PACIFIC SWIMMING SHORT COURSE SENIOR OPEN T/F MEET
HOSTED BY MILPITAS AQUATIC CLUB
DECEMBER 5-6, 2026
Enter Online: https://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-137**
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 at **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, 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:** Trevor Gillis **Head Starter:** Amer Mirza
Meet Marshal: Travis Strangman **Admin Official:** Mike Flegel
Meet Director: Stella Ezrre stella@macswimming.org

LOCATION: Milpitas High School Pool, 1231 Arizona Ave, Milpitas, CA, 95035

DIRECTIONS: From 880, exit 8B for CA-237/Calaveras Blvd toward Milpitas/Mountain View. Turn Right onto CA-237 E/W Calaveras Blvd. Turn left onto N Abel St and continue onto Jacklin Rd. Turn left onto Arizona Ave. Destination will be on your right.

PARKING: Street parking only. No parking on school grounds. Please read all signs before parking. Be respectful of the neighborhood. The parking lot adjacent to the pool is for working officials only.

COURSE: Outdoor 25-yard pool with up to 8 lanes available for competition. An additional 7 lanes 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 7'6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet shall begin at 9:00 AM each day with warm-ups from 7:30 AM to 8:45 AM each day. Finals start time will be announced at the meet, with an approximate start time of 4 PM. Warm-ups for finals shall be available from 60 minutes prior to the start of finals and shall end 10 minutes prior to the start of finals.

RULES:
- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. These procedures shall be available 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All individual events shall be preliminaries and finals.
- For individual events 100 or less there will be an "A", "B" and "C" Final, swum in that order, with eight (8) athletes qualifying for each final heat.
- For individual events 200 or more, there will be an "A" and a "B" final, swum in that order, with eight (8) athletes qualifying for each final heat.
- Athletes may compete in a maximum of three (3) individual 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 shall be certified and in good standing.
- Lifeguards will be on duty, and a First Aid Station will be available.

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 Member-Coach 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.
- No tents will be permitted on the pool deck.
- No person shall be permitted on school grounds other than in designated areas.
- No person will be permitted on the athletic fields (football field, track, soccer fields, or baseball/softball fields).
- No early setup will be permitted

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 2026-2027 Senior Open time standard as outlined by Pacific Swimming time verification procedures.
- Athletes 12 years shall meet the 2026-2027 Senior 2 time standard as outlined by Pacific Swimming time verification procedures.
- Athletes under the age of 12 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 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
- Entry time modifications shall not be accepted after the entry deadline.
- No time conversions shall be accepted.
- Individual 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.

RELAYS: • All relay entries must be submitted by the entry deadline. Relay entries will not be accepted at the meet.

- Relay cards shall be due by 9:00 AM on the day of the event.
- Relay only athletes ARE NOT permitted.
- Clubs may enter a maximum of 3 relay teams per event.
- All relays shall be timed finals and will swim at the conclusion of the preliminary session.

PROOF OF TIME: Proof of time shall be required for this meet per Pacific Swimming Policies & Procedures Section X.G. All individual 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 Wednesday, November 25, 2026 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, 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: Individual 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 rule 207.11.7 B). Individual preliminary events 200 or less shall swim fast to slow, with the fastest three heats circle seeded. Preliminary 400 IM and 500 Free events shall swim fast to slow, with the fastest two heats circle seeded. Relay events shall swim fast to slow.

NOTE: Heat sheets for the next day will be posted on the PC Website and Milpitas Aquatic Club Home

CHECK-IN: The meet is pre-seeded; there is no check-in.

SCRATCH RULES PRELIMINARIES: Athletes who wish to scratch individual event(s) must complete the digital scratch form at **https://sites.google.com/pacswim.org/sropentf-2026-12-05-mac**. The scratch deadline for the Saturday preliminary session is **6:00 PM Friday, December 4, 2026**. The scratch deadline for the Sunday Preliminary session is **30 minutes after the start of Finals on Saturday**. As a penalty for failure to compete in a preliminary heat in which an athlete has been entered and has not been scratched, the athlete will be barred from the rest of their individual events that day. If the athlete qualifies for a final before missing an event, they may swim that final.

SCRATCH RULE FINALS: Athletes 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 Referee that they may not intend to compete in the A, B, or C finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last preliminary event. Athletes who wish to scratch or declare their intention to scratch, must complete the digital scratch form at **https://sites.google.com/pacswim.org/sropentf-2026-12-05-mac**. Any athlete qualifying for an A, B, or C final who fails to show up in said final heat 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 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. $20.00 per relay team per relay event. Entries shall be rejected if payment is not sent at the time of request. No late entries shall be accepted. No refunds shall be made, except mandatory scratch downs.

MEFAP ENTRY FEES: $**10.00 SCY** 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 the 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 25, 2026, unless the meet fills to capacity prior to that date.**

MAILED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with the athlete's best time. Entries shall be entered using the current Pacific Swimming procedure and postmarked by midnight, Monday, **November 23, 2026. Late entries and entries postmarked after the meet filled to capacity will not be accepted.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Milpitas Aquatic Club
Mail entries to: Kyler Vanswol
754 The Alameda Apt. 2325
San Jose, CA 95126

AWARDS: None.

ADMISSION: Free. A program will be available online

HOSPITALITY: Hospitality will be provided for Coaches and working Officials. There **will not** be a snack bar.

ORDER OF EVENTS

Saturday, December 5, 2026		
EVENT #	**EVENT**	**EVENT #**
1	200 BACK	2
3	100 FLY	4
5	50 BREAST	6
7	200 IM	8
9	100 FREE	10
11	200 BREAST	12
13	50 BACK	14
15	500 FREE*	16
17	200 MEDLEY RELAY**	18

Sunday, December 6, 2026		
EVENT #	**EVENT**	**EVENT #**
19	400 I.M.	20
21	100 BREAST	22
23	50 FLY	24
25	200 FREE	26
27	100 BACK	28
29	200 FLY	30
31	50 FREE	32
33	200 FREE RELAY**	34

* Athletes entering the 500 FREE must provide their own lap counters
**Relays will be timed finals contested at the end of the preliminary session

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

Pacific Swimming – Hosted by Milpitas Aquatic Club
SENIOR OPEN T/F
December 5-6, 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 $8.50 = $_____
Participation Fee $10.00
Facility Surcharge $20.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email

RELAY ENTRY FORM

CLUB	LSC	CLUB ABBREVIATION

GENDER	EVENT	#	A TEAM	B TEAM	C TEAM

COACH NAME		# RELAYS	
		RELAY FEE	X $20.00 EA.
COACH EMAIL		TOTAL	$