

PACIFIC SWIMMING SHORT COURSE PRELIMINARIES & FINALS MEET  
PSL SUPER FINALS INVITATIONAL  
HOSTED BY PACIFICA SEA LIONS AQUATIC CLUB (PSL)  
February 7-8, 2026  
Enter Online: <http://ome.fastswims.com>



INVITED PACIFIC SWIMMING CLUBS: AAA, AC, BCP, DCD, NNA, PASA, PSL, SRVA, TIDE  
INVITED SIERRA NEVADA SWIMMING CLUBS: DART

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-022**

*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 their 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 shall be posted in real time on the Internet 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 their designee.

**OFFICIALS:**  
**Meet Referee:** Ronald Sto Domingo  
**Admin Referee:** Angela Cardenas  
**Meet Director:** Dana Wilson [meetdirector@pacificasealions.org](mailto:meetdirector@pacificasealions.org)  
**Head Starter:** Mike Abegg  
**Meet Marshal:** Jenny Chan

**LOCATION:** Jean E. Brink Pool at Oceana High School, 401 Paloma Ave., Pacifica, CA 94044

**DIRECTIONS:** From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. At the end of the off-ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign, take a RIGHT to the next stop sign. Jean E. Brink Pool is the first driveway on your left.

**PARKING:** There is a traffic circle for drop-off, but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. The nearest parking is on the street, and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of the neighbors when parking

**COURSE:** INDOOR 25 YARD pool with up to 7 lanes available for competition. An additional 2-3 lanes 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 5'0" at the start end and 5'0" at the turn end. The meet host shall ensure required course dimensions

**TIME:** **SATURDAY PRELIMS SESSION A** (Athletes 13 & Overs): Warm-ups start at 7:15 AM. PRELIMS begin at 9:00 AM  
**SATURDAY PRELIMS SESSION B** (Athletes 12 & Under): Warm-ups start at the completion of Session A Prelims. PRELIMS begin at least one hour after completion of Session A but not before 12:00 PM  
**WARM-UP NOTE:** Assigned Group 1 & 2 warm-up times may be assigned by the Meet Host if participant count warrants  
**SUNDAY FINALS** (Age Groups: 10 & Under, 9-10, 11-12, 13-14, 15 & Over, Super Final): Warm-ups start at 7:00 AM. FINALS begin at 8:30 AM.

**RULES:** • Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be available 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 shall swim fast to slow, with the fastest three heats circle seeded for all Prelims Events, with the fastest athlete seeded into **heat 1**.
- Athletes may compete in a maximum of three (3) individual events and three (3) relays over the course of the entire meet
- **Mixed Competition Category Relays shall be comprised of 2 female and 2 male athletes only**
- **500 Free and 400 IM will be swum as timed finals. Entries into 21, 22, 23, 24, 123, 124 will be limited to 3 heats each.**
- **All Saturday 12-Un, 9-12, 13-Ov individual events shall be Preliminaries/Finals (except for 9-12 200 IM)**
- **All Saturday 8 & Under Individual & Relay Events will be swum as Timed Finals on Saturday**
- **All 12-Un, 13-14, 15-Ov relay events shall be Timed Finals swum on Sunday as listed on the event list**
- Athletes entered in the 500 Free shall provide their own timers and counters. Athletes entered in the 400 IM shall provide their own timers.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All Coaches and Officials shall be certified and in good standing. Coaches and Officials must show their valid USA Swimming membership to Meet Referee or their designee
- AED available to all participants. Lifeguards will be on duty to render first aid and summon emergency services if necessary.

**ATTENTION HIGH SCHOOL ATHLETES:** High School Athletes in season need to be Unattached from this meet. It is the Athlete's responsibility to be Unattached from this meet. Athletes 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 shall 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 shall be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or shall 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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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 their 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.
- Pets, excluding working service animals, are strictly prohibited in all areas of the meet venue.
- No camping and no outside chairs inside the facility.
- Non-Athlete Spectators will only be allowed upstairs. An accessible viewing area will be available on deck
- Locker rooms will be available for Athletes only
- Upstairs restrooms will be available for Non-Athletes only
- Coaches and Officials will have access to one of the designated staff restrooms in the Aquatics Office

**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 with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.
- Entries with "NO TIME" will be accepted except for distance events (400 IM, 500 Free, and 9-12 200 IM).
  - **Minimum qualifying for distance Timed Finals are:**
    - **Events 23 and 24 (13&OV 500FR) and events 123 and 124 (9-12 500FR) - 7:45.09Y OR 2:38.39Y in 200Y Free**
    - **Events 21 and 22 (13&OV 400 IM) – 6:03.69 OR 2:37.59Y in 200Y IM**
- Coach-approved times **will be accepted**.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.
- Meet is open only to qualified athletes from: **AAA, AC, BCP, DCD, NNA, PASA, PSL, SRVA, TIDE & DART-SN**. Unattached athletes participating **with AAA, AC, BCP, DCD, NNA, PASA, PSL, SRVA, TIDE & DART-SN** are eligible to compete.
- Athletes 19 years of age or older may participate. Access to the aquatics staff locker rooms will be considered for 19 & Over athletes

#### RELAYS:

- There is no additional entry fee for relays.
- ONLY coaches may enter club relays.
- All relay entries must be submitted in person at the meet to the Clerk of the Course or Meet Director.
- RELAY ENTRY DEADLINES:
  - Event 300 - 1:30 PM Saturday
  - Events 301/302/303 - before the conclusion of the Saturday PM session
  - Events 304/305/306 - 10:00 AM Sunday
- Event 300 (10-under 100 Free Relay will be limited to 3 heats. Clubs may enter as many relay teams as they like; however, any relay team other than those designated as A & B Teams (the fastest 2 entered) will be subject to mandatory scratch-down to meet the 3-heat maximum per event. Names for relay cards are due by 1:00 p.m. on Saturday, 2/7.
- Events 301, 302, 303, 304, 305 & 306 will be limited to 2 heats. Clubs may enter as many relay teams as they like; however, any relay team other than those designated as A & B Teams (the fastest 2 entered) will be subject to mandatory scratch-down to meet the 2-heat maximum per event. Names for relay cards are due by 8:00 a.m. on Sunday, 2/8.

**DISTANCE EVENT SEEDING:** Distance event seeding shall be in the following order: conforming distance, longer alternate distance, and shorter alternate distance (Events 21, 22, 23, 24, 123, 124).

**CHECK IN:** The meet will be pre-seeded **EXCEPT** for the 400 IM and 500 Freestyle events. Positive check-in deadline for the 13&OV 400 IM and 13&OV 500 Free (Events 21-24) is 10:00 AM Saturday, February 7, 2026. Positive check-in deadline for the 9-12 500 Freestyle (Events 123 and 124) is one hour after the start of the PM session on Saturday, February 7, 2026. Athletes who do not positively check in for the 400 IM/500 Free will NOT be seeded in the event. Athletes must positively check in at the clerk of course.

**SCRATCH RULE PRELIMINARIES:** Athletes are considered checked in for all individual events **EXCEPT** for the 400 IM and 500 Free unless scratched. Scratch deadline for the Saturday preliminary session will be Friday, **February 6**, at 5:30 pm. Scratches for Saturday's Prelims will be collected via an online scratch form sent to clubs from Meet Director [meetdirector@pacificsealions.org](mailto:meetdirector@pacificsealions.org). Athletes not reporting for or competing in a preliminary or timed final event shall not be penalized.

**SCRATCH RULE FINALS:** Any Athlete 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, qualifiers may also notify the Admin Referee that they may not intend to compete in the Championship or Super Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. Any Athlete qualifying for a Championship or Super Final race in an individual event who fails to show up in said Championship Final or Super Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet.

NOTE: Heat sheets for the next day will be posted on PSL's Meet Homepage  
<https://www.gomotionapp.com/team/psl/page/system/res/98746>

#### PRELIMS & FINALS FORMAT:

- The 500 Free, 400 IM, and 9-12 200 IM shall be swum Timed Finals

- All 8-Under Events shall be swum Timed Finals
- All Relays shall be swum Timed Finals
- 12-Under and 9-12 Events shall be swum as a single age group for Prelims
- \* Top 7 each age group each competition category from 12-under prelims will be split into 9-10 and 11-12 OR 10-Under and 11-12 for separate "A Finals" Finals (14 Total finalists for each gender)
- 13-Over Events shall be swum as a single age group for Prelims
- The following 13-Over Events will offer a "Super Final" for the Top 7 Finishers in Prelims regardless of age: 50 Free, 100 Free, 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM. There will be an additional "A Final" for the split age group prelims results 13-14 (Top 7) and 15-Over (Top 7) for these events (21 total finalists for each gender). Athletes in the "Super Final" will not be entered in their applicable age group "A Final" (i.e. Eligible athletes may compete in only one of a "Super Final" or an "A Final" and not both in any event)
- The following 13-Over Events will offer a Super Final for the Top 7 Finishers in Prelims regardless of age: 200 Back, 200 Breast, 200 Fly. There will be no standard age group "A Finals" for these events (7 total finalists for each gender)
- 13-Over Athletes who qualify for the Super Final (Top 7) will be seeded in the Super Final unless they scratch by the scratch deadline. Super Finals qualifiers are ineligible for 13-14 or 15-Over Age Group Finals.
- \* The Meet Committee reserves the right to consolidate events or heats and/or re-seed finals, in consultation with the coaches, to maintain the meet timeline or enhance competitive quality.

**ENTRY FEES:** \$60.00 flat fee per athlete entered.

**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. 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 Friday, **January 30, 2026**.

The meet host will also accept entries via a standard electronic entries file, subject to verification. Payment is due by check or Zelle transaction upon receipt of entries.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure and postmarked by midnight, Wednesday, **January 28, 2026**, or hand delivered by 6:30 p.m. Friday, **January 30, 2026**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Pacifica Sea Lions Aquatic Club**

**Mail entries to: PSL Meet Director**  
**PO Box 1096**  
**Pacifica, CA 94044**

**Hand deliver entries to:**

**any PSL staff member**  
**Jean E Brink Pool, 401 Paloma Ave.**  
**Pacifica, CA 94404**

**AWARDS:** None.

**ADMISSION:** Free. Spectators will be limited to the upstairs balcony or the downstairs viewing area. Pool deck will only be accessible to Athletes, Officials, Coaches & Volunteers

**HOSPITALITY:** Hospitality available for Coaches, Officials, Timers, and Volunteers. There **WILL** be a snack bar Saturday and Sunday.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day. Club timing lanes will be assigned, and coaches will be notified of assignments during the week prior to the meet.

## EVENT LIST

SATURDAY FEBRUARY 7 – 13-Over Prelims		
EVENT #	EVENT	EVENT #
1	13-Over 200 Free	2
3	13-Over 100 Breast	4
5	13-Over 100 Back	6
7	13-Over 200 Fly	8
9	13-Over 200 IM	10
11	13-Over 50 Free	12
13	13-Over 200 Breast	14
15	13-Over 200 Back	16
17	13-Over 100 Fly	18
19	13-Over 100 Free	20
21	13-Over 400 IM *	22
23	13-Over 500 Free *	24

SATURDAY FEBRUARY 7 – 12-Under Prelims		
EVENT #	EVENT	EVENT #
101	9-12 200 Free	102
201	8-Un 25 Free *	202
103	9-12 100 Breast	104
203	8-Un 25 Breast *	204
105	9-12 100 Back	106
205	8-Un 25 Back *	206
107	12-Under 50 Fly	108
207	8-Un 25 Fly *	208
109	12-Under 100 IM	110
111	12-Under 50 Free	112
113	12-Under 50 Breast	114
115	12-Under 50 Back	116
117	9-12 100 Fly	118
300	Mixed 10-Un 100 Free Relay	x
119	12-Under 100 Free	120
121	9-12 200 IM *	122
123	9-12 500 Free *	124

\* Timed Finals: All heats will be swum Saturday

SUNDAY FEBRUARY 8 – FINALS		
EVENT #	EVENT	EVENT #
301	Mixed 12-Un 200 Free Relay	x
302	Mixed 13-14 200 Free Relay	x
303	Mixed 15-18 200 Free Relay	x
101 H1	9-10 200 Free Final	102 H1
101 H2	11-12 200 Free Final	102 H2
1 H1	13-14 200 Free Final	2 H1
1 H2	15-Over 200 Free Final	2 H2
1 H3	13-Over 200 Free Super Final	2 H3
103 H1	9-10 100 Breast Final	104 H1
103 H2	11-12 100 Breast Final	104 H2
3 H1	13-14 100 Breast Final	4 H1
3 H2	15-Over 100 Breast Final	4 H2
3 H3	13-Ov 100 Breast Super Final	4 H3
105 H1	9-10 100 Back Final	106 H1
105 H2	11-12 100 Back Final	106 H2
5 H1	13-14 100 Back Final	6 H1
5 H2	15-Over 100 Back Final	6 H2
5 H3	13-Ov 100 Back Super Final	6 H3
107 H1	10-Un 50 Fly Final	108 H1
107 H2	11-12 50 Fly Final	108 H2
7	13-Ov 200 Fly Super Final	8
109 H1	10-Under 100 IM Final	110 H1
109 H2	11-12 100 IM Final	110 H2
9 H1	13-14 200 IM Final	10 H1
9 H2	15-Over 200 IM Final	10 H2
9 H3	13-Ov 200 IM Super Final	10 H3
111 H1	10-Under 50 Free Final	112 H1
111 H2	11-12 50 Free Final	112 H2
11 H1	13-14 50 Free Final	12 H1
11 H2	15-Over 50 Free Final	12 H2
11 H3	13-Ov 50 Free Super Final	12 H3
113 H1	10-Un 50 Breast Final	114 H1
113 H2	11-12 50 Breast Final	114 H2
13	13-Ov 200 Breast Super Final	14
115 H1	10-Un 50 Back Final	116 H1
115 H2	11-12 50 Back Final	116 H2
15	13-Ov 200 Back Super Final	16
117 H1	9-10 100 Fly Final	118 H1
117 H2	11-12 100 Fly Final	118 H2
17 H1	13-14 100 Fly Final	18 H1
17 H2	15-Over 100 Fly Final	18 H2
17 H3	13-Ov 100 Fly Super Final	18 H3
119 H1	10-Under 100 Free Final	120 H1
119 H2	11-12 100 Free Final	120 H2
19 H1	13-14 100 Free Final	20 H1
19 H2	15-Over 100 Free Final	20 H2
19 H3	13-Ov 100 Free Super Final	20 H3
304	Mixed 12-Un 200 Medley Relay	x
305	Mixed 13-14 200 Medley Relay	x
306	Mixed 15-18 200 Medley Relay	x

Pacific Swimming – Hosted by PSL PRELIMINARIES & FINALS INVITATIONAL February 7-8, 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 / SCM				
						:    .					SCY / LCM / SCM				
						:    .					SCY / LCM / SCM				
						:    .					SCY / LCM / SCM				
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						:    .					SCY / LCM / SCM				
<div style="display: flex; justify-content: space-between;"> <span>Participation Fee</span> <span>\$ 60.00</span> </div> <div style="display: flex; justify-content: space-between;"> <span>Total</span> <span>\$ _____</span> </div>															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															