



**PALO ALTO STANFORD AQUATICS
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
OCTOBER 3-4, 2026**

Enter Online: <http://ome.fastswims.com>

Zone 1N Priority Clubs: BAC, BCP, BSC, DCD, FOG, LO, OSC, PASA, PSL, SOLO, SSF

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-110**

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 at pacswwim.org.**

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: Kit Yan	Head Starter: Katherine Ng Suen
Meet Marshal: Dave Zapp	Admin Official: Sooketoo Bhuta
Meet Director: Su-I Lu (pasasuilu@gmail.com)	

LOCATION: Palo Alto High School - 50 Embarcadero Rd, Palo Alto, CA 94301

DIRECTIONS: The Athletic Parking Lot is off of Churchill Road on the North end of the street and just West of the Caltrain tracks.

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. An additional 5 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' at the start end and 7' at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Meet will begin at 9:00 AM each day with warm-ups from 7:30 to 8:50 AM each day. Separate warm-up lanes may be set aside for 8 and under Athletes only.

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 **three (3)** events per day.
- 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.**
- Athletes in the 400 IM must provide their own timers. Athletes in the 500 Freestyle must provide their own timers and lap counters. NT (No-Time) entries will NOT be accepted for the 500 Free and/or 400 IM. Athletes must provide an entry time for seeding purposes. Coach-verified times shall be accepted. The 500 Freestyle and 400 IM shall be limited to the first 40 entries received for each event.
- 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.
- **Pets, with the exception of working (and documented) service animals, are prohibited in the meet venue.**
- 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.

- Athletes in the "A" Division must have met at least USA Swimming Motivational "A" minimum time standard. Athletes in the "B" Division must have met at least the listed "B" minimum time standard. All entry times slower than the listed "B" time standard will be in the "C" Division.

- Entries with **"NO TIME" will be ACCEPTED, except for 400 IM and 500 Free.**

- 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 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. Such Athletes must have met standards for the 17-18 age group.

- The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY PRIORITY: Entries will not open before Wednesday, September 2, 2026. Zone 1N Athletes from BAC, BCP, BSC, DCD, FOG, LO, OSC, PASA, PSL, SOLO, SSF entering online must do so by **11:59 PM, Wednesday, September 23rd** in order to receive priority acceptance to the meet. Zone 1N Athletes from BAC, BCP, BSC, DCD, FOG, LO, OSC, PASA, PSL, SOLO, SSF surface mail entries must be postmarked by Monday, September 21st in order to receive priority acceptance to the meet. No athletes other than those from BAC, BCP, BSC, DCD, FOG, LO, OSC, PASA, PSL, SOLO, SSF may enter the meet until the preference period has concluded.

ENTRY FEES: \$5.50 per event plus a \$10.00 participation fee, plus a \$15.00 facility surcharge per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

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: 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. 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, **September 30th, 2026 at 11:59 PM.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. Entries must be postmarked by midnight, Monday, **September 28, 2026** or hand delivered by 6:30 p.m. Wednesday, **September 30, 2026.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: DZ SWIM, INC

Mail entries to: DAVE ZAPP

**3351 MIRANDA AVE
PALO ALTO, CA 94043**

Hand deliver entries to: DAVE ZAPP

**3351 MIRANDA AVE
PALO ALTO, CA 94043**

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

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. Meet programs will not be available for purchase, but will be e-mailed to participating clubs prior to the meet.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will provide breakfast, lunch, and snacks to coaches and working officials.

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

MINIMUM OFFICIALS: Clubs must follow Zone 1 North rules for providing officials. Each club must provide officials for each session according to the number of athletes entered in that session, following the table below.

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

SATURDAY				SUNDAY			
8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
25 FR	200 FR	200 FR	200 FR	100 FR	100 FR	100 FR	100 FR
100 FL	100 FL	100 FL	100 FL	25 BR	100 BK	100 BK	100 BK
50 BK	50 BK	50 BK	50 BK	100 BK	50 BR	50 BR	50 BR
100 BR	100 BR	100 BR	100 BR	50 BR	50 FL	200 BR	200 BR
25 FL	100 IM	200 BK	200 BK	25 BK	200 IM	50 FL	50 FL
100 IM	50 FR	100 IM	100 IM	50 FL	500 FR	200 IM	200 IM
50 FR		50 FR	50 FR			200 FL	200 FL
		400 IM	400 IM			500 FR	500 FR

EVENTS

Saturday, October 3, 2026			Sunday, October 4, 2026		
Girls Event #	EVENT	Boys Event #	Girls Event #	EVENT	Boys Event #
1	9 & Over 200 Free	2	21	Open 100 Free	22
3	8-UN 25 Free	4	23	8-UN 25 Breast	24
5	Open 100 Fly	6	25	Open 100 Back	26
7	Open 50 Back	8	27	Open 50 Breast	28
9	Open 100 Breast	10	29	8-UN 25 Back	30
11	8-UN 25 Fly	12	31	11 and over 200 Breast	32
13	11 and over 200 Back	14	33	Open 50 Fly	34
15	Open 100 IM	16	35	9 & O 200 IM	36
17	Open 50 Free	18	37	11 and over 200 Fly	38
19	11 & Over MIXED 400 IM*		39	9 & Over MIXED 500 Free*	

* Athletes in the 400 IM/500 FR must provide their own timers. Athletes in the 500 FR must provide their own lap counters.

NT Entries will NOT be accepted for the 400 IM/500 Free. Athletes must provide an entry time for seeding purposes.

Coach verified times shall be ACCEPTED. **The 400 IM/500 FR events will be limited to the first 40 entries received for each event.**

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

Pacific Swimming – Hosted by PASA SHORT COURSE CBA+ OCTOBER 3-4, 2026 Consolidated Entry Form														
Name: Last First Middle														
Club Abbr.			UNATT TEAM ABBR				Club Name							
Age			Date of Birth				Sex M F			LSC – (PC, SN)				
USA-#														
Event #	Distance / Stroke						Entry Time				Circle one			
							: .				SCY / LCM			
							: .				SCY / LCM			
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							: .				SCY / LCM			
# of entries _____ x \$5.50 = \$ _____ Participation Fee \$ 10.00 Facility Surcharge \$ 15.00 Total \$ _____														
Coach														
Athlete's Address														
Home Phone								Cell Phone						
Email														