

**PLEASANTON SEAHAWKS SUPERLEAGUE SC CHAMPIONSHIP MEET
PACIFIC SWIMMING CLOSED INVITATIONAL MEET**

January 31st February 1st, 2026

Invited Clubs: PC-PLS, PC-SCSC, PC-PASA, PC-NBA, PC-SRN, SN-DART, SN-SMST, CC-CLOV



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

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-017**

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, webcasting, 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:	Mette Graversen	Head Starter:	Eric Perkins
Meet Marshal:	Harry Wong	Admin Official:	Trevor Gillis
Meet Director:	Matt Stephanson (meetdirector@pleasantonseahawks.org)		

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588. **Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go 1/2 mile and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1 1/2 miles down on left. From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. The pool is on the right.

COURSE: OUTDOOR 25-yard pool with up to 10 lanes available for competition. An additional 8 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the course is measured in accordance with Article 103.2.3, is 6'6" at the start end and 6'6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Saturday, January 31st and February 1st: warm up 7:30-8:45am each day, Preliminary events start at 9:00am. Final's session warmup 3:30-4:15pm each day, Finals will start at 4:30pm each day

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 and emailed out in advance.
- 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 shall be Preliminaries/Finals except the distance events (1650/1000Free)
- All events shall swim fast to slow, with the fastest three heats circle seeded. The fastest two heats of the 500 Free will be circle seeded
- There will be a Championship Final, Consolation Final, and Bonus Final, swum in that order, with 8 Athletes qualifying for each final heat.
- Athletes may compete in up to 3 events per day.

- 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.
- Lifeguards, AED available on site to participants
- **All Coaches and Officials on deck shall be certified and in good standing.**

DISTANCE EVENT RULES:

- On Sunday the 1650/1000 Free will be swum fastest to slowest, alternating heats of women and men at the conclusion of preliminary events. If the meet goes to two courses, the Women's and Men's events will swim simultaneously.
- Athletes will need to positively check in to the 1650/1000 Free.
- Athletes must provide timers and counters for the 1650/1000 Free.

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 spectators will be allowed on deck at any time.

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.
- Meet is open only to qualified athletes registered with **PC-PLS, PC-SCSC, PC-PASA, PC-NBA, PC-SRN, SN-DART, SN-SMST, CC-CLOV**. Athletes who are unattached but participating with **PC-PLS, PC-SCSC, PC-PASA, PC-NBA, PC-SRN, SN-DART, SN-SMST, CC-CLOV** are eligible to compete in their designated session.
- Entries with **"NO TIME" will be ACCEPTED.**
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: A flat fee of \$125 will be charged for all participants

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 the number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. Deadline for entries will be Wednesday, January 21st.

CHECK-IN: The meet shall be pre-seeded.

SCRATCHES: Any Athletes not reporting for or competing in an individual timed final event that they have entered shall not be penalized.

FINALS SCRATCHES: Any athletes qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifier may also notify the Referee that they may not intend to compete in Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. In a Preliminary & Finals meet any athletes qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to report to the blocks in said Bonus Final, Consolation Final or Champion Finals race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If No-Show occurs on the last day that the athlete is entered in an individual event final event in the meet, and no other individual event penalty is applicable, the Athlete shall be fined \$100.00.

AWARDS: None.

ADMISSION: Free.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Spectators will need to remain outside of the pool facility and will not be allowed to set up chairs or personal shade.

ORDER OF EVENTS

Athletes will be allowed to swim up to 3 events per day.

SATURDAY, January 31st, 2026		
Event#	Event	Event#
Women		Men
1	400 IM	2
3	100 FLY	4
5	200 BACK	6
7	100 FREE	8
9	200 BREAST	10
11	500 FREE	12
SUNDAY February 1 st 2026		
13	200 IM	14
15	100 BREAST	16
17	200 FREE	18
19	200 FLY	20
21	50 FREE	22
23	100 BACK	24
25	1650/1000 FREE**	26

** The 1650/1000 free will be swum at the end of prelims on Sunday (including the top heat). There will not be a finals session for this event. Athletes may declare to get an official 1000 Free time as an exhibition swim during this event.