

MENDOCINO COAST SEA DRAGONS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
NOVEMBER 21-22, 2026
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-117**

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.

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: Don Bautista</i>	<i>Head Starter: Kevin Campbell</i>
<i>Meet Marshal: Todd Sorenson</i>	<i>Admin Official: Barbarie Gonzalez</i>
<i>Meet Director: Jaime Ries, jaimen107@yahoo.com</i>	

LOCATION: C.V. Starr Community Center, 300 S. Lincoln Street, Fort Bragg, CA 95437

DIRECTIONS: Drive north on Hwy 1/Main Street into Fort Bragg. Turn Right on Chestnut St. Turn left on Lincoln; C.V. Starr will be on your right after passing Redwood Elementary School. From the North: Drive south on Hwy 1/Main St. into Fort Bragg. Turn Left on Chestnut St. Turn left on Lincoln, C.V. Starr Center will be on your right after passing Redwood Elementary School.

COURSE: 25 yard, 8-lane indoor pool, with separate pool for warm-up/cool down during competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 6'0" at the start end and 4'0" 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. Specific warm-up time slots and lanes may be assigned if numbers warrant it.

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.
- The meet will be pre-seeded.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes may compete in 4 (four) individual events per day.
- Events may be combined in the discretion of the Meet Referee.
- 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 Athletes age and gender.
- Relay entry fees will be \$10.00 per relay. There is no limit on the number of relays allowable per team. Exhibition relays are permitted. No awards for relays.
- 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. The MR will inspect for current coach certification and standing. Non-coaches are not allowed on deck coaching/supervising athletes.**

- Athletes in the 500 Freestyle must provide their own timers and lap counters. NT (No-Time) entries will NOT be accepted. Athletes must provide an entry time for seeding purposes (eligible time of 07:45.09). Coach verified times shall be accepted. Heat will be based on seed times regardless of gender. Issuance of Awards will be based on age and gender.
- There will be lifeguards on duty at the pool during warm-up and during the competition. AED as well as basic first-aid supplies located inside the natatorium will be available.

SCRATCH RULE: Scratches for Saturday's events must be submitted by 6:00PM on Friday, November 20, 2026 and scratches for Sunday's events must be submitted by END OF MEET on Saturday, November 21, 2026. Scratches must be texted, emailed, or submitted in person to the meet director (Jaime Ries) at jaimen107@yahoo.com or (951) 312-3119.

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 tent set-up is allowed inside the natatorium. If local and facility regulations require it, the natatorium will be limited to athletes, coaches, officials, timers, lifeguards and people working the meet.

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 (except for the 400 IM and 500 FR where there will be minimum time standards).**
- 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 accommodation. The athlete (or athlete's coach) is responsible for notifying the Meet Referee, prior to competition, of any athlete with a disability and of the requested accommodation and/or modifications. The athlete/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%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, November 11, 2026** or until registration closes based on 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, November 9, 2026 or hand delivered by 5:30 p.m. Wednesday, November 11, 2026**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Mendocino Coast Sea Dragons

Mail entries to: Jaime Ries
 P.O. Box 2939
 Fort Bragg, CA 95437

Hand deliver entries to: Micah or Jaime Ries
 205 E. Pine Street
 Fort Bragg, CA 95437

CHECK-IN: The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each 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: Awards will be given to the top 5 finishers in each individual event for divisions C, B, and A, for age groups 8 & under, 9-10, 11-12, and 13-14. No awards for relays.

ADMISSION: Free.

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

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **Parents should be prepared to set up tents and chairs outside the natatorium, even in the event of inclement weather.** Only swimmers will be permitted to set up chairs in the natatorium in designated areas.

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 Dolphin, 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.

EVENT SUMMARY

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-Over	8 & UN	9-10	11-12	13-Over
50 FR	200 FR	200 FR	200 FR			400 IM	400 IM
25 BR	100 BR	100 BR	100 BR	50 BR	100 BK	100 BK	200 BK
100 IM	100 IM	100 IM	200 IM	25 FR	100 FR	200 IM	100 FR
25 BK	50 FL	100 FL	100 BK	25 FL	50 BR	100 FR	100 FL
	50 BK	50 BK	500 FR	50 BK	50 FR	50 FL	50 FR
	10&Under 200 MR	11&Over 200 MR			10 & Under 200 FR	50 BR	
		500 FR	500 FR			50 FR	
						11 & Over 200 FR	

ORDER OF EVENTS

Saturday, November 21, 2026		
EVENT #	EVENT	EVENT #
1	13&Over 200 Free	2
3	11-12 200 Free	4
5	9-10 200 Free	6
7	8&Under 50 Free	8
9	13&Over 100 Breast	10
11	11-12 100 Breast	12
13	9-10 100 Breast	14
15	8&Under 25 Breast	16
17	13&Over 200 IM	18
19	11-12 100 IM	20
21	10&Under 100 IM	22
23	10&Under 200 Medley Relay	24
25	11&Over 200 Medley Relay	26
27	9-10 50 Fly	28
29	11-12 100 Fly	30
31	13&Over 100 Back	32
33	8&Under 25 Back	34
35	11-12 50 Back	36
37	9-10 50 Back	38
39	11- Over (Open/Combined) 500 Free 500 Free Qualifying Time (07:45.09)	40

Sunday, November 22, 2026		
EVENT #	EVENT	EVENT #
41	Open 400 IM Min Qualifying times Girls (6:03.69) Boys (5:50.09)	42
43	11-12 100 Back	44
45	9-10 100 Back	46
47	8&Under 50 Back	48
49	13&Over 200 Back	50
51	11-12 200 IM	52
53	8&Under 50 Breast	54
55	9-10 100 Free	56
57	11-12 100 Free	58
59	13&Over 100 Free	60
61	8&Under 25 Free	62
63	11-12 50 Fly	64
65	10&Under 200 Free Relay	66
67	11&Over 200 Free Relay	68
69	8&Under 25 Fly	70
71	13&Over 100 Fly	72
73	9-10 50 Breast	74
75	11-12 50 Breast	76
77	9-10 50 Free	78
79	11-12 50 Free	80
81	13&Over 50 Free	82

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

Pacific Swimming – Hosted by PC-MCSD SHORT COURSE C/B/A + November 21 & 22, 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				
							: .				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 Name: _____ Coach Cell Phone: _____ Coach Email: _____															
Athlete's Address: 															
Home Phone								Cell Phone							
Email															