

SUNNYVALE SWIM CLUB SILICON VALLEY LONG COURSE MEET  
PACIFIC SWIMMING LONG COURSE C/B/A+ MEET  
JUNE 26-28, 2026

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



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-087**

*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.

**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> Brian Floyd	<b>Head Starter:</b> Amer Mirza
<b>Meet Marshal:</b> Julie Eisenhauer	<b>Admin Official:</b> Carol Waln
<b>Meet Director:</b> Bob Hill ( <a href="mailto:meet.director@sunn.org">meet.director@sunn.org</a> )	

**LOCATION:** Fremont High School, 1283 Sunnyvale-Saratoga Ave., Sunnyvale, CA

**DIRECTIONS:** From Highway 280, exit N. De Anza Blvd. (Sunnyvale-Saratoga Ave.), travel north on Sunnyvale-Saratoga Ave until it reaches Fremont Ave. The pool is between the school's main entrance and the football field. There are two parking lots. Parking lot in the front of Fremont High School is for meet officials and swim coaches ONLY. Participants should park in the student lot (with solar panels) on the west side of the school campus off Fremont Ave.

**COURSE:** 50-meter, 9 lane, outdoor, heated pool with up to 8 lanes available for competition. At least 1 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 13'0" at the start end and 4'0" at the turn end. The Meet Host shall ensure the required course dimension.

**TIME: FRIDAY SESSION:** Meet begins at 5:00 pm; Warm-Up is from 4:00pm to 4:45 pm.

**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 1 event on Friday and 3 events per day on Saturday/Sunday.
  - 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 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 to swim in that AM Session. Coach verified times will not be accepted. Entry times submitted for the AM sessions will be checked against the USA Swimming SWIMS database.
  - **Entries with "NO TIME" for the 200 meters and longer events will not be accepted.** A coach verified time will be

accepted; however, a coach verified time cannot be used for the required USA-S "BB" time to swim in the AM session.

- The 9 & Over 400 Free and the 11 & Over 800 Free shall be swum as mixed gender events.
- Athletes entered in the 400 Free and 800 Free must provide their own timers and lap counters. Athletes entered in the 400 IM must provide their own timers.
- **The Friday PM Session timeline will be capped at a maximum timeline of 3 Hours.**
- **All athletes ages 12 and under shall complete competition in accordance with the four-hour rule.**
- For each Saturday and Sunday session the maximum session time limit is four hours (4 hours). Therefore, 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 50-meter 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. Per above, the Max duration for the Friday session will not exceed three 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 (e.g., marching of the timers for 50m events) 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.
- Entry times in a session are to be locked (closed) once the session closes.
- 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. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials on deck shall be certified and in good standing.** To be present on deck, coaches and officials must sign in and provide proof of a current good standing USA Swimming membership.
- First Aid and AED are available on-site.

**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 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, misbehaving, soiling, or otherwise causing a disturbance.
- **Coach tents ONLY on the pool deck, no personal tents allowed. Space outside of the pool is for personal tents.**

**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 for events SHORTER THAN 200 METERS.** (see rules)
- 11-12 year old athletes must have achieved at least one USA-S Motivational "BB" time in order to compete in the AM Session. Coach verified times 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 special accommodations. The athlete (or athlete's coach) is responsible for notifying the Meet Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The athlete/coach shall provide a Personal Assistant or any equipment (tappers, deck mats, etc.) if required. Failure to provide advance notice may limit the ability to accommodate all requests.
- 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 Zone 1N Clubs. Those entering online must do so by **11:59 PM, Wednesday, June 10, 2026** to receive priority acceptance to the meet. Athletes from Zone 1N clubs submitting surface mail entries must be **postmarked by Monday, June 8, 2026** to receive priority acceptance into the meet. After June 10, and if the estimated timeline still permits, the meet will be open to athletes outside of the Zone 1N clubs.

**ENTRY FEES:** \$4.50 per event plus a \$14.00 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:** \$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:** You may enter this meet online at **FastSwims** or by U.S. mail. To enter online go to [fastswims.com/meets](https://fastswims.com/meets) to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. FastSwims charges a processing 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 processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing 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, June 17, 2026 at 11:59 PM or until estimated timeline(s) reach maximum limit (see rules), whichever is earlier.** LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely, accurately, and printed clearly with the athlete's best recorded, verifiable times. Entries must be postmarked by **midnight, Monday, June 15, 2026 or hand delivered by 6:30 p.m. Wednesday, June 17, 2026.** NO ENTRIES WITH REGISTRATION ERRORS WILL BE ACCEPTED. NO LATE ENTRIES WILL BE ACCEPTED. Requests for confirmation of receipt of entries should include a

self-addressed envelope or should be made via an email to [meet.director@sunn.org](mailto:meet.director@sunn.org)

**Make check payable to: Sunnyvale Swim Club**

**Mail entries to: Silicon Valley LCM**  
c/o Bob Hill  
PO Box A  
Sunnyvale, Ca 94087

**Hand deliver entries to: Silicon Valley LCM**  
c/o Bob Hill  
3140 Mosshall Way  
San Jose, CA 95135

**CHECK-IN: The meet will be deck seeded.** Athletes must check-in at the Clerk-of-Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Athletes who do not check in for an event 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:** Ribbons for 1<sup>st</sup>– 8<sup>th</sup> place will be given to the age groups: 8 & Under, 9-10, and 11-12 year old Athletes. A-time medals will be given to Athletes achieving a new A-time standard per the 2024-28 USA Swimming Motivational Time Standards (<http://www.pacswim.org/swim-meet-times/standards>), regardless of the place achieved in the event. All awards must be picked up at the end of the meet by a coach or club representative. Awards will not be mailed.

**\*\*IMPORTANT\*\* Awards MUST be picked up by the last day of the meet by a team representative. Awards will NOT be mailed unless a pre-paid envelope is provided.**

**ADMISSION:** Free.

**PROGRAM:** PDF copies of the program will be made available to the coaches and on [www.SUNN.org](http://www.SUNN.org).

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

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

- Disobeying parking signs may result in a citation and a fine.
- All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

**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 (one for every 25 athletes)

**EVENT SUMMARY**

FRIDAY, JUNE 26, 2026	
<b>9 &amp; Over</b>	<b>11 &amp; Over</b>
400 FR *	800 FR *

SATURDAY, JUNE 27 2026				
AM SESSION***		PM SESSION		
13 & Over	11 & 12**	11-12	9 - 10	8 & UN
200 FR	200 FR	200 FR	200 FR	
50 FL	50 FL	50 FL	50 FL	50 FL
50 BK	50 BK	50 BK	50 BK	50 BK
100 BR	100 BR	100 FR	100 FR	100 FR
100 FR	100 FR	100 BR	100 BR	100 BR
200 FL	200 FL			
400 IM	400 IM			
***11 - 12 athletes in the AM Session must have BB time to enter. <a href="https://www.pacswim.org/userfiles/cms/documents/801/2028-motivational-standards-age-group-rev-10.10.25.pdf">https://www.pacswim.org/userfiles/cms/documents/801/2028-motivational-standards-age-group-rev-10.10.25.pdf</a>				
SUNDAY, JUNE 28 2026				
AM SESSION***		PM SESSION		
13 & Over	11 & 12**	11-12	9 - 10	8 & UN
200 IM	200 IM	200 IM	200 IM	
100 BK	100 BK	100 BK	100 BK	100 BK
50 BR	50 BR	50 BR	50 BR	50 BR
50 FR	50 FR	50 FR	50 FR	50FR
100 FL	100 FL	100 FL	100 FL	100 FL
200 BK	200 BK			
200 BR	200 BR			
***11 - 12 athletes in the AM Session must have BB time to enter. <a href="https://www.pacswim.org/userfiles/cms/documents/801/2028-motivational-standards-age-group-rev-10.10.25.pdf">https://www.pacswim.org/userfiles/cms/documents/801/2028-motivational-standards-age-group-rev-10.10.25.pdf</a>				

## ORDER OF EVENTS

FRIDAY, JUNE 26, 2026	
Mixed #	Event
1	9&O 400 FR*
3	11&O 800 FR*

SATURDAY, JUNE 27, 2026						
GIRLS #	EVENT	BOYS #		GIRLS #	EVENT	BOYS #
AM SESSION***				PM SESSION		
5	13&O 200 FR*	6		33	11-12 200 FR*	34
7	11-12 200 FR*	8		35	9-10 200 FR*	36
9	13&O 50 FL	10		37	11-12 50 FL	38
11	11-12 50 FL	12		39	9-10 50 FL	40
13	13&O 50 BK	14		41	8&U 50 FL	42
15	11-12 50 BK	16		43	11-12 50 BK	44
17	13&O 100 BR	18		45	9-10 50 BK	46
19	11-12 100 BR	20		47	8&U 50 BK	48
21	13&O 100 FR	22		49	11-12 100 FR	50
23	11-12 100 FR	24		51	9-10 100 FR	52
25	13&O 200 FL*	26		53	8&U 100 FR	54
27	11-12 200 FL*	28		55	11-12 100 BR	56
29	13&O 400 IM *	30		57	9-10 100 BR	58
31	11-12 400 IM *	32		59	8&U 100 BR	60

SUNDAY, JUNE 28, 2026						
GIRLS #	EVENT	BOYS #		GIRLS #	EVENT	BOYS #
AM SESSION***				PM SESSION		
61	13&O 200 IM*	62		89	11-12 200 IM*	90
63	11-12 200 IM*	64		91	9-10 200 IM*	92
65	13&O 100 BK	66		93	11-12 100 BK	94
67	11-12 100 BK	68		95	9-10 100 BK	96
69	13&O 50 BR	70		97	8&U 100 BK	98
71	11-12 50 BR	72		99	11-12 50 BR	100
73	13&O 50 FR	74		101	9-10 50 BR	102
75	11-12 50 FR	76		103	8&U 50 BR	104
77	13&O 100 FL	78		105	11-12 50 FR	106
79	11-12 100 FL	80		107	9-10 50 FR	108
81	13&O 200 BK*	82		109	8&U 50 FR	110
83	11-12 200 BK*	84		111	11-12 100 FL	112
85	13&O 200 BR*	86		113	9-10 100 FL	114
87	11-12 200 BR*	88		115	8&U 100 FL	116

\* NT entries will not be accepted for 200m or longer events. All 400 Free, 800 Free and 400 IM Athletes must enter a seed time (coach verified time is okay) for proper seeding purposes.

\*\*\* The Saturday and Sunday AM sessions each require that an 11-12 Athlete must have achieved at least one USA-S "BB" time in an entered event. Coach verified times will not be accepted.

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

Pacific Swimming – Hosted by SUNN SILICON VALLEY LCM June 26-28, 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				
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						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee     \$ 14.00 Facility Surcharge     \$ 20.00 Total                     \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													