

PACIFIC SWIMMING SHORT COURSE SENIOR OPEN PRELIMINARIES AND FINALS MEET
HOSTED BY DIABLO VALLEY COLLEGE SWIM TEAM
DECEMBER 5-7, 2025
Enter Online: <https://ome.fastswims.com>



*This meet has been approved by USA Swimming.
Official Times achieved at this meet may be used to enter future USA Swimming meets.*

APPROVAL: Held under USA/Pacific Swimming Approval No. **AP25-003**

In granting this Approval, 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 their 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. Live results will be posted on deck and can be seen on MeetMobile.

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, restrooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or their designee.

OFFICIALS: *Meet Referee:* Mark Ryan

Head Starter: K.C. Yap

Meet Marshal: Trisha Quan

Admin Official: Angela Cardenas

Meet Director: Trisha Quan Tquan@dvc.edu

LOCATION: Diablo Valley College Pool, 321 Golf Club Road, Pleasant Hill, CA 94523

DIRECTIONS: [CAMPUS MAP](#) - From 680, Take Golf Club Road to Parking Lot 9. Lot 9 is closest to the pool. You can also park in Parking Lot 1 by taking Viking Drive coming from 680, Sunvalley Blvd, to Contra Costa Blvd. Parking Lot 9 and 1 are closest to the Pool.

COURSE: Outdoor 50-meter by 25-yard pool with up to 10 lanes available for competition. An additional 8 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 6'6" at the start end and 6'6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Friday Session shall begin at 4:30 PM with warm-ups from 3:15 to 4:15 PM. On Saturday and Sunday, meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Finals start time for Saturday and Sunday will be announced at the meet, with an approximate start time of 4:00 PM.

PARKING: Parking pass is free Friday after 5:00 PM. Parking is Free Saturday and Sunday. Parking Pass can be found [HERE](#).

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 athletes 18 and older must have completed the Athlete Protection Training to be allowed to compete.
- All events shall swim fast to slow with the fastest three heats circle seeded. The fastest two heats of the 400 IM and 500 Free shall be circle seeded.
- Athletes may compete in a maximum of three (3) events per day, maximum nine (9) events for the meet.
- All Friday events (1650, 50BK, 50BR, 50FL) shall be Timed Finals.
- All Saturday and Sunday events shall be Preliminaries and Finals.
- Athletes entering the 1650 Free, 50 Fly, 50 Back and 50 Breast on Friday must positively check-in by the check-in deadline in order to be seeded into the event.
- There will be an "A", "B" and "C" Final, swum in that order, with eight (8) athletes qualifying for each final heat.
- Entry time modifications shall not be accepted after the entry deadline.

- 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 shall wear their USA Swimming membership cards in a visible manner.
- Athletes must provide their own timers for the 400 IM, and timers and counters for the 500 Free and 1650 Free.
- Certified Lifeguards will be on deck to monitor the pool space.

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.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- 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 their 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.
- On deck restrooms are for athletes ONLY. Additional restrooms can be found in the FTX building first floor and in the hallway next to the FH. [CAMPUS MAP](#)
- Team set up is allowed on deck on the warm-up/warm-down side of the pool. The flat grass area behind the pool leading to the rest of the campus and the cement bleachers outside of the FTX bleachers is allowed for team/canopy set up. **Canopies should be taken down at the end of the meet and brought INSIDE the pool area. Anything left outside of the pool gates is at your own risk.**

ELIGIBILITY:

- This meet is open to both USA-Swimming registered athletes and non-USA Swimming athletes. There will be no on-deck registration.
- 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 shall meet the Senior Open time standard in at least one (1) event in order to be eligible to enter the meet.
- Bonus events: Athletes who have entered and met the minimum time standard in at least one (1) event may enter up to three (3) bonus events. There is no minimum time standard for bonus events. The 1650 Free may NOT be swum as a bonus event.
- 50 Back/Fly/Breast may be swum as bonus events. When entering the 50 Back/Fly/Breast, either as a Qualifying Event or Bonus Event, the athlete may use the corresponding 100-yard time of the same stroke.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes under the age of 13 years are not eligible to compete.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations.
- No time conversions shall be accepted.

- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

DISTANCE (TIMED FINAL) RULES (1650 FREE): Distance events are Timed Finals seeded fastest to slowest. Athletes can qualify for the 1650 Freestyle with a 1000-yard or 800-meter qualifying time. The 1650 Freestyle will be seeded in the following order: 1650 SCY, 1500 LCM, 1500 SCM, 1000 SCY, 800 LCM, 800 SCM. Athletes must provide their own timers and lap counters for the 1650 Freestyle. The 1650 Free may NOT be swum as a bonus event. Athletes entering the 1650 Free must **positively check-in at the clerk-of-course, in-person, by 3:30 PM Friday December 5, 2025**. Athletes who fail to check-in will NOT be seeded.

PROOF OF TIME: Proof of time shall 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. Entry times must have been achieved prior to 11:59 PM PST **Friday November 28, 2025**. If a time cannot be proven prior to the meet, the Athlete shall not be allowed to check-in for the event until the entry time has been proven. 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.

SEEDING: Event seeding shall be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters USA Swimming rule 207.11.7B.

CHECK-IN FRIDAY TIMED FINAL: All Friday events are Timed Finals and will be deck-seeded. Athletes entering any Friday events (1650 Free, 50 Fly, 50 Back, 50 Breast) **must positively check-in at the clerk-of-course, in-person, by 3:30 PM Friday December 5, 2025**. Athletes who fail to check-in will not be seeded in the event. Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered shall NOT be penalized.

SCRATCH RULES PRELIMINARIES: All Saturday and Sunday Preliminary events shall be pre-seeded. Athletes who wish to scratch event(s) must complete the digital scratch form at <https://forms.fillout.com/t/mMtPKcUxdBus>. The scratch deadline for the Saturday preliminary session is **5:00 PM Friday December 5, 2025**. The scratch deadline for the Sunday Preliminary session is **30 minutes after the start of Finals on Saturday December 6, 2025**. Failure to compete in a Preliminary event will result in the athlete being barred from their next individual preliminary event.

SCRATCH RULE FINALS: Any Athlete qualifying for any level of 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 Bonus, Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Bonus Final, Consolation Final or Championship Final race in an individual event who fails to show up in said Bonus Final, Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. 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 shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: \$8.50 per individual event plus a \$10.00 per Athlete participation fee and a \$15.00 facility surcharge. Entries shall be rejected if payment is not sent at time of request. No late entries shall be accepted. No refunds shall 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%202024.pdf>

ONLINE ENTRIES: To enter online go to <https://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 Friday **November 28, 2025**.

MAILED OR HAND DELIVERED ENTRIES: Mailed or Hand delivered entries will NOT be accepted.

AWARDS: None.

ADMISSION: Free

HOSPITALITY: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches will be provided for Coaches and working Officials. There may be a snack bar.

EVENT FORMAT: Friday events are Timed Finals, in-person positive check-in required, see **CHECK-IN** rules for check-in deadline. Saturday/Sunday events are Prelims/Finals and will be pre-seeded, see **SCRATCH RULES** for scratch deadlines.

SCHEDULE OF EVENTS

FRIDAY: 3:15pm warm-up; 4:30pm start

Event 1 and 2 – Heat 1 of women/men 1650 Free*

Event 3 and 4 - 50 Fly

Event 1 and 2 – Heat 2 of women/men 1650 Free*

Event 5 and 6 - 50 Back

Event 1 and 2 – Heat 3 of women/men 1650 Free*

Event 7 and 8 - 50 Breast

Event 1 and 2 - Remaining heats of 1650 Free, alternating women/men*

SATURDAY: Prelims 7:30 warm-up, 9:00am start; Finals 3:00pm warm-up, 4:00pm start

Event 9 W 100 Fly

Event 10 M 100 BR

Event 11 W 50 FR

Event 12 M 200 Fly

Event 13 W 200 BR

Event 14 M 100 FR

Event 15 W 100 BK

Event 16 M 200 IM

Event 17 W 200 FR

Event 18 M 200 BK

Event 19 W 400 IM*

Event 20 M 500 FR*

SUNDAY: Prelims - 7:30 warm-up; 9:00am start; Finals 3:00pm warm-up; 4:00pm start

Event 22 M 100 FL

Event 23 W 100 BR

Event 24 M 50 FR

Event 25 W 200 FL

Event 26 M 200 BR

Event 27 W 100 FR

Event 28 M 100 BK

Event 29 W 200 IM

Event 30 M 200 FR

Event 31 W 200 BK

Event 32 M 400 IM*

Event 33 W 500 FR*

*Athletes must provide their own timers for the 400 IM, and timers and counters for the 500 Free and 1650 Free.

Time Standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>