

**ENTRIES OPEN TO ORINDA AQUATICS REGISTERED SWIMMERS ONLY**

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-098**

*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.

**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. Flash photography from any location is prohibited during the start of a race.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Carol Cottam	<b>Head Starter:</b> Burcin Can Metin
<b>Meet Marshal:</b> Tony Blaylock	<b>Admin Official:</b> Sara Beugelmans
<b>Meet Director:</b> Alex Neyman <a href="mailto:oapbswimming@gmail.com">oapbswimming@gmail.com</a>	

**LOCATION:** Soda Aquatic Center at Campolindo High School: 300 Moraga Road, Moraga, California

**COURSE:** Outdoor 25-Yard competition pool with up to 10 lanes with electronic timing system. A separate pool and/or minimum of 3 lanes will be available for warm-down during the meet. The minimum water depth as measured in accordance with article 103.2.3 is 10' on the primary start end and 7' on the secondary start end of the competition pool. The Meet Host shall ensure the required course dimensions.

**TIME:** Meet begins at 4:00 PM. The competition course will be open for warm-ups from 2:45 PM to 3:45 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 and will be seeded from fastest to slowest.
- Athletes may compete in up to 3 individual events. Note that there will be minimal rest time between some events.
- All events are open age group. All events are mixed gender events. All events will be seeded and swum without regard to age and gender.
- At the discretion of the meet referee, and with the concurrence of the meet director, certain events may be swum together in a single heat.
- If local conditions warrant, 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.
- **DISTANCE:** All athletes in the 500 yard freestyle must provide their own lap counters.
- All Coaches and Officials on deck shall be certified and in good standing.
- Lifeguards will be available to participants.

**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 consumption 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.
- **Marshals and signage will indicate areas designated for set-up. Participants who set-up in restricted areas of the pool deck, school campus, or within fire lanes will be required to relocate.**
- All shelters must be properly secured. **NO camping tents allowed in the facility. Pop-up tents CANNOT be fully enclosed.**
- Deck Changes are prohibited.
- Destructive devices, including 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 and ejection from the facility. Law enforcement officers are exempt per applicable laws.
- Operation of a drone or any other flying apparatus is prohibited over the venue (pools, athlete/coach area, spectator area and open ceiling locker rooms) any time athletes, coaches, official and/or spectators are present.
- Only athletes entered in the meet may use the competition or warm-down pool(s) at any time during the meet.
- No overnight parking is allowed. Facilities will not be available or accessible before or after meet hours.

**ELIGIBILITY:**

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as they are shown in their USA Swimming registration. 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.
- This meet is only open to athletes attached to or training with Orinda Aquatics (OAPB)
- 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.
- No time conversions shall be accepted.
- Entries with "NO TIME" will be rejected.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY TIMES:** Entries must be submitted using the athlete's best short-course yards time. Entries with "**NO TIME**" (**NT**) will **NOT** be accepted.

**ENTRY FEES:** \$25 flat fee. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

**ENTRIES:** Entries will be accepted via online entry only. 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, 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. Online entries will be accepted through 11:59 PM Wednesday July 22, 2026. **LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.** No deck entries or entry changes will be allowed. Check <http://www.fastswims.com> for open or closed status.

**CHECK-IN:** The meet will be pre-seeded. Athletes will not be required to check-in each day. -

**SCRATCHES & NO-SHOWS:**

- **Scratch Deadlines:** Any athlete who plans to scratch events is requested to scratch with the Meet Director (or via email to [oopbswimming@gmail.com](mailto:oopbswimming@gmail.com)) as soon as possible. The scratch deadline is at the beginning of warm-ups. All scratches must be received by 2:45 PM Tuesday July 28, 2026. Email scratches from athletes will NOT be confirmed with their coach.
- **No-shows:** Any athlete not reporting for or competing in a single individual event shall not be penalized. Athletes who must withdraw from an event after the scratch deadline are requested to inform the referee immediately.

**AWARDS:** None.

**ADMISSION:** Free.

**ORDER OF EVENTS  
Short Course Yards**

Tuesday July 28, 2026	
Event #	Event
1	500 Free*
2	200 IM
3	50 Fly
4	200 Back
5	100 Breast
6	100 Free
7	100 Back
8	200 Fly
9	50 Breast
10	50 Free
11	50 Back
12	100 Fly
13	200 Breast
14	200 Free
15	400 IM

\* Athletes in the 500 free must provide their own Lap Counters