

**REDWOOD EMPIRE SWIM LEAGUE CHAMPIONSHIP
PACIFIC SWIMMING SHORT COURSE INVITATIONAL MEET
JULY 10-12, 2026
Enter Online: <http://ome.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-088**

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 may be posted in real time on Meet Mobile (Apple Users) or Meet Mobile (Google Play)

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 their designee.

MEET PERSONNEL:

Meet Referee: David Kaplan	Head Starter: Markus Daene
Meet Marshal: Stefan Bill	Admin Official: Laurie Jacobson-Jones
Meet Director: Shad Wojtala swimfast2400@aol.com	& Portia Soderberg tooantsy@gmail.com

LOCATION: Trefethen Aquatic Center, Northeastern University (formerly Mills College), 5000 MacArthur Blvd., Oakland, CA 9461

DIRECTIONS: From 580 East: Take the second MacArthur Blvd. exit (after High St.). Bear right onto MacArthur Blvd. Enter through the campus gate immediately ahead on your left. From 580 West: Take the MacArthur/High St. exit just after the junction with Highway 13. Turn left at the stop sign and proceed under the freeway overpass. Turn left at the light onto MacArthur Blvd. The campus gate is immediately ahead on your left.

PARKING: On-campus parking rules and regulations are enforced 24 hours, daily by Northeastern University Campus Safety and Security. **DO NOT PARK IN STAFF/STUDENT PARKING LOTS. NO DROP OFF/PICK UP IN FRONT OF POOL.**

COURSE: Outdoor 25-yard pool with up to 8 lanes available for competition. An additional 2 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 7'3" at the start end and 7'3" at the turn end. The meet host will ensure the required course dimensions.

TIME: FRIDAY – Meet begins at 11:00 AM on Friday. Warm-ups shall be from 9:00 AM to 10:45 AM.

SATURDAY/SUNDAY – Meet begins at 9:00 AM Saturday and Sunday. Warm-ups shall be from 7:00 AM to 8:45 AM. There shall be a minimum one-hour warm-up before the beginning of finals each day. The start time for finals on Saturday and Sunday shall be determined and announced by the Meet Referee each day.

RULES:

- **The meet shall be pre-seeded for Friday events with a scratch deadline of Wednesday, July 8 at 5:00 PM. Email all Friday scratches to swimfast2400@aol.com. Saturday and Sunday events will be deck seeded.** No event shall be closed more than 30 minutes before the scheduled start of the morning session. Close of check-in for each event of the morning session shall be no more than 60 minutes before the estimated time of the start of the first heat of the event until 10:30 AM where all events will close for the day.
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.

- Athletes may compete in a maximum of two (2) events on Friday and up to three (3) individual events on both Saturday and Sunday. A maximum of eight (8) individual events, per athlete, may be swum and scored over the three-day competition.
- All 8 & under events shall be timed finals.
- Individual events (other than 8 & under events) are preliminaries and finals, except the Friday events which are timed finals.
- Friday timed finals events will swim fast to slow.
- All mixed age group events will swim together in prelims and swim separated by age division in finals. Mixed age events will swim oldest to youngest in Finals.
- All prelim events will swim fast to slow with the top 2 heats circle seeded. The finals session will swim Championship Final first followed by Consolation Final.
- The eight fastest swims from preliminaries shall qualify for championship finals. The next eight fastest swims shall qualify for consolation finals.
- All 10 & Under athletes may swim no more than one relay per day.
- At the discretion of the Meet Referee, the 500 Freestyle events may be combined and may be swum as alternating girls and boys heats.
- 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.
- Lifeguards will be available to provide medical assistance to all participants.
- **All coaches and officials on deck shall be certified and in good standing.**

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 or 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 shall be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No pets allowed on deck, other than service assistance animals.
- 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.
- 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 electronic devices, including but not limited to film and digital camera, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in the ejection from the swimming pool facility by the meet referee or their designee.
- 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.
- **ONLY COACHES, ATHLETES, OFFICIALS, TIMERS, AND MEET STAFF ARE ALLOWED BEHIND THE STARTING BLOCKS WHEN MEET IS IN SESSION.**
- Set-up allowed in designated areas only. Parties may be asked to relocate at the discretion of the Meet Marshal, in order to maintain compliance with facility site regulations and fire code. There will be coach seating along the back side of the pool. Coach seating is first come first served and not subject to "reserving space" in advance. Coaches are expected to share the space.

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. The meet is only open to athletes attached to or in training with the following Clubs: **AAA, EBAT, EBSD, HILL, MONT, NBA, PCM, PST, and TOC.**

- Entries with "NO TIME" shall 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 accommodations. 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 accommodations 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.
- Athletes 19 years of age and over may compete in timed finals and prelims only, no individual awards and no individual scores. **Athletes 19 years and older may compete, score, and be awarded in the 13 & Over relays.**
- The Athlete's age will be the age of the Athlete on the first day of the meet.

Athletes who falsify their entry form by listing a club to which they are not legitimately associated will be rejected from the meet. Further, entry fees will not be refunded and they may be referred to the Pacific Swimming Review Committee for disciplinary action.

ENTRY FEES: \$6.00 per event, plus a \$10.00 participation fee per athlete, plus a \$20 facility surcharge fee per athlete. Each relay is \$16.00 per team. No refunds shall be made, except mandatory scratch downs. There is no additional fee for relay only athletes.

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: All entries shall be submitted online. 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. Online entries shall be accepted through **11:59 PM Wednesday, July 1, 2026** or until capacity is reached, whatever comes first. No refunds.

RELAY ENTRIES:

- Relays must be entered and paid online prior to the entry deadline. This includes any exhibition relays. No On-Deck entries accepted. Exhibition relays may be entered ON-DECK but will not be scored.
- **All Relay-only Athletes must be entered into <http://www.fastswims.com> prior to 11:59 PM July 1, 2026.**
- Unattached Athletes may not swim in Relays.
- Relay scratches/updates shall be made prior to 10:30 AM on the day of the relay.
- All relays shall be swum at the conclusion of the preliminary session each day.
- All 8 & Under Mixed-Gender relays can be any combination of boys/girls. Official times will only be given to relays with 2 males and 2 females by rule 101.7.3
- **EACH CLUB WILL BE ALLOWED A MAXIMUM OF 2 SCORING RELAYS PER RELAY EVENT.**

CHECK-IN: **On Friday the meet will be pre-seeded with a scratch deadline of Wednesday, July 8 at 5:00 PM.** Email all scratches to swimfast2400@aol.com. On Saturday and Sunday, 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 morning session. Close of check-in for each event of the morning session shall be no more than 60 minutes before the estimated time of the start of the first heat of the event until 10:30 AM where all events will close for the day. Athletes who do not check in shall not be seeded and shall not be allowed to compete in that event.

SCRATCHES: • Athletes shall not be penalized for missing preliminary events.

- Any athlete qualifying for any level of finals in an individual event who may not wish to swim in finals shall 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 shall declare their final intention within 30 minutes after their last individual preliminary event.

- 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 where applicable shall be barred from their next final event for that day. Should the Athlete have no additional final events for that day they shall be barred from their next preliminary event.

NO SHOWS AND PENALTIES: Athletes who miss a Timed Final or Preliminary Event will not be penalized. If there is a lane available in a later heat of that same event, the Deck Referee, at his or her sole discretion, may add an athlete provided the athlete has approached the Deck Referee in time. In no event will heats be added for athletes who miss their heat. **Any athlete who misses a Finals Session event on Saturday or Sunday will be scratched from their next event.**

AWARDS:

- **Individual Event Finals:** Ribbons awarded to 1st through 16th place. 13 & Over events shall be awarded as 13-14 and 15-18. Awards must be picked up at the meet, they will not be mailed.
- **Relays:** Ribbons awarded to 1st, 2nd, and 3rd place teams (8 & Under Mixed, 10 & Under, 11-12, and 13 & Over)
- **Team Trophies:** Awards for 1st through 5th place teams.
- **High point trophies:** Awards for top scoring Female and Male in each of the following age groups: 8&U, 9-10, 11-12, 13-14, 15-18.

SCORING: Individual Events:

Finals: 20, 17, 16, 15, 14, 13, 12, 11

Consolations: 9, 7, 6, 5, 4, 3, 2, 1

Relays: 1st through 16th place: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

ADMISSION: Free. This meet should be posted on MEET MOBILE. Printed programs will be available for Officials and Coaches Only.

SNACK BAR: Snack bar may be provided.

HOSPITALITY: Coaches and Officials will be provided food, snacks, and refreshments.

Schedule of Events

GIRLS	FRIDAY TIMED FINALS		BOYS
&1	13 & OVER	400 IM	&2
&3	12 & UNDER	200 Free	&4
&5	13 & OVER	50 Fly	&6
&7	9-12	200 IM	&8
&9	13 & OVER	50 Breast	&10
&11	8 & UNDER	100 IM	&12
&13	11 & OVER	500 Free	&14
&15	13 & OVER	50 Back	&16

Events marked by “&” shall be swum as timed finals.

Athletes in the 500 Free must provide their own lap counters. Timers will be assigned through this event.

Schedule of Events continued

Girls	Saturday Prelims	Boys	
17	13&OV	200 IM	18
19	9 – 12	100 IM	20
&21	8&UN	50 FR	&22
23	9&OV	100 FL	24
&25	8&UN	25 FL	&26
27	13&OV	200 BR	28
29	9 – 12	100 BR	30
31	13&OV	200 BK	32
33	9 – 12	100 BK	34
&35	8&UN	25 BK	&36
37	9&OV	50 FR	38
'	8&UN	100 Mix Med Relay	
)	10&UN	200 Med Relay	*
+	11 – 12	200 Med Relay	,
-	13&OV	200 Med Relay	.

Girls	Sunday Prelims	Boys	
47	13&OV	200 FR	48
49	12&UN	100 FR	50
51	13&OV	100 BR	52
53	9 – 12	50 BR	54
&55	8&UN	25 BR	&56
57	13&OV	100 BK	58
59	9 – 12	50 BK	60
61	13&OV	200 FL	62
63	9 – 12	50 FL	64
&65	8&UN	25 FR	&66
67	13&OV	100 FR	68
E	8&UN	100 Mix Free Relay	
G	10&UN	200 Free Relay	H
I	11 – 12	200 Free Relay	J
J	13&OV	200 Free Relay	L

Girls	Saturday Finals	Boys	
17	15&OV	200 IM	18
17	13 – 14	200 IM	18
19	11 – 12	100 IM	20
19	9 – 10	100 IM	20
23	15&OV	100 FL	24
23	13 – 14	100 FL	24
23	11 – 12	100 FL	24
23	9 – 10	100 FL	24
27	15&OV	200 BR	28
27	13 – 14	200 BR	28
29	11 – 12	100 BR	30
29	9 – 10	100 BR	30
31	15&OV	200 BK	32
31	13 – 14	200 BK	32
33	11 – 12	100 BK	34
33	9 – 10	100 BK	34
37	15&OV	50 FR	38
37	13 – 14	50 FR	38
37	11 – 12	50 FR	38
37	9 – 10	50 FR	38

Girls	Sunday Finals	Boys	
47	15&OV	200 FR	48
47	13 – 14	200 FR	48
49	11 – 12	100 FR	50
49	9 – 10	100 FR	50
51	15&OV	100 BR	52
51	13 – 14	100 BR	52
53	11 – 12	50 BR	54
53	9 – 10	50 BR	54
57	15&OV	100 BK	58
57	13 – 14	100 BK	58
59	11 – 12	50 BK	60
59	9 – 10	50 BK	60
61	15&OV	200 FL	62
61	13 – 14	200 FL	62
63	11 – 12	50 FL	64
63	9 – 10	50 FL	64
67	15&OV	100 FR	68
67	13 – 14	100 FR	68

Events marked by “&” shall be swum as timed finals.
 Events marked by “#” shall be swum at the end of prelims, with no finals.