

DE ANZA CUPERTINO AQUATICS  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
MAY 16-17, 2026  
Enter Online: <http://ome.fastswims.com>



**Z1N PRIORITY CLUBS:** DACA, LAMV, LO, OSC, MLKB, PASA, SOLO, SUNN, SWAMI, UCPA

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-063**

*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 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:**

<i>Meet Referee:</i> Kit Yan	<i>Head Starter:</i> Robert Lashier
<i>Meet Marshal:</i> Tammy Hopkins	<i>Admin Official:</i> Larry Rice
<i>Meet Director:</i> Annie Stein <a href="mailto:annie@daca.org">annie@daca.org</a>	

**LOCATION:** Saratoga High School – 20300 Herriman Ave., Saratoga, CA 95070

**COURSE:** Outdoor 50 meter pool with up to 7 lanes available for competition. One additional lane 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 10'0" at the start end and 4'0" at the turn end. The Meet Host shall ensure required course dimensions.

**TIME: SATURDAY/SUNDAY SESSION A (11 & Over):** Meet begins at 8:30 AM; Warm-Up is from 7:00-8:15 AM.

**SATURDAY/SUNDAY SESSION B (12&Under):** Session B will begin 1 hour after Session A finishes, but not before 12:00 PM. Session B warm-Ups will begin immediately after Session A finishes.

**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.
- 11-12 year old athletes may compete in EITHER the AM or PM Session each day. They may not enter both. 11-12 year olds competing in the AM Session must have achieved a USA-S "BB" time for their age group/gender in at least one entered event. Coach verified times shall be accepted. 11-12 year old Athletes should consult their coaches **PRIOR** to entering the AM Session.
- Athletes competing in the 400 Free and/or 400 IM must provide their own lane timers.
- The 400 Free/400 IM will be limited to a **MAXIMUM** of 3 heats (21 athletes) per gender.
- Athletes competing in the 400 Free and/or 400 IM must have achieved a USA-S "BB" time for their age group and gender. Coach verified times shall be accepted. Athletes should consult their coaches **PRIOR** to entering these events.
- 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.
- First Aid and an AED are available to participants and attendees.
- **All Coaches and Officials on deck shall be certified and in good standing.**

**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.
- Pets, with the exception of **WORKING** (and documented) service animals are prohibited on-site.
- 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.

- 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 – 400 Free, 400 IM, 11-12 athletes competing in the AM Session)**
- 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:** Athletes from **DACA, LAMV, LO, OSC, MLKB, PASA, SOLO, SUNN, SWAMI, UCPA** entering online must do so by **11:59 PM, Wednesday, April 29<sup>th</sup>** in order to receive priority acceptance to the meet. No athletes other than those from DACA, LAMV, LO, OSC, MLKB, PASA, SOLO, SUNN, SWAMI, UCPA may enter the meet until the preference period has concluded. Athletes from **DACA, LAMV, LO, OSC, MLKB, PASA, SOLO, SUNN, SWAMI, UCPA** submitting surface mail entries must be postmarked by Monday, April 27<sup>th</sup> in order to receive first priority acceptance into the meet. Beginning Thursday, April 30<sup>th</sup> 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 \$14.00 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:** \$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. 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 (provided the meet has not reached maximum capacity) through **Wednesday, May 6<sup>th</sup>** at 11:59 PM.

**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 **May 4<sup>th</sup>** or hand delivered by 6:30 p.m. Wednesday, **May 6<sup>th</sup>**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: De Anza Cupertino Aquatics**

**Mail/Hand deliver entries to: Annie Stein**

**1080 S. De Anza Blvd.**

**San Jose, CA 95129**

**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 all individual 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 will not be seeded and will not be allowed to compete in that 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:** Individual events will be awarded in the A, B, and C division for Afternoon Session (Friday/Saturday/Sunday) events ONLY. Age groups will be awarded separately as 8 under, 9/10, 11/12 however events will be swum as 12/Under and 11/Over. Ribbons for First through Eighth place will be given to the following age groups 8 & U, 9-10, 11-12. Athletes competing in the Morning Sessions will not receive awards. "A" time medals will be given to athletes achieving a new "A" time ("PC-A" for 8 & Under Athletes, USA-S "A" for 9 & Over Athletes), regardless of place achieved in the event. All awards must be picked up at the meet by coaches or designated Club Representative at the end of the meet. Awards will not be mailed.

**ADMISSION:** Free. A digital 2-day psych sheet will be distributed prior to competition.

**SNACK BAR & HOSPITALITY:** DACA will not be running a snack bar at this meet. Coaches and working Officials will be provided light hospitality including breakfast and lunch.

**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	
11 & OV AM	12 & UN PM	11 & OV AM	12 & UN PM
200 BK	200 IM	200 FR	200 FR
50 FL	100 BK	100 BK	100 BR
100 BR	50 BR	50 BR	50 FL
200 FL	100 FL	100 FL	100 FR
50 BK	50 FR	50 FR	50 BK
100 FR	400 FR	200 BR	
200 IM		400 IM	
400 FR			

**ORDER OF EVENTS**

Saturday, May 16 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	BOYS #
1	11 & Over 200 Back	2
3	11 & Over 50 Fly	4
5	11 & Over 100 Breast	6
7	11 & Over 200 Fly	8
9	11 & Over 50 Back	10
11	11 & Over 100 Free	12
13	11 & Over 200 IM	14
15	11 & Over 400 Free*	16

Sunday, May 17 <sup>th</sup>		
SESSION A		
GIRLS #	EVENT	
29	11 & Over 200 Free	30
31	11 & Over 100 Back	32
33	11 & Over 50 Breast	34
35	11 & Over 100 Fly	36
37	11 & Over 50 Free	38
39	11 & Over 200 Breast	40
41	11 & Over 400 IM*	42

SESSION B		
17	12 & Under 200 IM	18
19	12 & Under 100 Back	20
21	12 & Under 50 Breast	22
23	12 & Under 100 Fly	24
25	12 & Under 50 Free	26
27	12 & Under 400 Free	28

SESSION B		
43	12 & Under 200 Free	44
45	12 & Under 100 Breast	46
47	12 & Under 50 Fly	48
49	12 & Under 100 Free	50
51	12 & Under 50 Back	52

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

The 400 Free/400 IM will be limited to a **MAXIMUM** of 3 heats (21 athletes) per gender.

11-12 Athletes in the AM Session must have achieved a minimum "BB" standard for their age/gender in at least one entered event. Coach-Verified Times are OK.

11-12 Athletes may compete in **EITHER** the AM **OR** PM Session each Day, **NOT BOTH**.

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

Pacific Swimming – Hosted by DACA  
LONG COURSE CBA+  
May 16-17, 2026  
Consolidated Entry Form

Name: Last                      First                      Middle

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

# of entries _____ x \$4.50 = \$ _____
Participation Fee      \$ 14.00
Total                              \$ _____

Coach

Athlete's  
Address

Home Phone	Cell Phone
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Email