

Safe Sport All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

Session Times: **Sunday, November 19th**

Warm Up: 9:30am
Events Begin: 10:00am
Projected Finish: 1:00pm

Meet Manager: Ian Mattock

Location: Sannich Commonwealth Place

Pool Set Up and Facilities:

- SCM
- 8 x 25m lanes
- Quantum-Omega electronic timing, hand actuated plungers & scoreboard
- Coffee shop available on site

Eligibility: All swimmers are required to be registered with the Pacific Coast Swimming School F.A.S.T. program

Max Number of Participants: The meet will be limited to 300 swimmers; the team entering the 300th swimmer will be accepted. (Or the meet will be limited to 1500 number of individual entries)

Entry Deadline: Entry deadline has passed, please email your scratches to imattock@pacificcoastswimming.com by 8am, on Nov 26th

Entry Fees: Free to enter, when registered with the PCS F.A.S.T. program

Meet Format:

- Timed finals

Meet Events: The event order will be as follows

Event 1: 25 fr
Event 2: 25 bk
Event 3: 25 kk
Event 4: 25 br
Event 5: 25 fly [Middle schools only]*
Event 6: 50 fr [Middle schools only]*
Event 7: Relay (TBA)

*Subject to special consideration, email myoung@pacificcoastswimming.com

Scoring Team Scoring: Based on aggregate individual points

School F.A.S.T. Meet

Nov 19th 2023
