

**PASA SUMMER PALOOZA CHAMPIONSHIP
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
SUNDAY, JULY 26, 2026
Enter Online: <http://www.fastswims.com>**



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-096**

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.

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:

Meet Referee: Manus J-Cheng	Head Starter: Mark Byers
Meet Marshal: Paul Coleman	Admin Official: Larry Rice
Meet Director: Bruce Smith (brucesmithswim@gmail.com)	

LOCATION: Sequoia High School – 1201 Brewster Avenue, Redwood City, CA 94062

DIRECTIONS: Parking is in the rear, near James Ave & Clinton St. From Highway 101 exit in Redwood City at Whipple Ave, exit 409. Turn west onto Whipple Ave and go 0.4 miles to El Camino Real. Turn left onto El Camino Real and go 0.6 miles to James Avenue, just past the football field. Turn right onto James and turn right in the first school driveway, just after the tennis courts. The pool is located at the edge of the parking lot. An additional parking lot is located around the corner, half a block north on Elwood St, the second driveway on the right, just past the baseball field.

COURSE: Outdoor 12 lane by 25 yard heated pool. Up to Eight 25-yard lanes will be used for competition. Up to three lanes of warm-up/cool-down area will be available during the meet. The minimum water depth, 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: Prelims will begin at **9:00 AM** with warm-ups from **7:30 to 8:45 AM** (depending on entry numbers, warm up might be split into two warm up periods). Finals will begin no sooner than 1 hour after the conclusion of Prelims

- 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.
 - 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 ages 12 and under should complete competition within four (4) hours.
 - If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Cash refunds will be made for any mandatory scratches.
 - **All Coaches and Officials on deck shall be certified and in good standing.**
 - USA Swimming Tech Suit policies will be enforced for 12 and under athletes.
 - AED available in Training Room by pool. First Aid/CPR certified personnel will be available throughout the meet. Further Medical support available via 911.
 - Athletes may compete in **3 events per day.**
 - All events are prelims and finals EXCEPT the 400 IM and the 500 Free.
 - **Prelims heats** will be swum as combined age groups and will NOT be circle seeded
 - **Timed finals (*)** (400 IM and 500 Free) will swim as Timed Finals during Prelims.
 - **50 & 100 Events Finals** – Events shall have one top 8 heat for each age group – 10&under, 11-12 year olds, and as applicable either 13-14 year olds and 15+ year olds; or 13+ year olds.
 - **200 Events Finals** – Events shall have one top 8 heat for 12&under, and one top 8 heat for 13&older.

- **Finals** may be combined or altered if warranted by the number of entries.

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.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- The pool deck is closed, open for swimmers, coaches, officials and volunteers only. Parents will be able to watch the meet from the bleachers.
- 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.
- Meet is open only to qualified athletes registered with **PASA**. Athletes who are unattached but participating with **PASA** are eligible to compete.
- Entries with "**NO TIME**" will be **REJECTED**.
- Entries must be in SCY times.
- 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
- Athletes 19 years of age and over may compete in the meet for time only, no awards and no finals
- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: \$50.00 per athlete. No refunds will be made.

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>

ENTRIES: All entries shall be submitted online. To enter 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. Entries will be accepted through **Monday, July 20th at 11:59 PM**, or when the meet reaches maximum capacity, whichever occurs first. **Mailed or Hand-Delivered Entries will not be accepted**

CHECK-IN: The meet shall be pre-seeded.

SCRATCHES:

- Athletes not reporting for or competing in a preliminary event that they have entered shall not be penalized.
- Athlete qualifying for 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 finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.
- There is NO penalty for missing finals.

AWARDS: There will be some awesome awards for at least the top 3 Athletes at finals

ADMISSION: Free. A program will not be available. Heat Sheets will be available electronically only.

SNACK BAR & HOSPITALITY: A snack bar may be available throughout the competition. Hospitality will serve refreshments to deck officials, marshals, and coaches, which may include lunch.

ADMISSION: Free.

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

ORDER OF EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	Open	Mixed 500 Freestyle (Timed Final)*	1
3	Open	200 Individual Medley	4
5	Open	100 Butterfly	6
7	Open	50 Freestyle	8
9	11 & Older	200 Backstroke	10
11	Open	100 Breaststroke	12
13	Open	50 Backstroke	14
15	Open	200 Freestyle	16
17	Open	100 Individual Medley	18
19	Open	50 Breaststroke	20
21	11 & Older	200 Butterfly	22
23	Open	100 Backstroke	24
25	Open	50 Butterfly	26
27	11 & Older	200 Breaststroke	28
29	Open	100 Freestyle	30
31	11 & Older	Mixed 400 IM (Timed Final)*	31

* Athletes in the 500 Freestyle must provide their own lap counter and timer. Athletes in the 400 IM must provide their own timer.

* The 500 Freestyle and 400 IM are Timed Finals, which may have a maximum of 3 heats based upon meet timeline.