

- The following events shall be swum as Timed Finals:
 - 8/u 25 BK, 25 BR, 50 FR, 100 IM, 25 FL, and 25 FR
 - 10/u 200 Free
 - 11-12 200 IM
 - 11 & OV 500 Free
 - 13 & OV 200 FL, 200 BK, 400 IM, and 200 Breast
- The 400 IM and 500 Free will be seeded with all age groups combined and will be swum fast to slow. Alternating heats of girls and boys may be swum at the discretion of the meet referee and league representative, such as fastest to slowest alternating girls and boys or by combining girls and boys heats.
- All remaining events shall be swum as Preliminaries and Finals.
- The 8 fastest times from the Preliminaries will qualify for the Championship Finals and the next 8 fastest times from the Preliminaries will qualify for Consolation Finals.
- At the discretion of the Meet Referee and Meet Director, events, heats, and genders may be combined.
- All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.
- A certified lifeguard will be on deck and will oversee a first aid station as well as pool safety equipment (rescue tube and backboard).

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.
- No overnight parking is allowed on campus or in nearby streets.
- Dogs and other animals are prohibited on campus. This prohibition does not apply to Service Animals being employed by persons with disabilities, in accordance with applicable federal, state, and local regulations. Animals may not be left in cars on campus.
- Team setup and team canopies will not be allowed on deck. Team setup will be allowed outside the facility in designated areas. Bleachers for spectators only.
- No food allowed inside the facility with the exception of designated areas for coaches and officials.

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 at the meet.

- The meet is open to all qualified athletes of clubs in the Redwood Empire Aquatic League (REAL): AC Swim Club (AC), DART-Solano (DART), Mendocino Coast Sea Dragons (MCSO), Napa Valley Swim Team (NVST), Sonoma Sea Dragons (SON), Neptune Swimming (SRN), Sebastopol Sea Serpents (SSS), Ukiah Dolphins (UD), Vallejo Aquatics (VJO) and Willits (WILL). Unattached athletes, practicing with a REAL member club are eligible to swim in prelims and timed finals, but are not eligible to score points, receive awards, or participate in relays. Unattached athletes competing in timed finals will be treated as exhibition athletes for purposes of scoring.
- 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 advanced notice may limit the ability to accommodate all requests.
- Athletes 19 years of age and over may compete in the meet.
- Relays shall be pre-entered.
- Athletes may swim and score on older age-group relays ("swim-up") but are ineligible for records.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$35 flat fee per athlete per day. No refunds will be made, except mandatory scratch downs.

MEFAP ENTRY FEES: \$10.00 participation fee per day. 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 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, July 15, 2026.**

CLUB ENTRIES: Club entries may be submitted only by the club entry representatives. All entries shall be submitted using a Team Manager CL2 or HY3 electronic file. Entries must include: Full legal name, age, USA Swimming Registration Number, home club code, and LSC code. Entries must be emailed by Wednesday, **July 15, 2026.** Late entries are NOT accepted. Checks are payable to "SSS".

RELAY ENTRIES: Relays shall be pre-entered by using FastSwims or electronically via Hy-Tek file.

CHECK-IN: The meet will be pre-seeded. All athletes are automatically checked into their events which they are registered for. If a athlete is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a athlete fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day and scratched out of any additional events for that day. THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS ENTERED OR PRELIMINARY TIMES EARNED.

- The scratch deadline for Saturday's events is **Friday, July 24, 2026 at 6:00 PM**
- The scratch deadline for Sunday's events is **Saturday, July 25, 2026 at 6:00 PM**

To scratch events, **coaches** shall fill out the [REAL scratch form](#) prior to the deadline. Scratches entered on the online form will receive a receipt confirmation upon completion.

SCRATCHES:

- Athletes will not be penalized for missing preliminary events or for timed final events swum in the preliminary session.
- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals must either scratch or declare intent to scratch from that final within 30 minutes after the announcement of qualifiers. An athlete who declares intent to scratch must declare their final intention within 30 minutes after their last individual preliminary event of the day.

- Any athlete qualifying for a consolation final or final race in an individual event who fails to show up in said consolation final or final race prior to calling the alternate shall be barred from their next final event for that day. Should the Athlete have no additional final events for that day they will be barred from their first event on the following day.

RELAY SCRATCHES: Any relay team entered in a relay event that fails to compete in or report for that event shall not be penalized.

AWARDS: Individual: Distinctive pins for 1st – 8th place; Ribbons for 9th – 16th place. **Relays:** Distinctive pins for 1st – 3rd place. **Team:** 1st place team receives Perpetual Banner; 2nd and 3rd place teams receive Banners. **Team Spirit Award** will also be awarded by a selection committee comprised of a parent and swimmer representative from each team and the Head Referee. Awards not picked up by the end of the meet will be sent to the club representative.

SCORING: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: 40-34-32-30-28-26-24-22 Events that are swum combined by gender and/or age group will still be scored separately for each gender and age group. Teams may have only one scoring relay per relay event designated in advance as the “A” relay.

ADMISSION: Free.

PROGRAMS: Meet events and results will be posted in Meet Mobile, and there will be no paper programs except those posted on the pool deck.

SNACK BAR & HOSPITALITY: A snack bar may be available throughout the competition. Coaches and working officials will be provided lunch and snacks.

VENDORS: Food and merchandise vendors will be available onsite throughout the meet for athletes, families, spectators, and officials.

MERCHANDISE VENDORS	SATURDAY FOOD VENDORS	SUNDAY FOOD VENDORS
 <p>Pop-Up Shop – swimwear</p>	 <p>Food Truck – coffee, breakfast, lunch</p>	 <p>Food Truck – starting approx. 10:00 AM</p>
 <p>event apparel</p>	 <p>afternoon service</p>	 <p>afternoon service</p>

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 Colorado, 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				Sunday			
8 & UN	9-10	11-12	13-OV	8 & UN	9-10	11-12	13-OV
100 MR*	200 MR*	200 FR	200 FL*	100 FR-R*	200 FR-R*%	50 BK	200 BR*
25 BK*	50 BK	100 BK	200 FR	100 IM*	100 IM	100 BR	100 BK
25 BR*	50 BR	50 BR	100 BR	25 FL*	50 FL	100 IM	200 IM
50 FR*	100 Free	100 FR	100 FR	25 FR*	50 FR	100 FL	100 FL
		50 FL	200 BK*			50 FR	50 FR
		200 IM*	400 IM*			500 FR*	500 FR*
		200 MR*%	200 MR*%			200 FR-R*%	200 FR-R*%

ORDER OF EVENTS

Saturday, July 25, 2026		
Event #	Event	Event #
1*	8/u 100 Medley Relay	2*
3*	9-10 200 Medley Relay	4*
5*	13 & Over 200 Fly	6*
7*	10/u 200 Free	8*
9*%	11-12 200 Medley Relay	10*%
11*%	13 & Over 200 Medley Relay	12*%
13	11-12 200 Free	14
15	13 & Over 200 Free	16
17	11-12 100 Back	18
19	9-10 50 Back	20
21*	8/u 25 Back	22*
23	13 & Over 100 Brst	24
25	11-12 50 Brst	26
27	9-10 50 Brst	28
29*	8/u 25 Brst	30*
31	13 & Over 100 Free	32
33	11-12 100 Free	34
35	9-10 100 Free	36
37*	8/u 50 Free	38*
39	11-12 50 Fly	40
41*	13 & Over 200 Back	42*
43*	11-12 200 IM	44*
45*	13 & Over 400 IM	46*

Sunday, July 26, 2026		
Event #	Event	Event #
47*	8/u 100 Free Relay	48*
49*	9-10 200 Free Relay	50*
51*	13 & Over 200 Brst	52*
53*%	11-12 200 Free Relay	54*%
55*%	13 & Over 200 Free Relay	56*%
57	11-12 50 Back	58
59	13 & Over 100 Back	60
61	11-12 100 Brst	62
63*	8/u 100 IM	64*
65	13 & Over 200 IM	66
67	11-12 100 IM	68
69	9-10 100 IM	70
71*	8/u 25 Fly	72*
73	13 & Over 100 Fly	74
75	11-12 100 Fly	76
77	9-10 50 Fly	78
79*	8/u 25 Free	80*
81	13 & Over 50 Free	82
83	11-12 50 Free	84
85	9-10 50 Free	86
87*	11 & Over 500 Free	88*

* Event Swum as Timed Final
 % Event Swum at the Beginning of Finals

NOTE: 13 & OV events will be swum together in Preliminaries, but will be swum and scored as 13-14, 15 & OV in Finals.
 11 & OV and 13 & OV timed finals will be swum together, but will be scored separately as 11-12, 13-14 and 15 & OV.
 8/u events will be swum together but scored as 6/u and 7-8.