

PACIFIC SWIMMING ADAM SZMIDT MEMORIAL SUMMER AGE GROUP CHAMPIONSHIPS  
HOSTED BY NEPTUNE SWIMMING  
JULY 11-13, 2025  
Enter Online: <http://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-071**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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 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.

**OFFICIALS:**  
**Meet Referee:** Mary Ruddell  
**Meet Marshal:** Allie Davis  
**Meet Director:** Ashley Denize [srnashleybritton@gmail.com](mailto:srnashleybritton@gmail.com)  
**Head Starter:** Sarah Obbagy  
**Admin Official:** Debbi Tucker

**LOCATION:** Quinn Swim Center, Kathryn Kettler Pool: 1501 Mendocino Ave, Santa Rosa, CA 95401

**DIRECTIONS:** Athlete Drop-Off Directions: From the North (Heading South on Hwy 101): Exit at College Avenue. At the stoplight, turn left onto Morgan Street. At the stop sign, turn left onto Armory Drive. At the stop sign, turn right onto Scholars Drive. Drop-off will be past the soccer field and through lot B.

From the South (Heading North on Hwy 101): Exit at College Avenue. At the stoplight, turn right onto College Avenue. At the next stoplight, turn left onto Morgan Street. At the stop sign, turn left onto Armory Drive. At the stop sign, turn right onto Scholars Drive. Drop-off will be past the soccer field and through lot B.

Please see more information about parking on our website – [click here](#)

**COURSE:** OUTDOOR 50 METER pool with up to 8 lanes available for competition. An additional 8 lanes (SCY) 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 8'0" at the start end and 12'0" at the turn end. The meet host shall ensure the required course dimensions.

**TIME:** Meet will begin at 9:00 AM on Friday with warm-ups from 7:30 to 8:45 AM. On Saturday and Sunday the meet will begin at 8:30 AM with warm-ups from 7:00 – 8:15 AM. Warm-ups for Finals shall start one hour prior to the start of Finals. Championship Finals will tentatively begin at 4PM each day, but will start no sooner than one hour after the conclusion of the preliminary session including distance events. Start and Push Pace lanes will be made available upon request no earlier than 7:30 a.m. Designated Start lanes will be 2 and 7; Push pace lanes will be lanes 1 and 8. Special Warm-up time/lanes for 10 & Under athletes may be provided at the discretion of the Meet Referee TBA at the General Meeting

**GENERAL MEETING:** There will be a General Meeting on Tuesday, July 8<sup>th</sup> at 7:30 PM PT. This will be held via Zoom and chaired by the Meet Referee. The purpose of the meeting is to review the Meet Announcement and answer any questions. The Zoom link will be provided prior to the meeting. This meeting is in lieu of an on-deck meeting on the first day of the meet. All Clubs should have a representative attend this meeting.

**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.
- 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 preliminaries and finals (Exception – 800 and 1500 Freestyle)
- All preliminary events shall swim fast to slow with the first three heats circle seeded. For the 400 Free and 400 IM, only the first two heats will be circle-seeded.
- Athletes may compete in a maximum of three (3) events per day and a maximum of seven (7) individual events, plus relays for the entire meet.
- If local conditions warrant it, the Meet Referee with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- Prelims will swim as combined age groups 10&U, 11-12 & 13-14 in preliminary heats.
- Championship Finals Only with the top 8 Athletes in 10&U, 11's, 12's, 13's and 14's year olds qualifying for each final.
- All 'swim-offs' shall be resolved prior to the completion of the Timed Final Distance events each day.
- Red Cross certified lifeguards, backboards, rescue tubes, automated external defibrillator (AED), and minor first aid supplies will be available.

**DISTANCE RULES:** The 800 and 1500 Freestyle events are timed finals held at the conclusion of the last prelims event and before the start of the Finals sessions. All age groups will be combined for seeding and will run fast to slow (alternating heats of girls and boys).

- **Check-in for the 800 and 1500 Freestyle events will close at 10:30 AM on the day they are to be swim.**
- Athletes can qualify for (seeded in this order) the 1500 Freestyle with a 1500 LCM, 1500 SCM, 1650 SCY, 800 LCM, 800 SCM, or 1000 SCY time. Athletes can qualify for (seeded in this order) the 800 Freestyle with an 800 LCM, 800 SCM, 1000 SCY, 1500 LCM, 1500 SCM or 1650 SCY time.
- **Athletes in the 800 and 1500 Freestyle shall provide their own timers and lap counters.**

**RELAYS:** All relay events are Timed Finals and will be swum at the conclusion of the last Finals event each day. There will be a five (5) minute break between finals and the start of relays. All filled out relay cards are due to Admin by 10:30 each day. Relays will be seeded fast to slow. All relay entries, including relay-only Athletes, must be submitted by the entry deadline with the entry time listed. Relay entries will not be accepted without an entry time. NO deck-entered relays will be allowed. Relay-only athletes must be entered online at <http://ome.fastswims.com> or entered on a spreadsheet with the Athletes names, genders, birthdates, ages, and registration #s and emailed to [support@fastswims.com](mailto:support@fastswims.com). All information must be included on the relay-only entry list in order to be eligible to swim on relays. Clubs may enter a maximum of two (2) relays per event.

**UNACCOMPANIED ATHLETES:** Any USA Swimming Athlete-Member competing at the meet shall 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 shall be certified by a USA Swimming member-coach as being proficient in performing a racing start or shall 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.
- All pathways should be clear, and no pop-ups are allowed on pathways and in front of entry and exit gates. Pathways and entry and exit gates must be clear for emergency personnel and vehicles to pass through.
- No set up on pool deck. Set up allowed outside the facility on bark areas.
- NO FOOD ALLOWED INSIDE THE INDOOR POOL FACILITY.
- Leave your belongings overnight at your own risk.

**ELIGIBILITY:**

- Athletes shall be current members of USA Swimming and shall enter their name and registration number on their entries exactly as they are shown in their USA Swimming Registration. 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 Pacific Swimming Athletes only.
- Athletes shall have met the "AGC" time standard in all events entered.
- Entries with "NO TIME" shall be rejected.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodation on entry times and seeding per Pacific Swimming policy. Time Standards for Athletes with a disability are available at the following link: [PARA TIME STANDARDS](#)
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

**PROOF OF TIME:** Proof of time will be required for this meet per Pacific Swimming Policies & Procedures Section X.G All entry times will be verified against the USA Swimming SWIMS database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. An unverified entry time must be proven by the scratch deadline for that event or the athlete will be scratched from that event. Only athletes with verified times will be seeded. When possible, the coaches shall be notified of the athletes who have not proven their entry time. **NO REFUNDS shall be given if a time cannot be proven. Athletes will be barred from competing in any event with non-verifiable entry time. Qualifying times must be achieved prior to the stated entry deadline.**

**ENTRY FEES:** \$8.00 per individual event, \$14.00 participation fee and a \$20.00 facility surcharge per athlete. \$20.00 per relay. **\*\*Note, relay only Athletes ARE NOT required to pay the participation or facility fees. All entry fees SHALL be included with entry. No refunds shall be made, except mandatory scratch downs.**

**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, July 2, 2025.

**MAILED OR HAND DELIVERED ENTRIES:** Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be postmarked by midnight, Monday, June 30, 2025 or hand

delivered by 6:30 p.m. Wednesday, July 2, 2025. No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Neptune Swimming**

**Mail entries to: Dan Greaves**

**PO Box 317**

**Santa Rosa, CA 95402**

**Hand deliver entries to: Dan Greaves**

**455 Ridgway Ave**

**Santa Rosa, CA 95401**

**SEEDING:** Event seeding shall be in the following order: LCM, SCM, SCY per USA Swimming rule 201.11.7B. See rules for distance event seeding.

**CHECK-IN:** The meet shall be pre-seeded.

**SCRATCHES:**

- Pacific Swimming scratch rules shall be enforced. A copy shall be posted at the clerk-of-course.
- Coaches must e-mail their scratches to the Admin Referee ([dtucker@pacswim.org](mailto:dtucker@pacswim.org)) Early Submission is appreciated. Advanced scratches must be received by the following deadlines:
  - Scratches for preliminary events swum on Friday, July 11, 2025 must be received by 5PM on Thursday, July 10.
  - Scratches for preliminary events swum on Saturday, July 12, 2025 must be received by 30 minutes following the start of the Friday, July 11 finals session.
  - Scratches for preliminary events swum on Sunday, July 13, 2025 must be received by 30 minutes following the start of the Saturday, July 12 finals session.
- **Positive Check-in is required for the 800 Freestyle and 1500 Freestyle.** Check-in will close at 10:30 a.m. on the day the event is swum. Athletes may check-in early on the designated 800 Freestyle or 1500 Freestyle check-in sheets at the Admin desk.
- Athletes may compete in 3 events per day, and a total of 7 events for the competition. Any athlete who fails to scratch down to meet these parameters will be automatically scratched from their later events in order to comply. Athletes must scratch, "No-Shows" and "DFS" will be counted toward an athlete's event total for the day/competition.
- Athletes not reporting for or competing in a preliminary or timed final event they have not scratched must positively check-in for their remaining events in order to be seeded.
- Any 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.
- Any Athlete qualifying for finals in an individual event who fails to report to the blocks in said final race prior to calling the alternate shall be barred from the remainder of any final events for that day. Should the Athlete have no additional final events for that day they will be barred from their next preliminary event.
- If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment

**AWARDS:** Individual Events: Medals 1<sup>st</sup> – 3<sup>rd</sup>; Ribbons 4<sup>th</sup> – 8<sup>th</sup>. Relay Events: Medals 1<sup>st</sup> - 3<sup>rd</sup>; Individual High Point: Distinctive awards for high point male and female for ages 10& Under, 11, 12, 13, 14.

**SCORING:** Championship Final Scoring: 9, 7, 6, 5, 4, 3, 2, 1  
Relay Scoring: 18, 14, 12, 10, 8, 6, 4, 2

**ADMISSION:** Free.

**SNACK BAR:** A snack bar will be available during the meet.

**HOSPITALITY:** Lunch and limited hospitality will be available to all working Officials and Coaches.

**MISCELLANEOUS:** No overnight parking is allowed. Pool deck will be open on Thursday evening from 3:00 to 5:00 PM for coaches tent sent up.

## EVENT SUMMARY

Friday, July 11, 2025		
10 & Under	11-12	13-14
200 IM	200 IM	200 IM
100 Back	100 Back	100 Back
50 Free	50 Free	50 Free
400 Free	400 Free	400 Free
200 Free Relay	200 Free Relay	200 Free Relay

Saturday, July 12, 2025		
10 & Under	11-12	13-14
50 Fly	200 Breast	200 Breast
200 Free	50 Fly	200 Free
50 Back	200 Free	200 Fly
100 Free	200 Fly	100 Free
	50 Back	800 Free
	100 Free	
	800 Free	
200 Medley Relay	200 Medley Relay	200 Medley Relay

Sunday, July 13, 2025		
10 & Under	11-12	13-14
50 Breast	200 Back	200 Back
100 Fly	50 Breast	100 Fly
100 Breast	100 Fly	100 Breast
	100 Breast	400 IM
	400 IM	1500 Free
	1500 Free	
	400 Free Relay	400 Free Relay

## ORDER OF EVENTS

Friday, July 11		
Girls Event #	EVENT	Boys Event #
1	13-14 200 IM	2
3	11-12 200 IM	4
5	10&Un 200 IM	6
7	13-14 100 Back	8
9	11-12 100 Back	10
11	10&Un 100 Back	12
13	13-14 50 Free	14
15	11-12 50 Free	16
17	10&Un 50 Free	18
19	13-14 400 Free	20
21	11-12 400 Free	22
23	10&Un 400 Free	24
	<b>FINALS RELAYS</b>	
25	13-14 200 Free	26
27	11-12 200 Free	28
29	10&Un 200 Free	30

Saturday, July 12		
Girls Event #	EVENT	Boys Event #
31	13-14 200 Breast	32
33	11-12 200 Breast	34
35	10&Un 50 Fly	36
37	11-12 50 Fly	38
39	13-14 200 Free	40
41	11-12 200 Free	42
43	10&Un 200 Free	44
45	13-14 200 Fly	46
47	11-12 200 Fly	48
49	10&Un 50 Back	50
51	11-12 50 Back	52
53	13-14 100 Free	54
55	11-12 100 Free	56
57	10&Un 100 Free	58
59	13-14 800 Free#	60
61	11-12 800 Free#	62
	<b>FINALS RELAYS</b>	
63	13-14 200 Medley	64
65	11-12 200 Medley	66
67	10&Un 200 Medley	68

Sunday, July 13		
Girls Event #	EVENT	Boys Event #
69	13-14 200 Back	70
71	11-12 200 Back	72
73	10&Un 50 Breast	74
75	11-12 50 Breast	76
77	13-14 100 Fly	78
79	11-12 100 Fly	80
81	10&Un 100 Fly	82
83	13-14 100 Breast	84
85	11-12 100 Breast	86
87	10&Un 100 Breast	88
89	13-14 400 IM	90
91	11-12 400 IM	92
93	13-14 1500 Free#	94
95	11-12 1500 Free#	96
	<b>FINALS RELAYS</b>	
97	13-14 400 Free	98
99	11-12 400 Free	100

# 800 and 1500 Freestyle will be seeded and swum as combined 11-14 events (fast to slow), but scored as separate age groups.

\*400 Free and 400 IM Athletes must provide their own timers for Preliminaries.

**\*\*800 and 1500 Freestyle Athletes must provide their own timers and lap counters.**

\*\*\*All Relay events will be held at the conclusion of Finals sessions, fast to slow.

\*\*\*Events will be swum as combined age groups in Preliminaries (10&Un, 11-12, 13-14) and separated into single ages for Finals (10&Un, 11,12,13,14).

Time standards are located on the Pacific Swimming website: [www.pacswim.org/swim-meet-times/standards](http://www.pacswim.org/swim-meet-times/standards)

# RELAY ENTRY FORM

CLUB				LSC		CLUB ABBREVIATION	
Friday, July 11							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Saturday, July 12							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
Sunday, July 13							
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM	D TEAM
COACH NAME					# RELAYS		
					RELAY	X \$20.00 EA.	
COACH EMAIL					TOTAL		\$

### RELAY ONLY ATHLETES

[illegible]



# PACIFIC SWIMMING 14 & U SUMMER AGE GROUP CHAMPIONSHIPS

July 11-13, 2025

To be accepted, all entry information must be completely filled out. Please print!

Last Name			First Name		Init.
LSC	Club Abbr.	Club Name			
Age	Age Group	USA Swimming Registration Number		Gender M F	Date of Birth
Event Number	Qualifying Entry Time	(SCY / LCM / SCM) Distance/Stroke			
Athlete's Address:		Total Entries _____ x \$8.00 <i>US Dollars</i>		\$	
Athlete's Phone #		Participation Fee Facility Surcharge		\$ 14.00 \$	
Athlete's/ parent's email:		-----		-----	
Athlete's Coach:		Total Due		\$	

## IMPORTANT!

**Please PRINT clearly.** Be sure to include all information.

Athletes must have achieved an AGC Qualifying Standard in all events entered.

All clubs will be assigned Timer Assignments by the Meet Director. Parents, please take your turn at timing, we cannot make this possible without your help. Thank you.