DALY CITY DOLPHINS AQUATICS CLUB (DCD) - DCD Winter Splash
PACIFIC SWIMMING SHORT COURSE C/B/A+ MEET
Saturday and Sunday, DECEMBER 5-6, 2026
http://ome.fastswims.com
PRIORITY Z1N TEAMS: BAC, BCP, BGC, DACA, DCD, FOG, PSL, PPSC, SSF

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-139**
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 Time Drops.**

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:*** **Khai Vu**
Meet Marshal: **Sonja Tsang** ***Admin Official:*** **Fred Chin**
Meet Director: **Elias Palmer** **(meetdirector@iswimdcd.com)**

LOCATION: Giammona Pool, Westmoor High School, 131 Westmoor Avenue, Daly City, CA 94015

DIRECTIONS: From South Bay: Take 280N to Daly City. EXIT 47 to Eastmoor Avenue/Pacifica. LEFT at lights onto Junipero Serra Blvd. LEFT onto San Pedro Road. San Pedro Road will immediately change to Eastmoor Avenue. Eastmoor Avenue becomes Westmoor Avenue. Continue straight up Westmoor Avenue. At the 4th stop sign, LEFT turn onto Edgemont Drive. Giammona Pool is on your left. Park on the street. 2nd parking option: At the 3rd stop sign, turn left into the main Westmoor High School parking lot. **From central San Francisco:** Take 280S. EXIT 48 / Sullivan Avenue towards Eastmoor Avenue. Keep LEFT to take the ramp exit towards Eastmoor Avenue. LEFT onto Sullivan Avenue. Take 1st RIGHT onto Eastmoor Avenue. Eastmoor Avenue becomes Westmoor Avenue. Continue straight up Westmoor Avenue. At the 4th stop sign, LEFT turn onto Edgemont Drive. Giammona Pool is on your left. Park on the street. 2nd parking option: At the 3rd stop sign, turn left into the main Westmoor High School parking lot. From Half Moon Bay: Take Hwy 1N. EXIT Hwy 35N/Skyline Blvd/Exit 508. Merge onto Skyline Blvd/Hwy 35N. RIGHT into Westmoor Avenue. RIGHT onto Edgemont Drive. Giammona Pool on your left.

Remember to "Curb Your Wheels" when parking on the hilly streets. Daly City PD will issue tickets for improperly curbed wheels. On Edgemont Drive and Westmoor/Eastmoor Avenue, park along the Westmoor High School Campus – opposite from the residential area.

Free Additional Parking: Westmoor High School Main Parking Lot. Entrance off Eastmoor Avenue. Look for the green and yellow lighted Westmoor HS marquee/sign.

Coaches' & Officials' Parking: Pool parking lot. Limited space available.

COURSE: Indoor, heated 25-yard pool with up to 8 lanes available for competition. An additional 2 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 7'0" at the start end and 7'10" 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 and Older Athletes (Saturday and Sunday): 7:00 AM - 8:15 AM Warmup. 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 and Under Athletes (Saturday and Sunday): Warmup will begin at the conclusion of Session A. Warmup will last for no more than 45 minutes. Session B Competition will begin 10 minutes after the conclusion of warmup, no earlier than 12 PM. Session B has no minimum time standard for athletes ages 12 and younger.
**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 **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.**
• **All 400 IM & 500 Free athletes must provide their own timers and lap counters**.
• **Athletes must have achieved at least a B time standard to compete in the 500 Freestyle and 400 IM. Coach verified times shall be accepted.**
• First-Aid kits and an AED will be available on the pool deck. 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.
• 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.
• No personal tents/EZ-ups will be allowed on the pool deck. You are welcome to set up tents/canopies on the grounds outside of the building. Keep lobby entryways, access ways, passageways, doorways, and stairways clear of chairs, seats, bulky items, and bags per compliance with the Fire Marshall's orders. Items may be immediately removed upon discretion of the Meet Director and the Meet Referee.

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: Zone 1 North Athletes from **BAC, BCP, BGC, DACA, DCD, FOG, PSL, PPSC, SSF** entering online must do so by *Wednesday, November 18th, 2026, by 11:59 pm*, in order to receive priority acceptance to the meet. No athletes other than those from **BAC, BCP, BGC, DACA, DCD, FOG, PSL, PPSC, SSF** may enter the meet until the priority period has closed.

ENTRY FEES: $5.50 per event plus a $10.00 participation fee, plus a $20.00 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%202026%282%29.pdf

ONLINE ENTRIES: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, 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 November 23rd** or hand delivered by **6:30 p.m. Wednesday November 25th**. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Daly City Dolphins Aquatics Club**

Mail entries to: **Elias Palmer**
[P.O Box 2881]
Daly City, CA, 94015

Hand deliver entries to: Elias Palmer
Giammona Pool, 131 Westmoor Ave
Daly City, CA, 94015

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: Ribbons For 1st thru 8th place for individual events in the A, B, and C divisions: 10-and-Under. No ribbons for athletes 11 and over. Standard "A" medals awarded to athletes achieving NEW "A" times in each event regardless of place achieved in the

event. All awards to be picked up by coaches at the end of each session. Awards will not be mailed out.

HEAT AWARDS: A heat award will be given to the first-place finisher in each heat of every event.

ADMISSION: Free. Free. A two-day program file (PDF) will be emailed to all club coaches 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 serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Disobeying parking signs may result in a citation and a fine. All participating clubs are expected to provide lane timers based on the number of athletes registered to swim each day and session. Coaches/clubs will be notified of club timing lane assignments the Monday prior to the meet.

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 or More (1 for ever 25 athletes)

EVENT SUMMARY

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

ORDER OF EVENTS

Saturday, December 5th		
GIRLS EVENT #	**EVENT**	**BOYS EVENT #**
Saturday Session A		
1	11 & Over 200 Fly	2
3	11 & Over 50 Back	4
5	11 & Over 200 IM	6
7	11 & Over 100 Free	8
9	11 & Over 200 Breast	10
11	11 & Over 100 IM	12
13	11 & Over 100 Back	14
15	11 & Over 500 Free*	16
Saturday Session B		
17	11-12 200 Fly	18
19	12 & UN 100 Breast	20
21	12 & UN 50 Back	22
23	8 & UN 25 Fly	24
25	11-12 200 Back	26
27	12 & UN 50 Breast	28
29	8 & UN 25 Free	30
31	9-12 200 IM	32
33	12& UN 100 Free	34
35	9-12 500 Free	36

Sunday, December 6th		
GIRLS EVENT #	**EVENT**	**BOYS EVENT #**
Sunday Session A		
37	11 & Over 200 Free	38
39	11 & Over 50 Breast	40
41	11 & Over 100 Fly	42
43	11 & Over 50 Free	44
45	11 & Over 100 Breast	46
47	11 & Over 200 Back	48
49	11 & Over 50 Fly	50
51	11 & Over 400 IM*	52
Sunday Session B		
53	12 & UN 100 Fly	54
55	11-12 200 Breast	56
57	12 & UN 50 Fly	58
59	8 & UN 25 Back	60
61	12 & UN 100 Back	62
63	12 & UN 50 Free	64
65	9-12 200 Free	66
67	8 & UN 25 Breast	68
69	12& UN 100 IM	70
71	11-12 400 IM	72

* **Entries with "NO TIME" will not be accepted.** Athletes in the marked events (500 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.

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

Pacific Swimming – Hosted by Daly City Dolphins
SHORT COURSE CBA+
December 5-6th, 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
		: .	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