

PACIFICA SEA LIONS AQUATIC CLUB (PSL) - Pacifica Season Launch
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
September 18-20, 2026
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-103**

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, webcasting, television, psych sheets, and live meet results. **The results of this meet may be posted in real-time on the Internet on MeetMobile.**

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: Sooketoo Bhuta
Meet Marshals: Jenny Chan, Marisa Beck	Admin Official: Ryan Gallagher
Meet Director: Cynthia Lennon, meetdirector@pacificasealions.org	

LOCATION: Jean E. Brink Pool at Oceana High School, 401 Paloma Ave., Pacifica CA 94044

DIRECTIONS: From San Francisco/I-280: Take HWY 1 SOUTH into Pacifica. Take exit 506 toward Paloma Ave/Francisco Blvd. Turn LEFT at the end of the off-ramp stop sign, and cross over the Highway 1 overpass. After the overpass is a stop sign. Continue STRAIGHT/EAST. After the next stop sign, continue EAST half a block. Jean E. Brink Pool is the first driveway on your left. From Half Moon Bay: Take HWY 1 NORTH into Pacifica. Take exit 505B for Clarendon Rd/Oceana Blvd. At the end of the off-ramp is a stop sign. Continue STRAIGHT / NORTH for about 1/4 mile along Oceana until you reach the next stop sign. At the stop sign, take a RIGHT to the next stop sign. Jean E. Brink Pool is the first driveway on your left.

PARKING: There is a traffic circle for drop-off, but very little parking near the entrance to the pool. Please observe posted placards and no-parking (red) zones. The nearest parking is on the street, and there are also TWO PARKING LOTS above the pool (entrances on Oceana, north of Paloma on the right; and on Paloma, past the pool on the left). Please be respectful of the neighbors when parking.

COURSE: INDOOR 25 YARD pool with up to 7 lanes available for competition. An additional 2-3 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 5'0" at the start end and 5'0" at the turn end. The Meet Host shall ensure the required course dimensions.

SCHEDULE:

Friday: Distance events (9&O 500 FR and 11&O 1000 FR) warm-ups 4:00 to 4:45 PM, Meet begins 5:00 PM.

Saturday and Sunday

- **Session A (Athletes 11 and Over):** Meet will begin at **9:00 AM** each day, with warm-ups from **7:30 AM to 8:45 AM** each day.
- **Session B (Athletes 12 and Under):** Meet will begin **1 hour after the end of Session A**, but not before 11:30 AM each day with warm-ups for at least 45 minutes before the scheduled start of the session. Warm-ups for Session B will begin as soon as Session A ends.
- **ATHLETES AGES 11-12 may compete in either Session A (AM) or Session B (PM) on each day, but not both.** Athletes aged 11-12 and their families should consult their coaches before entering this meet.

SESSION TIME LIMITS:

- To ensure compliance with the USA Swimming 4-Hour Rule for 12-and-under athletes, the host organization will continuously monitor the session timelines during the entry process. In the event that a session's projected timeline exceeds 4 hours, entries will be rejected on a "Last Received, First Rejected" basis by team. The meet will then be re-

seeded, and this process will repeat until the timeline falls within the mandatory 4-hour window. No planned events will be outright eliminated from the published order of events.

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 **up to 3 events** per day.
- **Athletes ages 11-12 may compete in Session A OR Session B each day, but not both.**
- Athletes in the 500 Free and 1000 Free shall provide their own lap counters and timers.
- Athletes in the 400 IM shall provide their own timers.
- 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. **Friday's estimated timeline will be limited to 2 hours.**
- 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 shall be certified and in good standing. They must wear their USA Swimming membership cards in a visible manner and shall check in with the Meet Referee or designee upon arrival.
- The assistance of lifeguards will be available to participants, and an AED is available.

WARMUP GUIDANCE:

- During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. No equipment such as fins, kickboards, buoys, etc., is allowed in the competition pool. Violations may result in disqualification from the athlete's next individual event or expulsion from the meet.

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:

- No chairs allowed in the spectator area upstairs.
- The pool deck is closed to spectators. **ONLY** Athletes, Coaches, Officials, Timers, and Meet Marshals are allowed on the pool deck behind designated areas.
- Locker rooms on the first floor are for **Athletes ONLY**.
- Spectators may use the bathrooms on the 2nd floor behind the bleachers. Please notify meet personnel if an accessible restroom is needed.
- 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, and athletes must NOT use 2nd floor bathrooms to change.
- 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 for all events under 200 yards.** All 200-yard events require an entry time, and coach-certified time will be accepted.
- Athletes entering the 500 Free, 1000 Free, and/or 400 IM must have achieved a USA-S B time standard for their age group/gender. Coach-verified times shall be accepted.
- **Entries for the 500 and 1000 Free (events 1, 2, 17 and 35) shall be limited to 35 entrants each.**
- 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: Zone 1 North Athletes entering online must do so by Wednesday, September 2nd, by 11:59 PM, in order to receive priority acceptance into the meet. No Athletes other than those from **Zone 1 North** may enter the meet until the preference period has concluded.

ENTRY FEES: \$5.50 per event plus a \$10.00 participation fee, plus a \$10.00 facility surcharge per Athlete. Entries will be rejected if payment is not sent at the 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 processing fee, enter the meet using a paper 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 shall be accepted through **Wednesday, September 9th** at 11:59 PM, or when the meet reaches full capacity; whichever occurs first.

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 7th** or hand-delivered by 6:30 p.m. Wednesday, **September 9th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Pacifica Sea Lions Aquatic Club

Mail entries to: Pacifica Sea Lions
P.O. Box 1096
Pacifica, CA 94044

Hand deliver entries to: PSL Staff from 4:30-7:30 PM M-F
Jean Brink Pool – 401 Paloma Ave.
Pacifica, CA 94044

CHECK-IN: The meet will be deck-seeded. Athletes must check in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. **Close of check-in for remaining events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event.** Athletes who do not check in will not be seeded in the 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: Individual awards will be awarded in the A, B, and C divisions. Ribbons for First through Eighth place will be given to the following age groups: 8-under, 9-10, and 11-12. Athletes 13 years of age and older will not receive ribbons. "A" time medals will be given to athletes achieving a new "A" time, regardless of place achieved in the event. Awards for athletes must be picked up by their coaches at the end of the meet. Awards will not be mailed.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day. Club timing lanes will be assigned, and coaches will be notified of assignments during the week before the meet.

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 (=1 for every additional 25 athletes)

EVENT SUMMARY

FRIDAY			SATURDAY				SUNDAY			
9-10	11-12	13-18	8&UN	9-10	11 & O AM	11-12 PM	8&UN	9-10	11 & O AM	11-12 PM
500 FR	500 FR	500 FR	25 FL	200 FR	200 FR	200 FR	50 BK	200 IM	200 BK	200 IM
	1000 FR	1000 FR	50 FR	25 FL	100 FL	50 FR	25 BR	50 BK	100 BR	50 BK
			25 BK	50 FR	50 FR	100 BK	100 FR	100 BR	50 BK	100 BR
			50 BR	100 BK	200 BR	50 BR	25 FR	25 BR	200 FL	100 FR
				25 BK	100 BK	100 FL	50 FL	100 FR	100 FR	200 BK
				50 BR	50 BR	200 BR		25 FR	50 FL	50 FL
				100 FL	200 IM	500 FR		50 FL	400 IM	400 IM
				500 FR	500 FR					

ORDER OF EVENTS

Friday, September 18, 2026	
MIXED EVENT #	EVENT
1	9 & Over 500 Free*
2	11 & Over 1000 Free*

Saturday, September 19, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
Saturday Session A		
3	11 & Over 200 Free**	4
5	11 & Over 100 Fly	6
7	11 & Over 50 Free	8
9	11 & Over 200 Breast**	10
11	11 & Over 100 Back	12
13	11 & Over 50 Breast	14
15	11 & Over 200 IM**	16
17	Mixed 11 & Over 500 Free*	X
Saturday Session B		
19	9-12 200 Free**	20
21	10 & Under 25 Fly	22
23	12 & Under 50 Free	24
25	9-12 100 Back	26
27	10 & Under 25 Back	28
29	12 & Under 50 Breast	30
31	9-12 100 Fly	32
33	11-12 200 Breast**	34
35	Mixed 9-12 500 Free*	X

Sunday, September 20, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
Sunday Session A		
37	11 & Over 200 Back**	38
39	11 & Over 100 Breast	40
41	11 & Over 50 Back	42
43	11 & Over 200 Fly**	44
45	11 & Over 100 Free	46
47	11 & Over 50 Fly	48
49	Mixed 11 & Over 400 IM**	x
Sunday Session B		
51	9-12 200 IM	52
53	12 & Under 50 Back	54
55	9-12 100 Breast	56
57	10 & Under 25 Breast	58
59	12 & Under 100 Free	60
61	11-12 200 Back**	62
63	10 & Under 25 Free	64
65	12 & Under 50 Fly	66
67	Mixed 11-12 400 IM**	x

*Athletes in the marked events (500 Free, 1000 Free, and 400 IM) must have achieved a USA-S Motivational "B" Time Standard for their gender in that event. Coach Verified Times will be accepted.

** Entries with "NO TIME" for all 200-yard events will not be accepted. A coach-certified time will be accepted.

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

Pacific Swimming – Hosted by The Pacifica Sea Lions Aquatic Club SHORT COURSE CBA+ September 18- 20, 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 Fee \$ 10.00 Total \$ _____														
Coach														
Athlete's Address														
Home Phone								Cell Phone						
Email														