

SUNNYVALE SWIM CLUB
PACIFIC SWIMMING 10 & UNDER SHORT COURSE CHAMPIONSHIP
SATURDAY, APRIL 26, 2025
Enter Online: <http://ome.fastswims.com>



This meet is open to all 10 & under Athletes from Pacific Swimming that meet the qualifying standards (see Eligibility section below). Athletes must be 2025 members of USA Swimming. See the **10 & Under Championships** web page on <http://www.sunn.org> for details on parking and additional meet information.

SANCTION: Held under USA/Pacific Swimming Sanction No. **25-051**

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.

Results of this meet may be posted in real-time on the [Meet Mobile App](#)

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:	Karyn Kikuta	Head Starter:	Trevor Gillis
Meet Marshal:	Yannick Gullierm	Admin Official:	Carol Waln
Meet Director:	Andrey Stepantsov (meet.director@sunn.org)		

LOCATION: Palo Alto H.S. Pool @ Palo Alto High School, 50 Embarcadero Rd, Palo Alto, CA 94301

COURSE: OUTDOOR 25 YARD pool with up to 10 lanes available for competition. Additional lanes will be available for warm-up/cool down throughout the competition. The water depth for the starting blocks ranges from 13'0" to 7'0", measured in accordance with Article 103.2.3. The Meet Host shall ensure the required course dimensions.

TIME: Warm-ups 8:00 AM - 9:15 AM. Meet begins at 9:30 AM.

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 register for as many individual events for which they qualify but will be required to scratch down to a maximum of **FOUR (4) events the day of the meet.**
- Athletes may compete in a **maximum of FOUR (4) individual events, plus up to TWO (2) relays.** Athletes may **ONLY compete in one (1) Free and one (1) Medley relay.**
- 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 deck officials must wear their USA Swimming membership cards in a visible manner.**
- All Athletes entered in the 500 Free will need to provide their own lap counters.
- A First Aid Kit and an AED will be available for medical needs.

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-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 athletes, during the meet and during warm-up period.
- 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. Changing into or out of swimsuits must be done in locker rooms or other designated areas.
- Swim meet patrons must observe and adhere to all posted signs and comply with facility staff requests.
- 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.
- **Coach tents ONLY on the pool deck, no personal tents allowed. Space outside of the pool is for personal tents.**

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 shall meet the **minimum time standard** for each entered event as indicated herein:
 - 6&Unders must have achieved a Pacific Swimming 8-UN “B” Time
<http://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf>
 - 7-8 must have achieved a Pacific Swimming 8-UN “A” Time
<http://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf>
 - 9-10 must have achieved the “BB” time in the event per the 2024-2028 USA Swimming Motivational Time Standards
<https://www.pacswim.org/userfiles/cms/documents/801/2024-2028-motivational-standards-age-group.pdf>

- **Entries with "NO TIME" will NOT be accepted.**
- 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- **This meet is open ONLY to current qualified Pacific Swimming registered athletes that are age 10 and under the day of the meet.**

ENTRY FEES:

- Individual: \$4.50 per event plus a \$10.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.
- Relays: \$9.00 per relay team.

ONLINE ENTRIES: You may enter this meet online at [FastSwims](http://ome.fastswims.com) or by U.S. mail. To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires creation of a free account and payment by credit card. [FastSwims](http://ome.fastswims.com) 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, April 16, 2025 at 11:59 PM. LATE ENTRIES WILL NOT BE ACCEPTED. NO REFUNDS.**

RELAY ENTRIES: Coaches may enter relays online through [FastSwims](http://ome.fastswims.com) or via the RELAY-ONLY Athlete's Pre-Entry Form (at the end of this document). **Entry deadline for all relays and RELAY-ONLY Athletes is Wednesday, April 16, 2025 at 11:59 PM. No late or deck-entry RELAY-ONLY Athletes will be accepted.** Each Club may enter as many relays as desired but only the two fastest relays in each age/gender group swum from each club will be scored/awarded.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best times. Entries must be postmarked by midnight, **Monday, April 14, 2025**, or hand delivered by **6:30 PM Wednesday, April 16, 2025**. NO LATE ENTRIES WILL BE ACCEPTED. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: Sunnyvale Swim Club

Mail/Hand Delivered entries to: 10&Under Champs
c/o Andrey Stepantsov
125 Connemara Way, Unit 125
Sunnyvale, CA 94087

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:

- **INDIVIDUAL** – awards will be given by age separately to 6 & under, 7, 8, 9, and 10-year-old. Athletes earning 1st, 2nd and 3rd place will receive a medal. Distinctive ribbons will be awarded for 4th through 8th places. High-point and High-point Runner-up awards will be awarded to the girls and boys with the most points scored in each age (6 & under, 7, 8, 9, 10-year-old). Individual event scoring for high-point awards will be as follows: 9, 7, 6, 5, 4, 3, 2, and 1 point(s) for 1st through 8th place, respectively by age. Events are designated as 8-UN and 9-10, except relays, but will be scored separately by age (8-UN events will be scored separately for 6 & under, 7, and 8-year-olds; 9-10 events will be scored separately for 9 and 10 year-olds).
- **RELAYS** – awards will be given to the top 3 teams per event.

****IMPORTANT****

**Awards MUST be picked up on the day of the meet by the Athlete or Club representative.
Awards will NOT be mailed unless a pre-paid envelope is provided.**

ADMISSION: Free.

PROGRAM: PDF of the program will be made available on the 10 & Under Championships web page on www.SUNN.org and on [FastSwims](#).

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working deck officials will be provided a light breakfast and lunch. Hospitality will serve refreshments to timers and volunteers.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

MINIMUM OFFICIALS:

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 and up (1 for every 25 Athletes)

**Pacific Swimming
10 & Under Short Course Championships
Saturday, April 26, 2025**

EVENT SUMMARY

INDIVIDUAL

6 & Un	7	8	9	10
25 FR	25 FR	25 FR	200 FR	200 FR
25 BR	25 BR	25 BR	100 BR	100 BR
25 FL	25 FL	25 FL	100 IM	100 IM
25 BA	25 BA	25 BA	100 FL	100 FL
100 FR	100 FR	100 FR	100 BA	100 BA
50 BR	50 BR	50 BR	500 FR	500 FR
100 IM	100 IM	100 IM	50 FR	50 FR
50 FL	50 FL	50 FL	50 BR	50 BR
50 BA	50 BA	50 BA	200 IM	200 IM
50 FR	50 FR	50 FR	50 FL	50 FL
			50 BA	50 BA
			100 FR	100 FR

RELAYS

8 & Un	10 & Un
100 Free Relay	200 Free Relay
100 Medley Relay	200 Medley Relay

**Pacific Swimming
10 & Under Short Course Championships
Saturday, April 26, 2025**

SCHEDULE OF EVENTS

Girls EVENT #	AGE GROUP	EVENT	Boys EVENT #
1	9-10	200 Free	2
3	9-10	100 Breast	4
5	8-UN	25 Free	6
7	9-10	100 IM	8
9	8-UN	25 Breast	10
11	9-10	100 Fly	12
13	8-UN	25 Fly	14
15	9-10	100 Back	16
17	8-UN	25 Back	18
19	10-UN	200 Free Relay*	20
21	8-UN	100 Free Relay	22
23	9-10	500 Free**	24
25	8-UN	100 Free	26
27	9-10	50 Free	28
29	8-UN	50 Breast	30
31	9-10	50 Breast	32
33	8-UN	100 IM	34
35	9-10	200 IM	36
37	8-UN	50 Fly	38
39	9-10	50 Fly	40
41	8-UN	50 Back	42
43	9-10	50 Back	44
45	8-UN	50 Free	46
47	9-10	100 Free	48
49	8-UN	100 Medley Relay	50
51	10-UN	200 Medley Relay*	52

Ages groups 6&UN and 7-8 will both swim under the 8-UN events.

Qualifying Time Standards:

6-UN must have achieved a Pacific Swimming 8-UN "B" Time

7-8 must have achieved a Pacific Swimming 8-UN "A" Time

<http://www.pacswim.org/userfiles/cms/documents/823/8under-time-standards.pdf>

9-10 must have achieved the "BB" time in the event per the

2024-2028 USA Swimming National Age Group Motivational Time Standards

<https://www.pacswim.org/userfiles/cms/documents/801/2024-2028-motivational-standards-age-group.pdf>

* 10-UN Relays may have 8-UN swimmers, but these 8-UN Athletes may only compete in one free and one medley relay.

** 500 Free Athletes need to provide their own lap counters

Pacific Swimming – Hosted by SUNN
 10 & Under Short Course Championships
 Saturday, April 26, 2025
 Consolidated Entry Form

Name: Last, First Middle													
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M F		LSC – (PC)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			SCY / LCM				
						: .			SCY / LCM				
						: .			SCY / LCM				
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						: .			SCY / LCM				
# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 10.00 TOTAL \$ _____													
Coach's Name:													
Coach's Email/Phone:													
Athlete's Address:													
Home Phone							Cell Phone						
Email													

RELAY ENTRY FORM

CLUB				LSC	CLUB ABBREVIATION	
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM
GENDER	AGE GROUP	EVENT	#	A TEAM	B TEAM	C TEAM
COACH NAME				# RELAYS		
				RELAY FEE	X \$9.00 EA.	
COACH EMAIL				TOTAL	\$	