

**PACIFICA SEA LIONS AQUATIC CLUB (PSL) - PSL Pumpkin Spice Splash
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET**

OCTOBER 24-25, 2026

<http://ome.fastswims.com>

PRIORITY Z1N TEAMS: BGC, BCP, DACA, DCD, FOG, PSL, SSF



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-127**

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 on Meet Mobile.**

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:

<i>Meet Referee:</i> Kit Yan	<i>Head Starter:</i> Amer Mirza
<i>Meet Marshal:</i> Jenny Chan, Marisa Beck	<i>Admin Official:</i> Jenson Wong
<i>Meet Director:</i> Cynthia Lennon, meetdirector@pacificsealions.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.

TIME: Saturday and Sunday are split into sessions "A" and "B"

Session A: 11-12* and 13 & Over Swimmers. Warm-ups from 7:00-8:15 AM. Meet begins at 8:30 AM

Session B: 11-12* and 10 & Under Swimmers. Session B will begin one hour after Session A finishes but not before 12:00 PM. Warm-up begins immediately after Session A finishes.

**11-12 Athletes may enter either the 'A' or 'B' session each day, but not both. Athletes aged 11-12 and their families should consult their coaches before entering this meet.*

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.**
- 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 Athlete's 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 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.

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.

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.

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 except for events 200 yards or more. Coach-certified times will be accepted.
- 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: Priority entry will be given to the following Zone 1N clubs: **BGC, BCP, DACA, DCD, FOG, PSL, SSF**. Those entering online must do so by **11:59 PM, Sunday, October 11, 2026** to receive priority acceptance to the meet. Athletes from the Zone 1N priority clubs submitting surface mail entries must be postmarked by Friday, October 10, 2026 to receive priority acceptance into the meet. No Athletes, other than those from the Zone 1N priority clubs may enter the meet until the priority period passes. After October 12, and if the estimated timeline still permits, the meet will be open to Athletes outside of the Zone 1N priority clubs.

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 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 **Friday, October 17, 2026**

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, October 13, 2026 or hand delivered by 6:30 p.m. **Friday October 17, 2026**. 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 4:00-7:00 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 and up (1 for every 25 athletes)

EVENT SUMMARY

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

EVENTS

SATURDAY, OCTOBER 24, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
1	11 & UP 100 FREE	2
3	11 & UP 100 BREAST	4
5	11 & UP 200 BACK*	6
7	11 & UP 100 FLY	8
9	11 & UP 200 IM*	10
11	11 & UP 500 FREE*	12
SESSION B		
13	9-12 200 IM*	14
15	8&Under 25 Breast	16
17	12&Under 100 Free	18
19	9-12 100 Fly	20
21	8&Under 25 Fly	22
23	9-12 100 Breast	24
25	12&Under 50 Back	26
27	9-12 500 Free*	28

SUNDAY, OCTOBER 25, 2026		
GIRLS EVENT #	EVENT	BOYS EVENT #
SESSION A		
29	11 & UP 200 FREE*	30
31	11 & UP 200 BREAST*	32
33	11 & UP 100 BACK	34
35	11 & UP 50 FREE	36
37	11 & UP 200 FLY*	38
39	11 & UP 400 IM*	40
SESSION B		
41	9-12 200 FREE*	42
43	8&Under 25 Free	44
45	12&Under 50 FLY	46
47	9-12 100 Back	48
49	8&Under 25 Back	50
51	12&Under 100 IM	52
53	12&Under 50 FREE	54
55	12&Under 50 Breast	56

*Entries with "NO TIME" for all events 200-yards or longer 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 PSL Pumpkin Spice Splash C/B/A+ Meet October 24-25, 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				
							: .				SCY / LCM				
							: .				SCY / LCM				
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							: .				SCY / LCM				
							: .				SCY / LCM				
							: .				SCY / LCM				
# of entries _____ x \$5.50 = \$ _____ Participation Fee \$ 10.00 Facility Surcharge \$20.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															