

**PLEASANTON SEAHAWKS**  
**INTRASQUAD TIMED TRIALS MINI MEET FRIDAY; JANUARY 24, 2025**  
**ENTER ONLINE: <https://ome.fastswims.com/>**  
**INVITED CLUBS: PLS ONLY**



**SANCTION:** This Meet will NOT hold a sanction under USA Pacific Swimming. Therefore, the times will count for tracking purposes only. PLEASE DO NOT ENTER "NT", IF THE SWIMMER HAS SWAM AN EVENT PRIOR AND DID NOT RECEIVE A "DISQUALIFICATION" THEY HAVE A TIME. They can be located on the team website under meet results or sent personally by the Coach or Group Parent. Coaches, Swimmers & Families are encouraged to collect and save times after the Meet is complete. You will be able to hand-enter these times for use in CBA+ Meets, however they will not be saved for you by Fastswims.

It is still understood and agreed that Pleasanton Seahawks 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.

Pleasanton Seahawks cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in Pleasanton Seahawks 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.

**PLEASE NOTE: This is an Intrasquad Meet, held ONLY for members of the Pleasanton Seahawks Swim Team.  
ABSOLUTELY NO OUTSIDE TEAMS/SWIMMERS will be allowed to swim in this Meet.**

**\*\*\* Only swimmers, coaches and volunteers are permitted in the pool area during the meet. \*\*\***

**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.

<b>MEET PERSONAL:</b>	Meet Director: Coach Danelle	Admin Official: Vikram Gogte
	Meet Referee: Coach Leslie	Head Timer: Parent Volunteer TBA

**LOCATION:** Dolores Bengtson Aquatic Center, 4455 Black Avenue, Pleasanton, California 94566

**PARKING:** Limited general parking is available in the lot in front of the pool. Limited parking is available on adjacent streets. PARKING AT THE CHURCH AND POST OFFICE PARKING LOTS ACROSS THE STREET, OR IN ANY LOT OR AREA POSTED AS "NO UNAUTHORIZED PARKING" WILL RESULT IN CITATIONS AND POSSIBLE TOWING. No overnight parking or R.V. parking is allowed.

**COURSE:** Outdoor, Heated pool – 50 meters by 25 yards; up to 8 lanes available for competition. Separate lanes in the 50-meter pool will be available for warm up and warm down. Locker rooms with showers are available. Electronic starting system will be used. The minimum water depth, measured in accordance with Article 103.2.3 is 4 feet at the start end and 4 feet at the turn end. Equipment shall be installed so that it will not interfere with swimmers start, turns or finish and the normal overflow functions of the pool water recirculation system. All deck level wiring shall carry no more than 12Volts AC. The competition course has been certified in accordance with 104.2.2C(4). The copy of the certification is on file with USA Swimming.

**TIMELINE:** Check-In Starts at 5:00 PM, Check-In Ends at 6:00 PM, Warm-up at 6:00 PM, Meet Begins TBD.

**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 events are timed finals. Swimmers may compete in a maximum of four (4) individual events per day.

**DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

**UNACCOMPANIED SWIMMERS:** No unaccompanied swimmers will be allowed at this Meet; all competitors must be members of the Pleasanton Seahawks Swim Team.

**RACING STARTS:** The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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. All shelters must be properly secured. No glass containers are allowed in the meet venue. No propane heater is permitted except for snack bar/meet operations. No plastic tarps are allowed on the grass – cloth blankets only please. Only coaches, competitors, and volunteers are permitted on deck.

**ELIGIBILITY:** Swimmers must be current members of the Pleasanton Seahawks. This is an inter- squad meet, held only for members of this team. If you have trouble entering the Meet through SwimConnection, PLEASE E-MAIL YOUR COACH RIGHT AWAY. The swimmer's age will be the age of the swimmer on the day of the meet.

**ENTRY FEES:** \$5.00 per event, \$8.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ENTRIES:** ONLY Online Entries are acceptable.

**ONLINE ENTRIES:** To enter on-line go to <http://ome.swimconnection.com/> to receive an immediate entry confirmation this method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees.

**SEEDING:** This meet will be pre-seeded. Swimmers are asked to check-in with the Check-In Clerk on the pool deck, as soon as they arrive, however there will be no penalty for missing events. All events will be seeded fastest to slowest, alternating girls & boys events.

**HOSPITALITY:** Refreshments will not be offered. So please provide your swimmers with snacks and water.

**SWIM ATTIRE:** Swimmers are to come race/meet ready! If your swimmer does not have a PLS swimsuit, they are to wear a training/racing solid black, red or blue swimsuit, jammer or speedo. NO TECH SUITS. Swimmers are to have a PLS swim cap, no other team caps are ALLOWED! Please make sure your swimmer has, an extra swim cap, goggles and swimsuit. Also provide your swimmer with towels and parka.

**AWARDS:** None