

**ALTO SWIM CLUB  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
May 2-3 2026**

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

Priority Z1N Clubs: **ALTO, BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, PPSC, PSL, SCRA, SSF**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-062**

*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:**  
**Meet Referee:** Stephanie Kuang    **Head Starter:** Sam Tang  
**Meet Marshal:** Alireza Safaee    **Admin Official:** Jeff Hu  
**Meet Director:** Linda Lin and Joanne Leung - [altomeetdirector@gmail.com](mailto:altomeetdirector@gmail.com)

**LOCATION:** Ohlone College, 43600 Mission Blvd, Fremont, CA 94539

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 5'0" 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 and over Athletes (Saturday & Sunday): 7:00-8:15 am warm up. Meet begins at 8:30 am.

**Session B** - 14 and under Athletes (Saturday & Sunday): Warm up no earlier than 11:30. Meet begins no earlier than 12:30 pm.

- 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 applicable 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 the MAAPP policy 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.
  - All Athletes ages 12 and under should complete competition within four (4) hours.
  - **11-14 year old athletes may compete in EITHER the AM or PM Session each day, NOT BOTH.**
  - 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.
  - AED available to all participants. Further Medical support available via 911.

**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.

**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.
- Entries with "NO TIME" will be ACCEPTED except for the 400 free and 400 IM (Coach approved time is OK)
- 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.
- Athletes ages 10 years old must have achieved the National BB time in the corresponding 100 to enter the 200 back, 200 breast and 200 butterfly.
- NT allowed with the exception of events 15, 19, 29 and 37, which require a time to enter. Coach approved times are OK.

**ENTRY PRIORITY:** Zone 1 North Athletes from the following clubs entering online must do so by Wednesday April 15th, 2026 in order to receive priority acceptance into the meet. Priority Z1N Clubs: ALTO, BAC, BSC, BCP, BGC, DCD, FOG, HDAC, MAV, PPSC, PSL, SCRA, SSF.

**ENTRY FEES:** \$4.50 per event plus a \$14.00 LCM participation fee per Athlete, and \$20.00 facility surcharge 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:** \$14.00 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. Online entries will be accepted through Friday, April 24th, 2026.

**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

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

**MINIMUM OFFICIALS:**

<b>Club Athletes entered in session</b>	<b>Trained and carded Officials requested</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100 or more	5 and up (for every 25 athletes)

**Saturday May 2 Session A - 11 & Over**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>
1	Mixed	11 & Over	200 free
2	Mixed	11 & Over	50 back
3	Mixed	11 & Over	100 fly
4	Mixed	11 & Over	50 free
5	Mixed	11 & Over	200 breast
6	Mixed	11 & Over	50 fly
7	Mixed	11 & Over	100 back
8	Mixed	11 & Over	50 breast
9	Mixed	11 & Over	200 back
10	Mixed	11 & Over	400 IM

**Saturday May 2 Session B - 14 & Under**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>
11	Mixed	14 & Under	200 free
12	Mixed	14 & Under	50 back
13	Mixed	14 & Under	100 fly
14	Mixed	14 & Under	50 free
15	Mixed	10 - 14	200 breast
16	Mixed	14 & Under	50 fly
17	Mixed	14 & Under	100 back
18	Mixed	14 & Under	50 breast
19	Mixed	10 - 14	200 back

**Sunday May 3 Session A - 11 & Over**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>
20	Mixed	11 & Over	200 fly
21	Mixed	11 & Over	50 back
22	Mixed	11 & Over	100 free
23	Mixed	11 & Over	50 breast
24	Mixed	11 & Over	200 IM
25	Mixed	11 & Over	50 fly
26	Mixed	11 & Over	100 breast
27	Mixed	11 & Over	50 free
28	Mixed	11 & Over	400 free

**Sunday May 3 Session B - 14 & Under**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>
29	Mixed	10 - 14	200 fly
30	Mixed	14 & Under	50 back
31	Mixed	14 & Under	100 free
32	Mixed	14 & Under	50 breast
33	Mixed	14 & Under	200 IM
34	Mixed	14 & Under	50 fly
35	Mixed	14 & Under	100 breast
36	Mixed	14 & Under	50 free
37	Mixed	9 - 14	400 free