

ALTO SWIM CLUB  
PACIFIC SWIMMING LONG COURSE INVITATIONAL MEET  
JULY 25-26, 2026  
Enter Online: <http://ome.fastswims.com>



**Invited Clubs:** ALTO, BAC, BSC, DCD, PSL, SWMI, QSS, SWMI-UT, TIDE, USA1-SN

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-093**

*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 may be posted in real time on the Internet.**

**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 his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Frank Feilmeyer	<b>Head Starter:</b> Khai Vu/Sam Tang
<b>Meet Marshal:</b> Thad Gunther	<b>Admin Official:</b> Jenson Wong
<b>Meet Director:</b> Gaku Ito/Tom Enderes/Sumati Ramadas - <a href="mailto:altomeetdirector@gmail.com">altomeetdirector@gmail.com</a>	

**LOCATION:** Ohlone College, 43600 Mission Blvd, Fremont, CA 94539

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10'0" at the start end and 5'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME:** Saturday and Sunday are split into Sessions "A" and "B"

**Session A** - 11 & Over Athletes (Saturday & Sunday): 7:00-8:15 am warm up. Meet begins at 8:30 am.

**Session B** - 14 & Under Athletes (Saturday & Sunday): Warm up no earlier than 11:00 am. Meet begins no earlier than 12:00 pm.

**RULES:**

- 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 events are timed finals.

- All events will swim fast to slow.

- Athletes may compete in 4 events per day.

- Athletes age 11-14 may compete in EITHER the AM or PM Session each day, NOT BOTH.

- All Athletes ages 12 and under should complete competition within four (4) hours.

- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athletes age and gender.

- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.

- **All Coaches and Officials on deck shall be certified and in good standing.**

- AED available to all participants. Further Medical support available via 911.

**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.

**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 open to qualified athletes from ALTO, BAC, BSC, DCD, PSL, SWMI, QSS, SWMI-UT, TIDE, and USA1-SN. Unattached athletes participating with ALTO, BAC, BSC, DCD, PSL, SWIM, QSS, SWMI-UT, TIDE, and/or USA1-SN are eligible to compete.
- Entries with "NO TIME" will be ACCEPTED except for the 400 free and 400 IM (Coach approved time is OK)
- 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.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.
- **800 + 1500 FREE: A maximum of 1 heat of the 1500 and 800 Freestyle can be accommodated with additional heats added if timeline permits.** If the event fills to capacity and you would like to express your Athlete's interest in being considered "standby" for the 800 or 1500, please email our Meet Director: [altomeetdirector@gmail.com](mailto:altomeetdirector@gmail.com)

**ENTRY FEES:** \$50 flat fee per athlete per day.

**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:** You may enter this meet online. To enter on-line go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 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 will be accepted through **Wednesday, July 15th**. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.

**CHECK-IN:** The meet shall be pre-seeded. Athletes shall report to the bull-pen area at their scheduled time for each event.

**SCRATCHES:** Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall not be penalized.

**AWARDS:** None

**ADMISSION:** Free

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:**

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 and up (for every 25 athletes)

EVENT SUMMARY

\* The 400 Free, 800 Free and 400 IM shall require a submitted entry time (Coach approved time is OK).

Saturday July 25 Session A - 11 & Over

Event #	Gender	Age Group	Stroke / Distance
1	Mixed	11 & Over	200 free
2	Mixed	11 & Over	50 back
3	Mixed	11 & Over	100 fly
4	Mixed	11 & Over	50 free
5	Mixed	11 & Over	200 breast
6	Mixed	11 & Over	50 fly
7	Mixed	11 & Over	100 back
8	Mixed	11 & Over	50 breast
9	Mixed	11 & Over	200 back
10	Mixed	11 & Over	400 IM
11	Mixed	11 & Over	1500 Free

Saturday July 25 Session B - 14 & Under

Event #	Gender	Age Group	Stroke / Distance
12	Mixed	14 & Under	200 free
13	Mixed	14 & Under	50 back
14	Mixed	14 & Under	100 fly
15	Mixed	14 & Under	50 free
16	Mixed	10 - 14	200 breast
17	Mixed	14 & Under	50 fly
18	Mixed	14 & Under	100 back
19	Mixed	14 & Under	50 breast
20	Mixed	9 - 14	200 back
21	Mixed	10 - 14	800 Free

**Sunday July 26 Session A - 11 & Over**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>
22	Mixed	11 & Over	200 fly
23	Mixed	11 & Over	50 back
24	Mixed	11 & Over	100 free
25	Mixed	11 & Over	50 breast
26	Mixed	11 & Over	200 IM
27	Mixed	11 & Over	50 fly
28	Mixed	11 & Over	100 breast
29	Mixed	11 & Over	50 free
30	Mixed	11 & Over	400 free
31	Mixed	11 & Over	800 free

**Sunday July 26 Session B - 14 & Under**

<b>Event #</b>	<b>Gender</b>	<b>Age Group</b>	<b>Stroke / Distance</b>
32	Mixed	10 - 14	200 fly
33	Mixed	14 & Under	50 back
34	Mixed	14 & Under	100 free
35	Mixed	14 & Under	50 breast
36	Mixed	14 & Under	200 IM
37	Mixed	14 & Under	50 fly
38	Mixed	14 & Under	100 breast
39	Mixed	14 & Under	50 free
40	Mixed	9 - 14	400 free

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>