THUNDER COAST AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 14th & 15th 2026
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-129**
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 results of this meet may be posted in real time on the Internet at 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 his/her designee.

MEET PERSONNEL:
Meet Referee: **Andy Downs** ***Head Starter:*** **Gary Lai**
Meet Marshal: **Michael Stompe** ***Admin Official:*** **Mike Abegg**
Meet Director: **Sarah Paoli – tcameetdirector@gmail.com**

LOCATION: Miwok Aquatic & Fitness Center. College of Marin Indian Valley Campus (IVC) 1800 Ignacio BLVD, Novato, CA 94949

DIRECTIONS: College of Marin Indian Valley Campus. Miwok Aquatic & Fitness Center, 1800 Ignacio BLVD, Novato, CA 94949. Parking passes are required on Saturday. Upper Lot #5 is the ONLY free lot, all parking spaces are painted yellow. Parking passes may be purchased at the kiosks or online. https://marin.thepermitstore.com/purchase.php

COURSE: OUTDOOR 25 YARD pool with up to 16 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 shallow end course, measured in accordance with Article 103.2.3, is 7'6" at the start end and 7'6"at the turn end. The Meet Host shall 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 8:30 to 8:45 AM in the 6-lane shallow pool.

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 may compete in **4** events per day.
- 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.
- All Coaches and Officials on deck shall be certified and in good standing.
- **Lifeguards will be on duty and available to participants throughout 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 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 team set up will be allowed on the pool deck. There is a dedicated field in front of the Facility that can be used for teams. You may also set up in grassy or bark areas in and around the facility if you do not block access roads or pathways. Do not drive on any pathways on campus or emergency roadways. No team set up or gathering directly in front of the building leading to the entrance on the warm-up pool side. No team set up anywhere on deck.
• Parking permits are required Monday - Saturday (except school holidays. Daily permits may be bought for $4.00 in the ticket machines in the parking lots. You can purchase your permit online prior to your arrival. Upper lot 5 is the only free parking lot. All vehicles must be parked in marked stalls. Do not park along the road or block vehicle access. Handicapped parking is enforced. Any car parked illegally will be cited. The ADA loop road is not to be used unless you have a valid ADA parking placard. Please do not drive on the loop road for any drop off

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 "A" Division must have met at least USA Swimming Motivational "A" minimum 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 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 special accommodations. The swimmer (or swimmer's coach) is responsible for notifying the Meet Referee, prior to competition, of any swimmer with a disability and of the requested accommodations and/or modifications. The swimmer/coach shall provide a Personal Assistant or any equipment (tappers, deck mats, etc.) if required. Failure to provide advance notice may limit the ability to accommodate all requests.
• 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 FEES: $5.50 per event plus a $10.00 participation fee, plus a $20.00 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%202026%282%29.pdf

ONLINE ENTRIES: Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Pacific Swimming. 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, **November 4th**

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, November 2nd **or** hand delivered by 6:30 p.m. Wednesday, **November 4th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Thunder Coast Aquatics**

Mail entries to: **Tom Evers**
PO Box 435
Novato CA 94948

Hand deliver entries to: Tom Evers
Miwok Aquatic and Fitness Center
Novato, CA 94949

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. 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. All events which have not already closed will be closed at 10:30 a.m. 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: First through eighth places in each division (C, B, BB) will be awarded for the 9-10, 11-12, 13-14, 15-18 age groups. First through eighth place in each division (PC-C, PC-B, PC-A) will be awarded for the 8 & Under age group No awards will be given for athletes 19 years of age and older. No awards will be given for the 500 Free. Individual awards must be picked up at the meet. We will not mail or distribute awards after the meet.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: HOSPITALITY: Hospitality available for Coaches, Officials. Lunches will be provided for Coaches and working Officials. There will be a snack bar the entirety of the meet.

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

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. Those clubs who have not provided sufficient Officials in a day of the meet, in accordance with the table below, will be fined $100 per missing Official per day.

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

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	**9-10**	**11-12**	**13-18**	**8 & UN**	**9-10**	**11-12**	**13-18**
25 BR	200 IM	200 IM	200 IM	50 BR	50 BR	100 BR	200 BR
25 BK	100 BR	100 FL	100 FL	50 BK	100 BK	200 BK	100 BK
50 FR	50 BK	50 BK	200 BK	25 FL	50 FL	200 FL	200 FL
	100 FR	200 BR	100 BR	25 FR	200 FR	200 FR	200 FR
		100 FR	100 FR		50 FR	50 FR	50 FR
		500 FR	500 FR				

EVENTS

Saturday, November 14th		
EVENT #	**EVENT**	**EVENT #**
1	13-18 200 I.M.	2
3	11-12 200 I.M.	4
5	9-10 200 I.M.	6
7	13-18 100 Fly	8
9	11-12 100 Fly	10
11	9-10 100 Breast	12
13	8-UN 25 Breast	14
15	13-18 200 Back	16
17	11-12 50 Back	18
19	9-10 50 Back	20
21	8-UN 25 Back	22
23	13-18 100 Breast	24
25	11-12 200 Breast	26
27	8-UN 50 Free	28
29	9-10 100 Free	30
31	11-12 100 Free	32
33	13-18 100 Free	34
35	11-O 500 Free	36

Sunday, November 15th		
EVENT #	**EVENT**	**EVENT #**
37	13-18 200 Breast	38
39	8-UN 50 Breast	40
41	11-12 100 Breast	42
43	9–10 50 Breast	44
45	8-UN 50 Back	46
47	13-18 100 Back	48
49	11-12 200 Back	50
51	9-10 100 Back	52
53	13-18 200 Fly	54
55	11-12 200 Fly	56
57	9–10 50 Fly	58
59	8-UN 25 Fly	60
61	13-18 200 Free	62
63	11-12 200 Free	64
65	9-10 200 Free	66
67	8-U 25 Free	68
69	11-12 50 Free	70
71	9–10 50 Free	72
73	13-18 50 Free	74

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

Pacific Swimming – Hosted byTCA
SHORT COURSE CBA+
November 14th & 15th
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
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries _____ x $5.50 = $_____
Participation Fee $ 10.00
Facility Surcharge $ 20.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email