

PIEDMONT SWIM TEAM  
PACIFIC SWIMMING SHORT COURSE C/B/BB+ MEET  
MARCH 28-29, 2026  
ENTER ONLINE: <http://ome.fastswims.com>



**ZONE 2 TEAMS ASSIGNED TO PST SITE: PST, HILL, MONT, TERA, WCAB, DA, ELIT, OAPB**

No Friday night set-up or storage allowed. Canopies cannot be left outside the pool on Saturday night and must be taken home or stored behind the pool. Gates will open each morning at 7:00 AM.

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-045**

*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 may be posted in real time on [Meet Mobile \(Apple Users\)](#) or [Meet Mobile \(Google Play\)](#)**

**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, restrooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Markus Daene	<b>Head Starter:</b> Tony Lu
<b>Meet Marshal:</b> Vanessa Gage	<b>Admin Official:</b> Laurie Jones
<b>Meet Director:</b> Helen Cramer <a href="mailto:meetchief@piedmontswimteam.org">meetchief@piedmontswimteam.org</a>	

**LOCATION:** Trefethen Aquatic Center, Northeastern University (formerly Mills College), 5000 MacArthur Blvd., Oakland, CA 94613

**DIRECTIONS:** From 580 East: Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. Enter through the campus gate immediately ahead on your left. From 580 West: Take the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The campus gate is immediately ahead on your left. On-campus parking rules and regulations are enforced 24 hours, daily by Northeastern University Campus Safety and Security. **DO NOT PARK IN STAFF/STUDENT PARKING LOTS. NO DROP OFF/PICK UP IN FRONT OF POOL.**

**COURSE:** Outdoor 25-yard pool with up to 8 lanes available for competition. An additional 2 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 7'3" at the start end and 7'3" at the turn end. The meet host will ensure the required course dimensions.

**TIME:** Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. A special warm-up time for 8 and under Athletes only will be held from 8:45-8:55 AM.

**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.
- Warm-up/cool-down lanes are for active swimming only, not for recreational activities.
- 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in **MAXIMUM OF FOUR (4)** events per day.
- All Athletes aged 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 Athlete's age and gender.

- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. No Refunds shall be given other than mandatory scratch downs.
- All Coaches and Officials on deck shall be certified and in good standing.
- Medical Supervision: Lifeguards will be onsite during the meet.
- All athletes entered in the Open 500 Free shall provide their own timers and lap counters.
- The 500 Free (Events 33 and 66) will be capped to a maximum duration of one (1) hour each, filled in the order entries are received.

**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 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.
- Set-up allowed in designated areas only. Parties may be asked to relocate at the discretion of the Meet Marshal, in order to maintain compliance with facility site regulations and fire code. There will be coach seating along the back side of the pool. Coach seating is first come first served and not subject to "reserving space" in advance. Coaches are expected to share the space.
- Only coaches, athletes, officials, timers, and meet staff are allowed behind the starting blocks when meet is in session.
- Outside vendors, 3<sup>rd</sup> party vendors, and other vendors not affiliated with PST will need a written approval from PST prior to the meet. Unapproved vendors will not be allowed to operate in areas surrounding the pool.

**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 BB+ Division must have met at least USA Swimming Motivational BB minimum time standard. (For 8 & Under, athletes in the "A" division must have met at least the listed "A" 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 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 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:** Meet entries will be accepted no earlier than 7:00 AM Monday **February 23, 2026**. Entries from members of assigned year-round Zone 2 clubs in good standing entered online by 11:59 PM Saturday **February 28, 2026** will be given first priority acceptance. Entries from members of all Zone 2 clubs (year-round and seasonal) entered online between 12:00 AM Sunday **March 1, 2026** and 11:59 PM Saturday **March 7, 2026** will be given second priority acceptance. All entries from Zone 2, all other Pacific LSC Zones and other LSCs, entered online by the entry deadline will be considered in the order they are received.

**\*\* NOTE: Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Furthermore, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.**

**ENTRY FEES:** \$4.50 per event plus a \$10.00 participation fee per Athlete, plus a \$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:** \$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 number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. Online entries will be accepted through Wednesday **March 18, 2026** or until capacity is reached under the 4-hour rule, whichever comes first.

**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. Prior to 10:30 AM, close of check-in for each event shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Close of check-in for all remaining events for that day shall be at 10:30 AM. Athletes who do not timely check in will not be seeded and will not be allowed to compete in that event. Athletes who wish to scratch from an event after the close of check-in are requested to inform the Referee on the starting end of the competition course. NOTE: Do not rely on Meet Mobile for event start time.

**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:** First through eighth places in each division (C, B, BB) will be awarded for the 9–10, 11–12, and 13–14 age groups using the USA Swimming Motivational Time Standards. First through eighth places in each division (PC-C, PC-B, PC-A) will be awarded for the 8 & Under age group using Pacific Swimming 8 & Under Time Standards. The 9–10 events will be awarded using the 10 & Under USA-Swimming Motivational Time Standards. 10 & Under events will be awarded separately as 9–10 and 8 & Under, with 9–10 using USA-Swimming Motivational Time Standards for 10 & Under (C, B, BB), and the 8 & Under age group using the Pacific Swimming 8 & Under Time Standards (PC-A, PC-B, PC-C). All athletes achieving an A time for the first time will be awarded a standard A medal, regardless of place achieved in the event. No awards will be given for athletes 15 years of age and older. No awards will be given for Open events. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

**ADMISSION:** Free. Programs will be available for coaches and officials only.

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

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Any items left outside the facility overnight will not be secure or guarded. Please do not leave anything overnight. Set up will be available starting at 7:00 AM on the first day of the meet, no earlier. All participating clubs are expected to provide lane timers based upon the number of athletes registered to swim each day. Club timing lanes for Saturday and Sunday will be assigned and coaches will be notified of assignments.

**MINIMUM OFFICIALS:** The Meet Referee shall conduct an inventory of Officials and shall compare the number of athletes entered against the number of Officials that worked representing each club per day of the meet. Any club that fails to provide the requisite number of Officials for a given day, in accordance with the table below, shall be assessed a fine of \$100 per missing Official per day.

<b>Number of athletes entered in meet per club per day</b>	<b>Number of trained and carded officials REQUIRED per club per day</b>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Every 20 Athletes over 100	+1

## EVENT SUMMARY

SATURDAY				SUNDAY			
8 & U	9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O
50 FR	100 FR	100 FR	200 FR	100 IM*	100 IM*	100 IM	200 IM
25 FL	50 FL	200 IM	100 FL	25 FR	50 FR	50 FR	50 FR
25 BK	50 BK	100 BK	100 BK	25 BR	50 BR	100 BR	200 BR
50 BR	100 BR	50 BR	100 BR	100 FR	100 FL	100 FL	100 FR
OPEN 500 FR (Girls)**				OPEN 500 FR (Boys)**			

## EVENTS

GIRLS	SATURDAY MARCH 28, 2026	BOYS
1	13 & O 200 Free	2
3	11-12 100 Free	4
5	9-10 100 Free	6
7	8 & U 50 Free	8
9	13 & OV 100 Fly	10
11	11-12 200 IM	12
13	9-10 50 Fly	14
15	8 & U 25 Fly	16
17	13 & O 100 Back	18
19	11-12 100 Back	20
21	9-10 50 Back	22
23	8 & U 25 Back	24
25	13 & O 100 Breast	26
27	11-12 50 Breast	28
29	9-10 100 Breast	30
31	8 & U 50 Breast	32
33	OPEN 500 Free (Girls)**	

GIRLS	SUNDAY MARCH 29, 2026	BOYS
35	13 & O 200 IM	36
37	11-12 100 IM	38
39	10 & U 100 IM *	40
41	13 & O 50 Free	42
43	11-12 50 Free	44
45	9-10 50 Free	46
47	8 & U 25 Free	48
49	13 & O 200 Breast	50
51	11-12 100 Breast	52
53	9-10 50 Breast	54
55	8 & U 25 Breast	56
57	13 & OV 100 Free	58
59	11-12 100 Fly	60
61	9-10 100 Fly	62
63	8 & U 100 Free	64
	OPEN 500 Free (Boys)**	66

\*These events will be swum as combined 10 & Under events, and results will be separated and awarded as 9–10 and 8 & Under age groups in accordance with the Awards section above.

\*\*All athletes entering the 500 Free must provide their own timers and lap counters. The 500 Free will be capped to maximum duration of one (1) hour each, filled in the order entries are received.

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