PASA WINTER FROLIC CHAMPIONSHIPS (TRIALS/FINALS)
PACIFIC SWIMMING SHORT COURSE INTRASQUAD MEET
DECEMBER 19, 2026
INVITED CLUBS: PASA – All Sites
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **26-142**
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:*** **Manus J-Cheng** ***Head Starter:*** **Clayton Jones**
Meet Marshal: **Paul Coleman** ***Admin Official:*** **Su-i Lu**
Meet Director: **Bruce Smith / brucesmithswim@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. 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: Prelims will begin at 8:30 AM. Based upon entry numbers, warm up may be divided into 2 warm up sessions.
Finals will begin no sooner than 1 hour after the conclusion of Prelims

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.
- Prelims shall be seeded fastest to slowest
- Preliminary events shall be swum as combined age groups and genders.
- 200s Fly, Back, Breast - Athletes 10&Under must have achieved the AGC time standard in the 100 distance of that stroke.
- Championship Finals -
    - 200 Fly, Back, Breast, IM - 12&Under + 13&Older (2)
    - 200 Free - 10&Under, 11-12, 13+ (3)
    - 100 IM - 10&Under, 11-12 (2)
    - 50 & 100 Fly, Back, Breast, Free - 10&Under, 11-12, 13-14, 15+ (4)
    - Age Groups may be combined and/or separated if entry numbers or timeline warrant it
- Athletes may compete & enter a maximum of **3 events per day**.
- 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.**
- USA Swimming Tech Suit policies will be enforced for 12 and under athletes.

• The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
• First-aid kits and AED will be available on the pool deck. Further Medical support available via 911.

UNACCOMPANIED ATHLETES: Any USA-S 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-S 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-S 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-S Club Member-Coach.

RACING STARTS: Athletes must be certified by a USA-S 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 swimmers, 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.
• Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.
• Meet is open to qualified athletes from Palo Alto Stanford Aquatics (PASA). Unattached athletes participating with PASA are eligible to compete.
• Entries with **"NO TIME" will NOT be ACCEPTED**
• Entries must be in SCY.
• 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
• The Athlete's age will be the age of the Athlete on the first day of the meet.

ENTRY FEES: $50 entry fee per athlete.

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

ENTRIES: To enter 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. Online entries will be accepted through Monday, December 14th, 2026.

CHECK-IN: All prelim sessions will be pre-seeded.

SCRATCHES: • Athletes not reporting for or competing in a preliminary event that they have entered shall not be penalized.

• Athlete qualifying for finals in an individual event who does not wish to compete shall scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case, they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event.

• There is NO penalty for missing finals.

AWARDS: Of course there are awards!!! TBA

ADMISSION: Free. A program will not be available. Heat Sheets will be available electronically only.

SNACK BAR & HOSPITALITY: A snack bar may be available throughout the competition. Hospitality will serve refreshments to deck officials, marshals, and coaches, which may include lunch.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. Each PASA site is required to provide timers. Meet director will email timer/lane assignments to each PASA site prior to the meet.

ORDER OF EVENTS

Girls Event #	Age Group	Event	Boys Event #
1	Open	100 Freestyle	2
3	Open	50 Breaststroke	4
5	Open	200 Backstroke	6
7	Open	100 Butterfly	8
9	12 & Under	100 Individual Medley	10
11	Open	100 Backstroke	12
13	Open	200 Breaststroke	14
15	Open	200 Freestyle	16
17	Open	50 Butterfly	18
19	Open	200 Individual Medley	20
21	Open	200 Butterfly	22
23	Open	50 Freestyle	24
25	Open	100 Breaststroke	26
27	Open	50 Backstroke	28
29	11 & Up	Mixed 1000 Freestyle*	----

* The 1000 Freestyle is a Timed Final with a maximum of 3 heats and, based upon the timeline, may be swam after finals. * Athletes in the 1000 Freestyle must provide their own lap counter and timer.