ALTO SWIM CLUB - ALTO DECK THE LANES
PACIFIC SWIMMING SHORT COURSE CBA+ MEET
DECEMBER 5 - 6, 2026
Enter Online: http://ome.fastswims.com
Zone 1N Priority Clubs: ALTO, BSC, LO, LAMV, OSC, PASA, SCRA, SOLO, SUNN, SWMI, UCPA

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-140**
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: Brian Floyd*** ***Head Starter: Robert Lashier***
Meet Marshal: Thad Gunther ***Admin Official: Ryan Gallagher***
Meet Director: Sumati Ramadas & Kirti Chintapatla altomeetdirector@gmail.com

LOCATION: Gunn High School, 780 Arastradero Rd, Palo Alto, CA 94306

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 9' at the start end and 9' at the turn end. The meet host shall ensure required course dimensions.

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

Session A - 11 & Older Athletes (Saturday & Sunday): 7:00 - 8:20 am warm up. Meet begins at 8:30 am.
Session A should only include 11 - 12 athletes who have achieved a BB time standard or above.

Session B - 12 & Under Athletes (Saturday & Sunday): Warm up will begin at the conclusion of Session A.
Warm up will last at least 45 minutes.
Session B competition will begin no earlier than 12 PM.
Session B has no maximum time standard for swimmers ages 12 and younger.

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.
- With respect to "the four hour rule", the meet host and/or Meet Director shall carefully monitor entries and structure the estimated timelines so that each session is planned to finish within four hours or less.
- **11-12 Athletes who have achieved at least one BB time may enter either Session A or Session B, but not both on the same day. 11-12 Athletes who have not achieved any BB times must enter Session B.**
- Entries will be accepted until the number of splashes exceeds the session maximum, 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 events 200 yards and longer shall require an entry time (NT will not be accepted). Coach verified times are OK.
• Athletes entered in the 400 IM, 1650 Free, 1000 Free, and/or 500 Free must provide their own timers. Athletes entered in the 1650, 1000, or 500 Free must provide their own lap counters.
• Athletes entered in the 400 IM, 1650, 1000, and/or 500 Free must have achieved a minimum USA-S Motivational "B" time for their age group/gender in order to compete. Coach verified times shall be accepted.
• The 1650 and 1000 Freestyle may be limited to the first 10 entries received for each event. Athletes entered in the 1650 and/or 1000 Free must have achieved a minimum USA-S Motivational "B" time for their gender in the 1650 Free, 1000 Free or 500 Free in order to compete. Athletes must submit a 1650, 1000 yard entry time for seeding purposes (no NT entries). Coach verified times shall be accepted.
• First Aid and an AED are available to participants and attendees. Lifeguards will NOT be on duty.
• All Coaches and Officials on deck shall be certified and in good standing. USA-Swimming's Application is valid as proof of current membership.

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.
• 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.
• Entries with **"NO TIME" will be accepted. (EXCEPTION – 200 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400IM, 500 Free, 1000 Free, 1650 Free. See Rules).**
• 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.
• 11-12 Athletes who have achieved at least one BB time may enter either Session A or Session B, but not both on the same

day. 11-12 Athletes who have not achieved any BB times must enter Session B.

• **1000 & 1650 FREE: A maximum of 1 heat of the 1000 Free and 1650 Freestyle can be accommodated with additional heats added if timeline permits.** If the event fills to capacity and you would like to express your Athlete's interest in being considered "standby" for the 1000 Free and/or 1650 Free, please email our Meet Director: altomeetdirector@gmail.com

ENTRY FEES: $5.50 per event plus a $10.00 participation fee per Athlete, and $20.00 facility surcharge fee 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%202026%283%29.pdf

ENTRY PRIORITY: Priority entry will be given to athletes from **ALTO, BSC, LO, LAMV, OSC, PASA, SCRA, SOLO, SUNN, SWMI, UCPA** through **11:59 PM, Sunday, November 18, 2026.** Athletes from **ALTO, BSC, LO, LAMV, OSC, PASA, SCRA, SOLO, SUNN, SWMI, UCPA** submitting surface mail entries must be postmarked by Friday, November 16, 2026 to receive priority acceptance into the meet. No Athletes, other than those from **ALTO, BSC, LO, LAMV, OSC, PASA, SCRA, SOLO, SUNN, SWMI, UCPA** enter the meet until the priority period concludes.

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, November 25, 2026 (pending the meet does not fill up sooner per the "Four-Hour Rule, see Rules above).

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 **November 23** or hand delivered by 3:30 p.m. Wednesday, **November 25**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Alto Swim Club**
Mail/Hand deliver entries to: **Thad Gunther, 3159 El Camino Real, Palo Alto CA 94306**

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 shall not be penalized.

AWARDS: None

ADMISSION: Free

SNACK BAR & HOSPITALITY: A snack bar will NOT be available. Coaches and working Officials will be provided breakfast/lunch and light hospitality.

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 (+1 for every additional 25 athletes)

ORDER OF EVENTS

Saturday, December 5 - Session A

Session A is for athletes Ages 13 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
1	Girls	13 & Over	200 free	13 & Over	Boys	2
3	Girls	11 - 12	200 free	11 - 12	Boys	4
5	Girls	11 & Over	100 fly	11 & Over	Boys	6
7	Girls	11 & Over	50 free	11 & Over	Boys	8
9	Girls	11 & Over	200 breast	11 & Over	Boys	10
11	Girls	11 & Over	100 back	11 & Over	Boys	12
13	Girls	11 & Over	50 breast	11 & Over	Boys	14
15	Girls	11 & Over	200 IM	11 & Over	Boys	16
17	Girls	11 & Over	200 back	11 & Over	Boys	18
19	Girls	11 & Over	100 breast	11 & Over	Boys	20
21	Girls	11 & Over	50 back	11 & Over	Boys	22
23	Girls	11 & Over	200 fly	11 & Over	Boys	24
25	Girls	11 & Over	100 free	11 & Over	Boys	26
27	Girls	11 & Over	50 fly	11 & Over	Boys	28
29	MIXED	OPEN	400 IM	X	X	X
30	MIXED	OPEN	1000 Free	X	X	X

Saturday, December 5 - Session B

Session B is for athletes Ages 12 and Under and there is no maximum time standard.

Event #	Gender	Age Group	Stroke / Distance
31	MIXED	12 & Under	200 free
32	MIXED	10 & Under	25 fly
33	MIXED	12 & Under	50 free
34	MIXED	10 & Under	25 back
35	MIXED	12 & Under	100 back
36	MIXED	12 & Under	50 breast
37	MIXED	10 & Under	25 free
38	MIXED	12 & Under	200 IM
39	MIXED	12 & Under	100 breast
40	MIXED	12 & Under	50 back
41	MIXED	10 & Under	25 breast
42	MIXED	11-12	200 fly
43	MIXED	12 & Under	100 free
44	MIXED	12 & Under	50 fly
45	MIXED	11 - 12	400 IM

Age 11-12 Athletes who have achieved at least one BB time may enter either Session A or Session B, but not both on the same day.
11-12 Athletes who have not achieved any BB times must enter Session B.

All events **200 Yards and longer require an entry time** for seeding. **NT will NOT be accepted.** Coach Verified Times shall be accepted.

A maximum of **1 heat of the 1000 Freestyle** can be accommodated with additional heats added if timeline permits.

Athletes in the 400 IM/500 Free/1000 Free/1650 Free must provide their own timers.
Athletes in the 500 Free/1000 Free/1650 Free must provide their own volunteer counters. Lap counter sticks will be provided.

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

Sunday, December 6 - Session A

Session A is for athletes Ages 13 and Over and athletes Ages 11-12 who have achieved at least 1 BB time standard.

Event #	Gender	Age Group	Stroke / Distance	Age Group	Gender	Event #
47	Girls	13 & Over	200 fly	13 & Over	Boys	48
49	Girls	11 - 12	200 fly	11 - 12	Boys	50
51	Girls	11 & Over	100 free	11 & Over	Boys	52
53	Girls	11 & Over	50 fly	11 & Over	Boys	54
55	Girls	11 & Over	200 back	11 & Over	Boys	56
57	Girls	11 & Over	100 breast	11 & Over	Boys	58
59	Girls	11 & Over	50 back	11 & Over	Boys	60
61	Girls	11 & Over	200 IM	11 & Over	Boys	62
63	Girls	11 & Over	200 breast	11 & Over	Boys	64
65	Girls	11 & Over	100 back	11 & Over	Boys	66
67	Girls	11 & Over	50 breast	11 & Over	Boys	68
69	Girls	11 & Over	200 free	11 & Over	Boys	70
71	Girls	11 & Over	100 fly	11 & Over	Boys	72
73	Girls	11 & Over	50 free	11 & Over	Boys	74
75	Girls	11 & Over	100 IM	11 & Over	Boys	76
77	MIXED	OPEN	500 free	X	X	X
78	MIXED	OPEN	1650 free	X	X	X

Sunday, December 6 - Session B

Session B is for athletes Ages 12 and Under and there is no maximum time standard.

Event #	Gender	Age Group	Stroke / Distance
79	MIXED	12 & Under	100 free
80	MIXED	10 & Under	25 free
81	MIXED	12 & Under	50 fly
82	MIXED	11-12	200 back
83	MIXED	10 & Under	25 breast
84	MIXED	12 & Under	50 back
85	MIXED	11-12	200 breast
86	MIXED	10 & Under	25 fly
87	MIXED	12 & Under	100 IM
88	MIXED	12 & Under	50 breast
89	MIXED	10 & Under	25 back
90	MIXED	12 & Under	100 fly
91	MIXED	12 & Under	50 free
92	MIXED	9 - 12	500 free

Age 11-12 Athletes who have achieved at least one BB time may enter either Session A or Session B, but not both on the same day.
11-12 Athletes who have not achieved any BB times must enter Session B.

All events **200 Yards and longer require an entry time** for seeding. **NT will NOT be accepted.** Coach Verified Times shall be accepted.

A maximum of **1 heat of the 1650 Freestyle** can be accommodated with additional heats added if timeline permits.

Athletes in the 400 IM/500 Free/1000 Free/1650 Free must provide their own timers.
Athletes in the 500 Free/1000 Free/1650 Free must provide their own volunteer counters. Lap counter sticks will be provided.

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

Pacific Swimming - Hosted by Alto
Alto Deck The Lanes
SHORT COURSE CBA+
December 5-6, 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	Course (Circle One)
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	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