

PACIFIC SWIMMING SHORT COURSE SENIOR OPEN CHAMPIONSHIP PRELIM & FINALS MEET  
HOSTED BY QUICKSILVER SWIMMING  
FEBRUARY 15-16, 2025  
Enter Online: <http://ome.fastswims.com>



No Friday night set-up allowed. Gates will open each morning at 7:00 a.m.

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **24-018**

*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:** Jeanette Soe  
**Meet Marshal:** Andrew Johnson  
**Meet Director:** Megan Waters [megan@swimqss.org](mailto:megan@swimqss.org)  
**Head Starter:** Mike Piccardo  
**Admin Official:** Mary Ruddell

**LOCATION:** Gunderson High School, 622 Gaundabert Ln, San Jose, CA 95136

**DIRECTIONS:** From 85, exit onto Santa Teresa southbound. Turn right onto Thornwood Drive. The Oakridge Mall will be on your left. Continue past the mall. Turn right onto Winfield Blvd, and right onto Chynoweth Ave. Drive past the school to the stop sign and turn right onto Gaundabert Lane. Enter the parking lot on your right. The pool is located at the back of the campus.

**COURSE:** OUTDOOR 25 YARD pool with 9 lanes available for prelim competition, and 9 lanes will be used for finals. An additional 8 lanes or more shall 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 7'0" at the turn end. The Meet Host shall ensure the required course dimensions.

**PERSONAL RESPONSIBILITY:** Each Athlete and Coach is responsible for understanding the scratch rules and check in procedures, and for being familiar with the contents of this Meet Announcement and any announcements made during the meet.

**TIME:** Meet shall begin at 9:00 AM each day with warm-ups from 7:30 to 8:45 AM each day. Finals start time TBD each day. On Saturday, the Finals start time will be no earlier than 1 hour after the 1650 Free finishes, with 45 minutes of warmups prior to the start of Finals. On Sunday, the Finals start time will be no earlier than 3:30 PM, with 45 minutes of warmups prior to the start of

Finals.

**TIMERS:** All clubs will be assigned Lane Timer Assignments by the Meet Director, in advance of the start of the meet, for each session. The 1650 Freestyle requires that athletes provide their own timers and lap counters.

**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 individual events are preliminaries and finals except the 1650 Free, which will be a timed final immediately after prelims finishes on Saturday.
- All preliminary events shall swim fast to slow, with the fastest three\* heats circle seeded (fastest two heats for 400 IM and 500 Free).
- Athletes may compete in a maximum of three (3) individual events per day.
- There will be a Bonus Final, Consolation Final, and Championship Final for each Final event, swum in that order, with 9 Athletes qualifying for each Final heat.
- Athletes competing in the 500 Free must provide their own lap counter.
- Athletes competing in the 1650 Free must provide their own timer and lap counter.
- 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.
- A First Aid Station will be available to participants, as well as access to an AED.

**DISTANCE EVENT RULES:**

- All heats of the 1650 Free will be swum fastest to slowest, alternating women and men, at the conclusion of preliminaries.
- Athletes must provide timers and counters for the 1650 Free.
- Athletes can qualify for the 1650 Freestyle with a 1000-yard/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.

**RELAYS:** All relay entries, including relay-only Athletes, must be submitted with the entry time listed, by Wednesday, February 5, 2025 for online entries and by Monday, February 3<sup>rd</sup> for hand/mail entries. Relay entries will not be accepted at the meet. Positive check-in for relays is due on the day of the event, one hour prior to the estimated start time of the event. Teams not checked in will not be seeded and will not be allowed to compete in the event.

**ATTENTION HIGH SCHOOL ATHLETES:** High School Athletes in season need to be Unattached from this meet. It is the Athlete’s responsibility to be Unattached from this meet. Athletes can un-attach at the meet if necessary. This does not apply to Athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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.
- 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 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 illegal parking in fire lanes (where the curb is painted red).
- Locker rooms will be used by Athletes only. Adult restrooms are in the 'round house' at the entrance to the pool.

**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 13/Over are eligible to enter this meet. There is no proof of time. Entry times should be the Athlete's actual time and not the minimum standard.
- Athletes 11 and 12 years of age shall meet the Senior Open time standard as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes under the age of 11 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.

**PROOF OF TIME:** Proof of time shall be required for this meet for 11/12 year old athletes per Pacific Swimming rule Section 4.C.2. 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 the closing date of entries for the meet (Wednesday, 2/5/2025 AT 11:59PM PST). 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.

**ENTRY FEES:** \$8.50 per individual event plus a \$10.00 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 fee. 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.

**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, February 5, 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 entered using the current Pacific Swimming procedure: and postmarked by midnight, Monday, February 3, 2025. Requests for confirmation of receipt of entries should include a self-addressed envelope or email address.

**Make check payable to:** Quicksilver Swimming

**Mail/Hand Deliver entries to:** Megan Waters, 1410 Walnut Drive, Campbell, CA 95008

**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 rules 207.11.7B. **See Rules for distance events seeding.**

**CHECK-IN:** This meet will be pre-seeded. Athletes will not positive check-in for individual events, but **must scratch** from individual events that they do not intend to swim. See Scratch Rules below. **Positive check-in** is required for relays, and is due on the day of the relay event, one hour prior to the estimated start time of the relay event. Relay teams not checked in will not be seeded and will not be allowed to compete in the relay event. Relay Check-In will be located at the Scratch Desk.

**SCRATCH RULE PRELIMINARIES:**

**SATURDAY** Scratch deadline for the Saturday preliminary session will be Friday, February 14th at 5:30 pm. Coaches must e-mail or text their Saturday scratches to the Admin Referee, Mary Ruddell ([scratchdesk@pacswim.org](mailto:scratchdesk@pacswim.org) or 925-787-7586).

**SUNDAY** Scratch deadline for the Sunday preliminary session will be Saturday, February 15th 30 minutes after the start of Saturday's FINALS. There will be a scratch box located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline.

The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final *before* missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch deadline for that day's events.

**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.

**AWARDS:** Individual Events: Medals 1<sup>st</sup> – 3<sup>rd</sup>  
Relay Events: Medals 1<sup>st</sup>  
Team Overall: Banners 1<sup>st</sup> – 3<sup>rd</sup>

**SCORING:** 1<sup>st</sup> through 18<sup>th</sup> place  
INDIVIDUAL EVENTS Championship Final: 22-19-18-17-16-15-14-13-12 Consolation Final: 10-8-7-6-5-4-3-2-1  
RELAY EVENTS 44-38-36-34-32-30-28-26-24-20-16-14-12-10-8-6-4-2

**ADMISSION:** Free.

**HOSPITALITY:** Water and snacks available for Timers and Volunteers. Meals will be provided for Coaches and working Officials. There will be a limited concessions stand. Athletes and spectators are encouraged to bring their own meals as needed.

**MISCELLANEOUS:**

- No overnight parking is allowed.
- Facilities will not be provided after meet hours.
- Quicksilver and Gunderson High School are not responsible for any belongings left on campus overnight.

**ORDER OF EVENTS**

SATURDAY, FEBRUARY 15, 2025		
EVENT #	EVENT	EVENT #
1	500 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13*	4 x 100 Medley Relay	14*
15**	1650 FREE	16**

SUNDAY, FEBRUARY 16, 2025		
EVENT #	EVENT	EVENT #
17	400 I.M.	18
19	200 FREE	20
21	100 FLY	22
23	50 FREE	24
25	200 BREAST	26
27	100 BACK	28
29*	4 x 100 Free Relay	30*

\*Events 13, 14, 29, 30 (Relays) shall be swum at Finals only. There shall be a 10-minute break before the start of these events.

\*\*Events 15-16 shall be swum fastest to slowest, alternating women and men, and shall begin immediately after the conclusion of the prelim session on Saturday. Athletes entered in the 1650 Freestyle shall provide their own timers and lap counters.

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

**RELAY ENTRY FORM**

<b>CLUB</b>	<b>LSC</b>	<b>CLUB ABBREVIATION</b>

**SATURDAY 2/15/2025**

<b>GENDER</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>#</b>	<b>A/B/C/D TEAM</b>	<b>RELAY TIME</b>

**SUNDAY 2/16/2025**

<b>GENDER</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>EVT#</b>	<b>A/B/C/D TEAM</b>	<b>RELAY TIME</b>

<b>COACH NAME</b>		<b># OF RELAYS</b>	
<b>COACH EMAIL</b>		<b>RELAY FEE</b>	<b>x \$20.00 EACH</b>
		<b>TOTAL</b>	<b>\$</b>



<p>Pacific Swimming SENIOR OPEN P/F          Hosted by Quicksilver Swimming          February 15-16, 2025          To be accepted, all entry information must be completely filled out. Please print!</p>												
Name: Last,			First				Middle					
Club Abbr.			UNATT TEAM ABBR				Club Name					
Age			Date of Birth				Gender M F		LSC			
USA-#												
Event #	Distance / Stroke					Entry Time			Circle One			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
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						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
						: .			SCY / LCM / SCM			
<p># of entries _____ x \$8.50 = \$ _____          Participation Fee                    \$10.00          Facility Surcharge                    \$20.00          Total                                        \$ _____</p>												
Coach Name/ Contact:												
Athlete's Address:												
Home Phone							Cell Phone					
Email												