

SAN FRANCISCO SEALS SWIM TEAM
PACIFIC SWIMMING SHORT COURSE PENTATHLON MEET
SATURDAY MAY 16, 2026
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-046**

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 unofficial results of this meet may be posted in real time on the Internet through TimeDrops Live: URL to be posted at the event site.**

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> Gary Lai	<i>Head Starter:</i> Andy Downs
<i>Meet Marshal:</i> Holli Castelli	<i>Admin Official:</i> Christine Lai
<i>Meet Directors:</i> Cazz Esparza & Eddie Lee	swim-meet@sfsealsswimteam.com

LOCATION: City College SF Wellness Center
50 Frida Kahlo Way #201, San Francisco California 94112

DIRECTIONS: From 280 South – take exit 51 for Ocean Ave/Geneva Ave, slight right onto Ocean Ave ramp to City College, merge onto Ocean Ave, turn right into City College. From 280 North – take exit 51 for Ocean Ave/Geneva Ave, use the right lane to turn left onto Geneva Ave, turn right onto Howth St, continue straight into City College. From 1 South – turn left onto Sloat Blvd, turn right onto Junipero Serra Blvd, use the left 2 lanes to turn left onto Ocean Ave, slight right onto Geneva Ave, turn left onto Howth St, continue straight into City College. Do not park where “No Parking” or “Permit Parking Only” signs are posted. Paid parking is available next to Ram Stadium.

COURSE: INDOOR 25 YARD pool with up to 8 lanes available for competition. Additional 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 7'0" at the start end and 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 10:00 AM with warm-ups from 08:30 to 09:45 AM. A special warm-up time for 8 and under athletes only will be held from 09:30 to 09:45 AM, as directed by the Meet Referee.

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 must register and compete in all 5 events of either their age group’s pentathlon or mini pentathlon. Scratches are permitted at check-in
- Athletes are limited to 5 events for the entire session.
- 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.
- Events may be combined and/or alternated at the discretion of the Meet Referee.
- All Coaches and Officials on deck shall be USA-S Certified, in good standing, and shall provide verification to the Meet Referee.
- Lifeguards are supplied by the venue.

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.
- Team and coaches' canopies are not permitted on deck.
- No team setup on lawns near the front entrance between Howth St and Ocean Avenue.
- No team setup or athletes on the bleachers. Space on the bleachers is limited. Please be courteous and take turns on the bleachers during events.
- For setup in hallways or amphitheater, please follow guidance from marshals.
- With the exception of working and documented service animals, pets are prohibited at the facility.

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.
- Entries with "**NO TIME**" will 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: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered online by Monday, April 06, 2026, shall be given first priority for acceptance to the meet. Athletes registered, or training with FOG Swimming (FOG) and Boys & Girls Clubs of S.F. Aquatics Club (BGC) postmarked or entered online by Friday, April 10th

shall be given second priority for acceptance to the meets. All entries from other Zones in Pacific Swimming or from other LSC's, postmarked by May 4th or entered online by May 6th, shall be considered in the order they are received.

ENTRY FEES: \$4.50 per event plus a \$10.00 participation fee, plus a \$15.00 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: \$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. 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 Wednesday, **May 6th, 2026, or until closure of the meet due to the "4 Hour Rule"**.

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 4th, 2026** or hand delivered by 6:30 p.m. Wednesday, **May 6th, 2026**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: "San Francisco Seals Swim Team"

Mail entries to: SF Seals Swim Team

PO Box: 156732

San Francisco, CA 94115-6732

Hand deliver entries to: Email SFSL Meet Director swim-meet@sfsealsswimteam.com to make arrangements.

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 remaining events 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 shall be at 10:30 AM.** Athletes who do not check in will not be seeded in the 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: Will be provided at host discretion.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A limited snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch and refreshments.

LANE TIMERS: Clubs shall provide timers based on their number of entered athletes as a ratio of total entered athletes.

Time Drops Live: Heat/Lane Assignments and Results may be posted to Time Drops Live and/or the SwimTopia app throughout the meet. Please note that any and all information posted to these apps, including H/L Assignments and Results, is UNOFFICIAL and subject to change at any point throughout the meet. This service is provided as a convenience but not required. Due to circumstances beyond the host team's control, these apps may not function correctly, or cease functioning completely, throughout the meet. The printed and posted Heat/Lane Assignments and Results shall be considered official.

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

MINIMUM OFFICIALS: At least seven days prior to the start of the meet, meet management (Meet Director and/or Meet Referee) shall contact a representative from each club participating in the meet, and provide a preliminary inventory of the officials that club

is required to provide for each session. Each club shall, by the start of the meet, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during each session of the meet.

At the meet, meet management shall conduct an inventory of officials, and shall compare the number of athletes entered in each session by each club with the number of officials present representing each club. If meet management certifies that a club has not provided sufficient officials for any session of the meet in accordance with the table below, excluding finals in a prelims and finals meet, the club shall be fined \$100 per missing official, per session, of the meet.

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

NOTE: Zone 3 shall include assigned and working Intermediary/Chief Timing Judge, and Computer Operator in the count of officials for a session although these positions are not carded. Zone 3 shall accept Carded Apprentices in the count of officials. Clubs may use officials "borrowed" from other clubs, or unattached officials at the meet who agree to fulfill their obligation under the rule.

EVENT SUMMARY

SATURDAY						
8 & UN Pentathlon	9-10 Pentathlon	11-12 Pentathlon	13-14 Mini Pentathlon	13-14 Pentathlon	15-17 Mini Pentathlon	15-17 Pentathlon
25 FL	50 FL	50 FL	50 FL	100 FL	50 FL	100 FL
25 BK	50 BK	50 BK	50 BK	100 BK	50 BK	100 BK
25 BR	50 BR	50 BR	50 BR	100 BR	50 BR	100 BR
25 FR	50 FR	50 FR	50 FR	100 FR	50 FR	100 FR
100 IM	100 IM	100 IM	100 IM	200 IM	100 IM	200 IM

ORDER OF EVENTS

EVENT #	EVENT
01	Mixed 13-17 100 FL
02	Mixed 13-17 50 FL
03	Mixed 12&U 50 FL
04	Mixed 8 & Under 25 FL
05	Mixed 13-17 100 BK
06	Mixed 13-17 50 BK
07	Mixed 12&U 50 BK
08	Mixed 8 & Under 25 BK
09	Mixed 13 & Over 50 BR
10	Mixed 12&U 50 BR
11	Mixed 8 & Under 25 BR
12	Mixed 13 & Over 100 BR
13	Mixed 12&U 50 FR
14	Mixed 8 & Under 25 FR
15	Mixed 13 & Over 50 FR
16	Mixed 13 & Over 100 FR
17	Mixed 12 & Under 100 IM
18	Mixed 13 & Over 100 IM
19	Mixed 13 & Over 200 IM

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

Pacific Swimming – Hosted by San Francisco Seals Swim Team SHORT COURSE PENTATHLON May 16, 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				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 Facility Surcharge \$ 15.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													