PACIFIC SWIMMING SHORT COURSE SENIOR OPEN MEET
HOSTED BY TERRAPINS SWIM TEAM
NOVEMBER 21-22, 2026
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-128**
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 in real time on the Internet on the Meet Mobile app.

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, restrooms 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.

OFFICIALS: ***Meet Referee:*** **Charlie Gonzales** ***Head Starter:*** **Sarah Obbagy**
Meet Marshal: **Oleg Litvanov** ***Admin Official:*** **Amy Gonzales**
Meet Director: **Kirsten Whittlinger klwhittlinger@yahoo.com**

LOCATION: Concord Community Pool 3501 Cowell Road, Concord, CA

DIRECTIONS: Highway 680 North – take Treat Boulevard exit, exit right onto Treat, turn left on Cowell Road. Highway 680 South – take Treat Boulevard/Geary Road exit, turn left at end of ramp, left at light on to Treat, left on Cowell Road.

COURSE: Outdoor pool with up to 10 SCY lanes available for competition. An additional 6 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 9:00 AM on both Saturday and Sunday. Warm-ups will be from 7:15 AM to 8:45 AM on Saturday and Sunday.

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 events are timed finals.
- All events shall swim fast to slow.
- Athletes may compete in a maximum of four (4) events per day.
- If local conditions warrant it, 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.
- No deck changing is permitted. Use of locker rooms and restrooms is permissible.
- Medical Supervision available to participants on site includes EMT and AED certified lifeguards.
- Distance Freestyle events 17 and 18 (Girls 1650FR and Boys 1605FR respectively), shall be limited to 30 girls and 30 boys. Distance Freestyle events 33 and 34 (Girls 1000FR and Boys 1000FR respectively), shall be limited to 40 girls and 40 boys. All distance entries will be filled in the order entries are received.
- Athletes swimming the 1650 and 1000 Freestyle must provide their own timers and lap counter.
- A 10 minute warm-up period may be offered before the 1650 Free on Saturday and the 1000 Free on Sunday.

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 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.
- There will be NO Team or Athlete canopy set up allowed on any area of the pool deck.
- Coaches will need to bring own canopies and may set these up on the pool deck starting at 7:00 AM. No athlete set-up permitted on Friday.
- Athlete set up starting at 7:00 AM on Saturday. Canopies are not permitted on the pool deck.
- Entrance to the pool is from the North gate only, nearest the diving boards and starting end of the pool. DO NOT enter through the Tennis court side of the pool. These are for emergency ONLY.
- NO canopy set up in restricted areas. All canopies must be securely attached and collapsed each evening at the conclusion of finals.
- No cell phone, computer or tablet use is allowed in any bathroom or changing room as per USA Swimming Safe Sport and City of Concord ordinances.

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 13 years and older shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes 12 years shall meet the Senior 2 time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes under the age of 12 years are not eligible to compete.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- 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** (**Wednesday, November 11, 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 a 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**.

CHECK-IN: The meet shall be deck seeded. Athletes shall 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. Athletes who do not check-in shall not be allowed to compete in the event.

SCRATCH RULE: Athletes entered in a timed final individual event that is seeded on the deck that have checked in for that event, shall swim in the event unless they notify the clerk of the course before seeding for that event has begun that they wish to scratch. Failure to swim an event shall result in being barred from their next individual event.

ENTRY FEES: $7.00 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 late entries shall be accepted. 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%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, **November 11, 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, November 9 or hand delivered by 6:30 p.m. **Wednesday, November 11, 2026**. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Terrapins Swim Team

Mail entries to: Terrapins Swim Team, PO Box 21127, Concord, CA 94521 OR
Hand deliver entries to: Terrapins Coaching Staff between 4-7 PM at 3501 Cowell Road, Concord, CA 94518

AWARDS: None.

ADMISSION: Free. An online psych sheet/program will be shared 3-5 days prior to the meet.

HOSPITALITY: Hospitality available for Coaches and working Officials. There will be a snack bar available throughout the competition.

ORDER OF EVENTS

Saturday, November 21, 2026		
EVENT #	**EVENT**	**EVENT #**
1	500 FREE	2
3	50 FLY	4
5	200 BACK	6
7	100 BREAST	8
9	50 BACK	10
11	200 FLY	12
13	100 FREE	14
15	200 I.M.	16
17	1650 FREE	18

Sunday, November 22, 2026		
EVENT #	**EVENT**	**EVENT #**
19	400 I.M.	20
21	50 BREAST	22
23	200 FREE	24
25	100 FLY	26
27	50 FREE	28
29	200 BREAST	30
31	100 BACK	32
33	1000 FREE	34

*Events 17-18 and 29-30 shall be swum fastest to slowest alternating women and men
A 10 minute warm-up period may be offered before the 1650 Free on Saturday and the 1000 Free on Sunday.

*Athletes swimming the 1650 and 1000 Freestyle must provide their own timers and lap counter.
* Distance Freestyle events 17 and 18 (Girls 1650FR and Boys 1605FR respectively), shall be limited to 30 girls and 30 boys.
*Distance Freestyle events 33 and 34 (Girls 1000FR and Boys 1000FR respectively), shall be limited to 40 girls and 40 boys.

All distance entries will be filled in the order entries are received.

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

Pacific Swimming – Hosted by Terrapins Swim Team
SHORT COURSE SENIOR OPEN
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 / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

# of entries _____ x $7.00 = $_____
Participation Fee $ 10.00
Facility Surcharge $ 20.00
Total $_____

Coach

Athlete's Address

Home Phone	Cell Phone

Email