

**2026 SUPER LEAGUE LCM CHAMPIONSHIPS  
HOSTED BY THUNDER COAST AQUATICS  
PACIFIC SWIMMING CLOSED INVITATIONAL MEET  
JULY 10-12, 2026**



**INVITED CLUBS:** CLOV-CC, DART-SN, NBA-PC, PASA-PC, PLS-PC, SCSC-PC, SMST-SN, SRN-PC, TCA-PC, and Stanford University.

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-075**

*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 shall be posted 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 are 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 designee.

**MEET PERSONNEL:**      *Meet Referee:* Trevor Gillis [trevordgillis@att.net](mailto:trevordgillis@att.net)      *Head Starter:* Liat Rosenfeld  
                                 *Meet Marshal:* Tom Evers [tevers4@me.com](mailto:tevers4@me.com)      *Admin Referee:* Bao Doan [baodoan@yahoo.com](mailto:baodoan@yahoo.com)  
                                 *Meet Director:* Sarah Paoli [tcameetdirector@gmail.com](mailto:tcameetdirector@gmail.com)

**LOCATION:** MIWOK Aquatic Center, Novato CA 1800 Ignacio Blvd Novato, CA 94949

**DIRECTIONS:** From Golden Gate Bridge and Southern Marin County - HWY 101 North to Ignacio Valley Blvd exit. West on Ignacio Valley Blvd until entrance to campus. From East Bay – Richmond Bridge HWY 580 West to HWY 101 North to Ignacio Valley Blvd.

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. A separate pool shall 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 7’0” at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet shall begin at 9:00 AM with warm-ups from 7:30 AM to 8:50 AM each day.  
                                 Finals will begin at 4:30 PM on Friday and Saturday, with warm-up from 3:30 PM to 4:20 PM.  
                                 Finals will begin at 3:30 PM on Sunday, with warm-up from 2:30PM to 3:20PM

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet.
  - The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed.
  - 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 except the 1500 Free, 800 Free, and relays are preliminaries/finals.
  - There will be a Championship Final, a Consolation Final, and a Bonus Consolation Final in each event except the 1500 and 800. The number of additional bonus finals will be determined by the Meet Referee at the coaches meeting.
  - During finals, all events will swim fast to slow (Championship, Consolation, Bonus).
  - Relays will be timed finals and will be swum fast to slow at the start of finals.
  - The 1500 Free and 800 Free will be timed finals and will be swum fast to slow at the end of the preliminary session and will alternate heats of women and men by event. The 1500 and 800 heats may be combined by distance and gender.
  - Athletes will need to provide timers and lap counters for the 1500 and 800 Free.
  - Positive check-in is required for the 1500 and 800 by 9:00 AM on Sunday. The 1500 and 800 will be seeded following the close of positive check-in.
  - Preliminary events shall swim fast to slow, with the fastest three heats circle seeded, except 400m events.
  - 400m preliminary events shall swim fast to slow, with the fastest two heats circle seeded.
  - Athletes may compete in a maximum of three (3) individual events per day.
  - **Each club is allowed to enter no more than two (2) relay teams per event.**

- No technical suits shall be worn by any 12 & Under athlete.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- All Coaches and working Officials shall be in good standing and provide proof of their current USA Swimming membership when requested.
- Lifeguards will be present on deck and an AED is available onsite. First aid is available to all participants.

**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 shall be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or shall 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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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.

**ELIGIBILITY:**

- Athletes must be current members of USA Swimming and members of, or training with, the following teams: CLOV-CC, DART-SN, NBA-PC, PASA-PC, PLS-PC, SCSC-PC, SMST-SN, SRN-PC, TCA-PC, and Stanford University. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, shall be required to register via USA Swimming's online member registration before being allowed to swim in the meet.
- There are no time standards for this meet.
- Entries with "NO TIME" shall be rejected.
- The athlete's age will be the age of the athlete on the first day of the meet.
- Athletes with a disability (who meet the previously listed eligibility criteria) are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations necessary for participation.
- On-deck registration will NOT be available.

**SEEDING:** Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards. **See Rules for distance events seeding.**

**SCRATCH RULE PRELIMINARIES:** With the exception the 1500 and 800, athletes are considered checked-in unless scratched. Closing for the Friday's preliminary session will be Thursday at 5:30 PM. Scratches may be submit to the scratch box or emailed to the Admin Referee [baodoan@yahoo.com](mailto:baodoan@yahoo.com). Closing for the remaining days will be 30 minutes after the start time for finals of the previous day. The scratch box will be located at the Scratch Desk at the start of the meet on Friday until the scratch deadline. Check-in for the 1500 and 800 will close by 9:00 AM on Sunday.

After the heats have been seeded, the penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to

swim prior to the close of the scratch box for that day's events.

**SCRATCH RULE FINALS:** Any athlete qualifying for any level of finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the scratch desk that they may not intend to compete in Bonus, Consolation, or Championship Finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. Any athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said race prior to calling the alternate shall be barred from further competition for the remainder of the meet unless the athlete has properly scratched.

**ENTRY FEE:** \$100 per athlete. Full payment (single team check) for a team entry must be postmarked within 48 hours of the email entry, or permission must be obtained in advance to allow payment to be given to the Clerk of Course before the start of the first event. **Please make all checks payable to "Thunder Coast".** No refunds shall be made.

**ENTRIES:** Entries must be received by **Thursday July 2, 2025**. E-mail [tcameetdirector@gmail.com](mailto:tcameetdirector@gmail.com). Email entry (entry .zip file) must be accompanied by a PDF team entry report and PDF entry fee report. Entry updates (added events) will be processed when received by the entry deadline. Deck entries are prohibited.

All relay entries must be submitted by the entry deadline. **DECK-ENTERED RELAYS ARE NOT PERMITTED.** Relays may be entered as part of the emailed CL2 entry file. Relays will be swum as the first events in the finals sessions on Friday and Saturday. Relay cards will be due as determined by the Meet Referee on the day of the event.

**AWARDS:** None.

**ORDER OF EVENTS:**

Friday July 10		
EVENT #	EVENT	EVENT #
1	200 FREE RELAY*	2
3	50 BUTTERFLY	4
5	400 FREE	6
7	50 BACK	8
9	200 I.M.	10
11	50 BREAST	12
13	50 FREE	14

Saturday, July 11		
EVENT #	EVENT	EVENT #
15	200 MEDLEY RELAY*	16
17	100 FLY	18
19	400 I.M.	20
21	200 FREE	22
23	100 BREAST	24
25	100 BACK	26

Sunday, July 12		
EVENT #	EVENT	EVENT #
27	200 BACK	28
29	100 FREE	30
31	200 BREAST	32
33	200 FLY	34
35	1500 FREE**	36
37	800 FREE**	38

\*Relays will be contested at the beginning of finals.

\*\*Athletes entered in the 800 and 1500 Freestyle shall provide their own timers and lap counters.