

PACIFIC SWIMMING SHORT COURSE SENIOR 2 PRELIMINARIES & FINALS MEET

HOSTED BY PLEASANTON SEAHAWKS

NOVEMBER 6-8, 2026

Enter Online: <http://ome.fastswims.com>

Digital check-in and scratch forms: <https://sites.google.com/view/pls-senior2/home>



DEADLINES

Thursday Nov 5, 11:59 PM – check in for **1000 Free** closes (Events 1 and 2)

Thursday Nov 5, 11:59 PM – scratch form closes for **400 IM** (Events 3 and 4)

Friday Nov 6, 5:00 PM – check-in closes for **Women's 1650 Free** (Event 101)

Friday Nov 6, 5:00 PM – scratch form closes for **Saturday prelim** events (Events 5-18)

Saturday Nov 7 (30 mins after start of Finals) – check-in closes for **Men's 1650 Free** (Event 102)

Saturday Nov 7 (30 mins after start of Finals) – scratch form closes for **Sunday prelim** events (Events 19-32)



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-111**

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 shall 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, rest rooms 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:

Meet Referee:	Mette Graversen	Head Starter:	Katherine Ng-Suen
Meet Marshal:	Harry Wong	Admin Official:	Angela Cardenas
Meet Director:	Matt Stephanson (meetdirector@pleasantonseahawks.org)		

CERTIFICATION MEET: Officials wishing to be evaluated must apply to Meet Referee Mette Graversen (m.graversen@comcast.net) and Phil Grant (pgrant@pacswim.org) before the meet by email or when they first arrive at the meet and attend pre-session meetings. Please send in your application prior to the meet by email. We may not be able to accommodate applications submitted at the meet due to resource limitations. Briefing will occur one hour before the start of both Preliminaries and Finals. Officials' dress for Finals is white polo shirts/blouse, blue long pants or skirts, and closed-toed white athletic shoes. Shirts must be tucked in. For an N3 evaluation to be valid, it must be done over 4 sessions in the position. N2 evaluations must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions. However, the official must work at least 4 sessions at the meet for advancement or recertification evaluation(s) to be valid. The application form can be found on the Pacific Swimming website

TECHNICAL MEETING: Zoom meeting will be held at 7:30 pm, Tuesday, November 3rd, 2026. Link to be posted prior to date.

LOCATION: Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, CA 94588. **Carpooling is suggested.** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. **PARKING AT THE CHURCH, PAC BELL AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING.** Parking for working Officials and Coaches will be available in the parking lot behind the pool. Officials and Coaches using the lot must be prepared to show valid USA Swimming credentials to gain access. Overflow parking will be available at the Alisal Elementary School on Santa Rita Road. No overnight parking or R.V. parking is allowed.

DIRECTIONS: From Northbound or Southbound Highway 680: Exit Stoneridge Drive and go East (away from hills). Go 0.5 miles and turn right on Hopyard Road. Go a few miles and turn left on Black Avenue. Pool about 1.5 miles down on left. From Eastbound or Westbound Highway 580: Exit Santa Rita and go South. Drive about 2 miles and turn right onto Black Avenue. The pool is on the right.

COURSE: Outdoor 25-yard pool with up to 16 lanes available for competition. An additional 8 lanes shall be available for warm-up/cool down throughout the competition. The minimum water depth measured in accordance with Article 103.2.3 meets the minimum requirement of 4 feet at the start end and 4 feet at the turn end. The Meet Host shall ensure required course dimensions.

MEET TIMES:

		Prelims/ Timed Finals Warm-up	Prelims Start	Distance/ Timed Finals Start	Finals Warm-up	Finals Start
Tue 11/3	General Meeting (Zoom) 7.30pm					
Fri 11/6		3:30-4:20 PM		4:30 PM		
Sat 11/7		7:30-8:45 AM	9:00 AM	Conclusion of Prelims	3:30-4:20 PM	4:30 PM*
Sun 11/8		7:30-8:45 AM	9:00 AM	Conclusion of Prelims	3:30-4:20 PM	4:30 PM*

*Finals start time for Saturday and Sunday will be announced at the meet, with an approximate start time of 4:30 PM.

SCRATCH AND/OR CHECK-IN DEADLINES: <https://sites.google.com/view/pls-senior2/home>

Positive check-in for 1000 FR (Events 1 and 2)	Thursday, November 5, at 11:59 PM
Scratch deadline for 400 IM (Events 3 and 4)	Thursday, November 5, at 11:59 PM
Saturday's preliminary session (Events 5-18)	Friday, November 6, at 5:00 PM
Positive check-in for Women's 1650 FR (Event 101)	Friday, November 6, at 5:00 PM
Sunday's preliminary session (Events 19-32)	Saturday, November 7, 2026, 30 minutes after start of Finals
Positive check-in for Men's 1650 (Event 102)	Saturday, November 7, 2026, 30 minutes after start of Finals

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 preliminary events shall swim fast to slow, with the fastest three heats circle seeded. The fastest two heats of the 500 Free will be circle seeded.
 - Athletes may compete in a maximum of three (3) events per day.
 - All events shall be Preliminaries/Finals, except the 400 IM, 1000 Free and 1650 Free which shall be Timed Finals.
 - There will be a Championship Final (A), Consolation Final (B), and Bonus Final (C), swum in that order, with 8 Athletes qualifying for each final heat, for a total of 24 qualifiers.
 - If local conditions warrant, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
 - All Coaches and Officials on deck shall be certified and in good standing.
 - Medical Supervision to participants/spectators shall be provided by lifeguards. Further medical support is available via 911. AED is available at the venue.
 - Athletes entered in the 400 IM (Timed Final) shall provide their own timers.
 - Athletes entered in the 1000 Free and 1650 Free (Timed Final) shall provide their own timers and counters.
 - Athletes entered in the 500 Free (Prelims/Finals) shall provide their own counters.

DISTANCE RULES (TIMED FINAL EVENTS – 400IM/1000FR/1650FR)

- The 400 IM, 1000 Free and 1650 Free shall be swum as Timed Finals.
- On Friday, the 1000 Free and 400 IM will be swum fast to slow, alternating heats of women and men. If the meet goes to two courses, the Women's and Men's events will swim simultaneously.
- All heats of the 1650 Free, on their respective days, will be swum fast to slow immediately following the conclusion of the preliminary session.
- Athletes must provide their own timers for the 400 IM and their own timers and counters for the 1000 Free and 1650 Free.
- The 1000 Free and 1650 Free may NOT be swum as bonus events.
- Digital positive check-in is required for the 1000 Free and 1650 Free. Athletes DO NOT need to check-in for the 400 IM. Use the following link to check-in and/or scratch <https://sites.google.com/view/pls-senior2/home>

POSITIVE CHECK-IN DEADLINE	
1000 Free (Events 1 and 2)	Thursday Nov 5 - 11:59 PM
1650 Women (Event 101)	Friday Nov 6 - 5:00 PM
1650 Men (Event 102)	Saturday Nov 7 - 30 min after start of Finals

UNACCOMPANIED ATHLETES: Any USA Swimming Athlete-Member competing at the meet shall 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 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.
- There shall be no equipment allowed in any of the competition or warm-up pools.
- No overnight parking is allowed. Facilities will not be provided after hours.

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 under the age of 12 are not eligible to compete.
- Athletes shall meet the Senior 2 Time Standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes 13 and over may enter up to two (2) Bonus events. Athletes 13 and over shall meet the minimum Senior Open time standard for bonus events. The 1000 Free and 1650 Free may not be swum as bonus events.
- 12-year-old athletes are not eligible for bonus events.
- Athletes must have a 50 BK/FL/BR qualifying time recorded; the corresponding 100-yard time will not be accepted.
- 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.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming Policies & Procedures Section X.G. All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. Entry times must have been achieved prior to the closing date of entries for the meet on Wednesday, October 28, 2026 at 11:59 PM PST. If a time cannot be proven prior to the meet, the Athlete shall not be allowed to check-in for the event until the entry time has been proven. When possible, the Coaches shall be notified of the Athletes who have not proven their entry time. **No refunds shall be given if an entry time cannot be proven.**

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters. USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

SCRATCH RULES/DEADLINES - PRELIMINARIES AND TIMED FINALS: Athletes, Coaches, and Parents/Guardians who wish to scratch event(s) must complete the digital scratch form at <https://sites.google.com/view/pls-senior2/home>

SCRATCH DEADLINE	
400 IM (Events 3 and 4)	Thursday Nov 5 - 11:59 PM
Saturday Preliminary Session	Friday Nov 6 - 5:00 PM
Sunday Preliminary Session	Saturday Nov 7 - 30 min after start of Finals

Any athlete who fails to compete or to declare a false start in an individual preliminary heat in which such athlete is entered and has not been scratched shall be:

- Barred from the rest of their events that day, NOT including distance.
- 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 the Athlete completes a **DIGITAL POSITIVE CHECK-IN** prior to the close of the scratch box for that day's events.
- There shall be no penalty for missing a "Timed Final" event. "No-shows" and "declared false starts" in a preliminary and timed final event will count toward an athlete's event total for the day/competition.

NOTE: Heat sheets and timelines for each day will be posted at www.pleasantonseahawks.org

SCRATCH RULE FINALS: Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall digitally scratch within 30 minutes after the announcement of qualifiers, using the following link: <https://sites.google.com/view/pls-senior2/home>. During this period, qualifiers may also notify the Referee 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. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: \$8.50 per individual event plus a \$10.00 per Athlete participation fee and a \$20.00 facility surcharge. Entries shall be rejected if payment is not sent at time of request. No refunds shall 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, October 28, 2026.

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, October 26, 2026 or hand delivered by 6:30 p.m. Wednesday, October 28, 2026. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: PLEASANTON SEAHAWKS

Mail entries to: Lan Wang
5253 Pembroke Way
San Ramon, CA 94582

AWARDS: None.

ADMISSION: Free. No program will be available for sale.

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There will be a snack bar.

ORDER OF EVENTS

FRIDAY, NOVEMBER 6, 2026		
EVENT #	EVENT	EVENT #
1	1000 Free*	2
3	400 IM*	4

SATURDAY NOVEMBER 7, 2026		
EVENT #	EVENT	EVENT #
5	200 BACK	6
7	50 FREE	8
9	200 I.M.	10
11	100 FLY	12
13	200 FREE	14
15	50 BACK	16
17	100 BREAST	18
101	1650 FREE**	

SUNDAY NOVEMBER 8, 2026		
EVENT #	EVENT	EVENT #
19	500 FREE	20
21	50 BREAST	22
23	200 FLY	24
25	100 FREE	26
27	200 BREAST	28
29	100 BACK	30
31	50 FLY	32
	1650 FREE**	102

Athletes entered in the 1000 and/or 1650 Freestyle shall provide their own timers and lap counters.

Athletes entered in the 400 IM shall provide their own timers.

Athletes entered in the 500 Free shall provide their own lap counters.

*Event 1 & 2, and Events 3 & 4 will alternate Women/Men by heat, fastest to slowest.

** 1650 will be swum immediately following the conclusion of the preliminary session.

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Pleasanton Seahawks SENIOR 2 PRELIMINARIES & FINALS November 6-8, 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 / SCM			
								: .				SCY / LCM / SCM			
								: .				SCY / LCM / SCM			
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# of entries _____ x \$8.50 = \$ _____ Participation Fee \$10.00 Facility Surcharge \$20.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															