" for the 200 yards and longer events will not be accepted. A coach verified time will be accepted.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- For each session the maximum session time limit is four hours (4 hours).
- Estimated session timelines, including those determined by FastSwims and HyTeK, are not to exceed four hours.
- Estimated session timelines will include any requisite breaks (e.g., "marching of the timers" for 25-yard events) and will be calculated using the following limits: maximum scratch rate of six percent (6%); minimum heat interval of thirty seconds (30 sec); minimum backstroke extra interval of fifteen seconds (15 sec); eight (8) competition lanes. FastSwims sessions will limit the Max duration (hours, minutes) to guarantee that the estimated session timelines do not exceed four 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. Except as indicated under "Eligibility", there will be no changes to entry times and absolutely no changes to (e.g., swapping of) events after sessions have closed.
- 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.
- Athletes in the 500 Free shall provide their own timers and lap counters. Athletes in the 400 IM shall provide their own timers.
- 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 must wear their USA Swimming membership cards in a visible manner.**
- To be present on deck, coaches must sign in and provide proof of current good standing USA Swimming membership.
- Lifeguards will be on duty. First Aid and an AED are available to participants and attendees.

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.
- 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.
- Only Coaches tents are allowed to set up within the enclosed pool venue. All other tents must be set up outside the enclosed pool venue.

- 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.
 - 11-12 year old athletes may compete in EITHER the AM **OR** PM session each day. They may **NOT** compete in both. All 11-12 year old athletes competing in the AM Session must have achieved a USA-S "BB" time for their age group/gender in at least one entered event to swim in that AM Session. Coach verified times will be accepted.
 - Entries with "NO TIME" will be accepted for all events under 200 yards. **All 200 yards and longer events require an entry time;** coach-certified times will 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: Zone 1N Athletes from **ALTO, BSC, DACA, LAMV, LO, OSC, SCRA, SOLO, SUNN, SWAMI, UCPA** entering online must do so by **11:59 PM, Wednesday, March 11, 2026** to receive priority acceptance to the meet. No Athletes other than those in **ALTO, BSC, DACA, LAMV, LO, OSC, SCRA, SOLO, SUNN, SWAMI, UCPA** may enter the meet until the preference period has concluded. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Monday, March 9, 2026 to receive priority acceptance into the meet. After March 11, and if the estimated timeline still permits, the meet will be open to Athletes outside of the Zone 1N assigned clubs.

ENTRY FEES: \$4.50 per event, plus a \$10.00 participation fee and 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.

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, March 18, 2026** (or until the meet is full, whichever is earlier).

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 best time. Entries must be postmarked by midnight, Monday, March 16, 2026 or hand delivered by 6:30 p.m. Wednesday, March 18, 2026. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Los Altos Mountain View Aquatic Club

Mail or hand deliver entries to: Eileen Lee
425 E. Edith Ave.
Los Altos, CA 94022

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. For each session, check-in will close two hours after the estimated-time-line start of competition (e.g., at 10:30AM for the AM sessions). Otherwise, 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 and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course.

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: Individual awards will be awarded in the A, B, and C divisions. Ribbons for first through eighth place will be given to the following age groups: 8 and under, and 9-10 only. Athletes 11 years old and older will not receive ribbons. "A" time awards will be given to Athletes achieving a new "A" time, regardless of place achieved in the event. Awards for Athletes 10 years old and younger must be picked up at the meet by coaches at the end of each session. Awards will **NOT** be mailed.

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 coaches, working Officials and volunteer timers.

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	4 + 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 FR	500 FR	500 FR	500 FR	25 BK	100 FL	400 IM	400 IM
50 FL	50 FL	200 FL	200 FL	100 FL	100 BK	50 FR	50 FR
100 BR	100 BR	50 BK	50 BK	100 BK	50 FR	100 FL	100 FL
50 BK	50 BK	200 IM	200 IM	50 FR	200 FR	50 BR	50 BR
100 FR	200 IM	100 FR	100 FR	25 BR	100 IM	200 FR	200 FR
25 FL	100 FR	200 BR	200 BR	100 IM		100 BR	100 BR
50 BR	50 BR	100 IM	100 IM			200 BK	200 BK
		100 BK	100 BK			50 FL	50 FL
		50 FL				200 BR	
		100 BR				100 BK	
		200 BK				200 FL	
		50 BR				100 IM	

ORDER OF EVENTS

Saturday, March 28		
EVENT #	EVENT	EVENT #
Saturday Session A		
1	11 & Over 500 Free*	2
3	11 & Over 200 Fly**	4
5	11 & Over 50 Back	6
7	11 & Over 200 IM**	8
9	11 & Over 100 Free	10
11	11 & Over 200 Breast**	12
13	11 & Over 100 IM	14
15	11 & Over 100 Back	16
Saturday Session B		
17	9 - 12 500 Free*	18
19	8 & UN 25 Free	20
21	12 & UN 50 Fly	22
23	12 & UN 100 Breast	24
25	11 - 12 200 Back**	26
27	12 & UN 50 Back	28
29	9 - 12 200 IM**	30
31	12 & UN 100 Free	32
33	8 & UN 25 Fly	34
35	12 & UN 50 Breast	36

Sunday, March 29		
EVENT #	EVENT	EVENT #
Sunday Session A		
37	11 & Over 400 IM*	38
39	11 & Over 50 Free	40
41	11 & Over 100 Fly	42
43	11 & Over 50 Breast	44
45	11 & Over 200 Free**	46
47	11 & Over 100 Breast	48
48	11 & Over 200 Back**	50
51	11 & Over 50 Fly	52
Sunday Session B		
53	11 - 12 400 IM*	54
55	8 & UN 25 Back	56
57	12 & UN 100 Fly	58
59	11 - 12 200 Breast**	60
61	12 & UN 100 Back	62
63	12 & UN 50 Free	64
65	11 - 12 200 Fly**	66
67	8 & UN 25 Breast	68
69	9 - 12 200 Free**	70
71	12 & UN 100 IM	72

*Athletes in the marked events (500 Free and 400 IM) must have achieved a USA-S Motivational "B" Time Standard for their gender in that event. Coach-certified times will be accepted.

**Entries with "NO TIME" for all 200-yard events will not be accepted. Coach-certified times will be accepted.

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

Pacific Swimming – Hosted by Los Altos Mountain View Aquatic Club SHORT COURSE CBA+ March 28 – 29, 2026 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$10.00 Facility Surcharge \$20.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													