SAN FRANCISCO SEALS SWIM TEAM
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
DECEMBER 12TH & 13TH 2026
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-138**
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 Time Drops Live (URL to be posted at the event site) and/or 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:	**Gary Lai**	***Head Starter:***	**Don Bautista**
Meet Marshal:	**Holli Castelli**	***Admin Official:***	**Mike Abegg**
Meet Director:	**Morgan Bright 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 each day with warm-ups from 08:30 to 09:45 AM each day. 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.
- All events will swim as mixed gender but will be awarded separately.
- **Athletes may compete in a maximum of 4 individual events and 1 relay event 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.
- 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 Chief Judge.**
• 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 Howith St and Ocean Avenue.
• No team setup, spectator chairs, 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.
• 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 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 PRIORITY: Entries from members of Zone 3 clubs (including unattached athletes training with those clubs) postmarked or entered online by Friday, November 6th, 2026, shall be given first priority for acceptance to the meet. All entries from other Zones in Pacific Swimming or from other LSC's, postmarked by November 30th or entered online by December 2nd, shall be considered in the order they are received. Athletes registered, or training with FOG Swimming (FOG) and Boys & Girls Clubs of S.F. Aquatics Club (BGC) will be entitled to the same priority as Zone 3 registered athletes.

ENTRY FEES: $5.50 per event plus a $10.00 participation fee, plus a $20.00 facility surcharge per Athlete. $10.00 per relay. 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: 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, **December 2nd, 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 **November 30th, 2026** or hand delivered by 6:30 p.m. Wednesday, **December 2nd, 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 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: 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 & Meet Mobile: Heat/Lane Assignments and Results may be posted to Time Drops Live and/or the MeetMobile 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 DECEMBER 12, 2026			
8 & UN	**9-10**	**11-12**	**13-18**
200 FR	200 FR	200 FR	200 FR
100 BK	100 BK	100 BK	100 BK
25 BK			
50 BR	50 BR	50 BR	
25 FL	100 FL	100 FL	100 FL
500 FR	500 FR	500 FR	
100 IM	100 IM	100 IM	100 IM
50 FR	50 FR	50 FR	100 FR
100 Med-R	200 Med-R	200 Med-R	200 Med-R

SUNDAY DECEMBER 13, 2026			
8 & UN	**9-10**	**11-12**	**13-18**
200 BK	200 BK	200 BK	200 BK
50 BK	50 BK	50 BK	50BK
100 FR	100 FR	100 FR	
25 FR			50 FR
100 BR	100 BR	100 BR	100 BR
25 BR			500 FR
50 FL	50 FL	50 FL	50FL
200 IM	200 IM	200 IM	200 IM
100 FR-R	200 FR-R	200 FR-R	200 FR-R

ORDER OF EVENTS

SATURDAY DECEMBER 12, 2026	
EVENT #	**EVENT**
101	OPEN 200 Free
102	OPEN 100 Back
103	8 & UN 25 Back
104	12 & UN 50 Breast
105	9 & OVER 100 Fly
106	8 & UN 25 FLY
107	12 & UN 500 Free
108	OPEN 100 IM
109	13 & Over 100 Free
110	12 & UN 50 Free
111	8 & UN 100 Medley Relay
112	9-10 200 Medley Relay
113	11-12 200 Medley Relay
114	13&Over 200 Medley Relay

SUNDAY DECEMBER 13, 2026	
EVENT #	**EVENT**
201	OPEN 200 Back
202	OPEN 50 Back
203	12 & UN 100 Free
204	8 & UN 25 Free
205	OPEN 100 Breast
206	8 & UN 25 Breast
207	13 & Over 500 Free
208	OPEN 50 Fly
209	OPEN 200 IM
210	13 & Over 50 Free
211	8 & UN 100 Free Relay
212	9-10 200 Free Relay
213	11-12 200 Free Relay
214	13 & Over 200 Free Relay

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

12-UN Events

12-UN shall be swum together and awarded separately by age groups: 8-UN, 9-10, 11-12

9 & OVER Events

9 & OVER shall be swum together and awarded separately by age groups: 9-10, 11-12, 13-14, 15-16, 17-18

13 & OVER Events

13 & OVER shall be swum together and awarded separately by age groups: 13-14, 15-16, 17-18

Open Events

Open events shall be swum together and awarded separately by age groups: 8-UN, 9-10, 11-12, 13-14, 15-16, 17-18

12 & UNDER 500 Free

12 & UNDER will be swum together and awarded separately by age groups:
8-UN, 9-10, 11-12

Relays

Relays shall be seeded by Meet Referees discretion.
Relay fees will be collected by the Clerk of the Course at the meet.
Relays will be awarded 8-UN, 9-10, 11-12, 13-18

Mixed gender and mixed ages relay entries shall be accepted and designated 'Exhibition' and not eligible for awards.

Pacific Swimming – Hosted by San Francisco Seals Swim Team
SHORT COURSE C/B/A- MEET
December 12-13th, 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
		: .	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