

**PIEDMONT SWIM TEAM CLUB CHAMPIONSHIPS  
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET  
MAY 29-31, 2026**



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-065**

*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.**

**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> Chris Lam	<b>Head Starter:</b> Jeff Obermeyer
<b>Meet Marshal:</b> Vanessa Gage	<b>Admin Official:</b> Arfaraz Khambatta
<b>Meet Director:</b> Helen Cramer and Joanne Luby   <a href="mailto:meetdirector@piedmontswimteam.org">meetdirector@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 four 20-yard 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 shall ensure the required course dimensions.

**TIME:** Meet will begin at 6:00 PM on Friday with warm-ups from 4–5:45 PM. Saturday and Sunday sessions will begin at 10:45 AM with warm-ups from 8:30–10:30 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.
- 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 **SLOW** (Heat D) to **FAST** (Heat A).
- Athletes may compete in a **MAXIMUM of 3 individual events per day** and no more than **6 individual events for the meet.**
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- **All Coaches and Officials on deck shall be certified and in good standing.**
- **Medical Supervision:** Lifeguards will be onsite during the meet.

**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.

**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 the **Piedmont Swim Team**. Athletes who are unattached but participating with the **Piedmont Swim Team** are eligible to compete.
- 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.
- The Athlete's age will be the age of the Athlete on the first day of the meet.

**ENTRY FEES:** \$60 per athlete.

**ONLINE ENTRIES:** Registration will be made on the Piedmont Swim Team website.

**CHECK-IN:** The meet shall be pre-seeded by the coaches.

**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:** Heat winners will be given prizes of mini stuffed animals at the end of their heat. The team with the highest number of points will be awarded a crystal trophy which will be in the possession of the winning team coach until the following year.

**SCORING:** Individual events, except for 1000 Free and 1650 Free, will be scored 22-20-18-16-14-12 for Heat A and 11-9-7-5-3-1 for Heat B. Only Heats A and B will be scored. The 1000 Free and 1650 Free will have one heat per gender, scoring 44-40-36-32-28-24. Relay events, except for mixed relays, will have up to two heats, scoring 44-40-36-32-28-24 for Heat A, and 22-18-14-10-6-2 for Heat B. Only Heats A and B will be scored. Mixed relays will be scored 44-40-36-32-28-24 for Heat A only.

**ADMISSION:** Free.

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

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

**Schedule of Events**

<b>GIRLS</b>	<b>FRIDAY, MAY 29, 2026</b>	<b>BOYS</b>
1	12 & Under 200 Free Relay	2
3	12 & Under Mixed 200 Free Relay	3
5	500 Free	6
7	13 & Over 200 Free Relay	8

<b>GIRLS</b>	<b>SATURDAY, MAY 30, 2026</b>	<b>BOYS</b>
9	12 & Under 200 Medley Relay	10
11	25 Free	12
13	50 Free	14
15	100 Free	16
17	200 Free	18
19	400 IM	20
21	1000 Free	22
23	25 Breast	24
25	50 Breast	26
27	100 Breast	28
29	200 Breast	30
31	Mixed 800 Free Relay	31

<b>GIRLS</b>	<b>SUNDAY, MAY 31, 2026</b>	<b>BOYS</b>
33	13 & Over 200 Medley Relay	34
35	25 Back	36
37	50 Back	38
39	100 Back	40
41	200 Back	42
43	200 IM	44
45	1650 Free	46
47	25 Fly	48
49	50 Fly	50
51	100 Fly	52
53	200 Fly	54
55	Mixed 800 Medley Relay	55