



# 2026 Tom Hamilton Memorial Invite

Hosted by: Arroyo Grande Aquatic Club

**DATES OF MEET:** Friday, November 6 - Sunday, November 8, 2026

**HOST TEAM:** Arroyo Grande Aquatic Club

**SANCTIONED BY:** USA Swimming, Southern California Swimming, Coastal Committee

**SANCTION #:** S26-148

**ENTRY DEADLINE:** **Wednesday, October 28, 2026; 5:00 PM**

IMPORTANT TIMES			
SESSION	DECK OPENS	WARM-UP	MEET START
1 <b>Friday Timed Finals</b>	4:00 PM	4:10-5:20 PM	5:30 PM
2 <b>Saturday Prelims</b>	7:45 AM	8:00-9:20 AM	9:30 AM
3 <b>Saturday Finals</b>	-	3:30-4:20 PM	4:30 PM*
4 <b>Sunday Prelims</b>	7:45 AM	8:00-9:20 AM	9:30 AM
5 <b>Sunday Finals</b>	-	3:00-3:50 PM	4:00 PM*

*\*Finals start times are approximate and will be determined by the Meet Referee. There shall be no less than two (2) hours between the conclusion of prelims & the start of finals.*

## FACILITY INFORMATION

**DIRECTIONS:** **Arroyo Grande High School, 495 Valley Road, Arroyo Grande, CA, 93420.** Pool is directly accessible via the Fair Oaks Ave parking lot, located to the left of the gymnasium.

- **Northbound:** Take US-101 N to Traffic Way exit, turn left on Fair Oaks Ave (first light), destination is about a quarter-mile down on your left.
- **Southbound:** Take US-101 S to Fair Oaks Ave exit, turn right on Fair Oaks Ave, destination is on your left.

**PARKING:** Parking is available in the AGHS front lot on Fair Oaks Ave. Only park in marked spaces; do not park in staff parking spaces or fire lanes. Limited handicap parking spaces are available.

**COURSE:** The pool is a 33-meter by 25 yard, 13-lane outdoor heated pool. Eight lanes will be used for the competition and four lanes will be used for continuous warm-up/warm down. The competition pool at the Start and Turn End is 13 ft deep in Lane 1 and 7 ft deep in Lane 8. The competition course has been certified in accordance with 104.2.2C(4), on file with USA Swimming.

- OMEGA starting blocks with track start wedges and reaction time sensors & Spectrum backstroke wedges will be used.
- Ample deck/grass space is available for canopies and seating, bleachers will be available for spectators. Canopies may be left overnight inside the facility at your own risk. Bring tie-downs and weights to secure your canopies/structures.
- **All sessions will be run with a closed deck, the deck area behind the starting blocks & coaches tables will be limited to athletes, coaches, officials & timers. Canopies for coaches will be provided along the south side of the pool.**

**MEDICAL SUPERVISION:** STSC-certified coaches and officials on deck, AED & backboard available. For emergencies, dial '911'. Closest hospital is Arroyo Grande Community Hospital, 345 S Halcyon Road, Arroyo Grande, CA 93420 (0.9 miles from pool).

**LOCKER ROOMS & RESTROOMS:** Athlete locker rooms are located outside the southwest exit of the pool, near the gymnasium. Boys' locker room is straight down the hall and girls' locker room is to the left.  
• On-deck restrooms are for coaches & officials only, restrooms adjacent to locker rooms are for parents/adult spectators.

**TIMING EQUIPMENT:** Automatic timing (OMEGA touchpads + 2 backup buttons & stopwatch) will be used. OMEGA RBD (reaction time) platforms will be used.

**CONCESSIONS:** Concessions will be available for purchase throughout the meet at the "Snack Shack" located near the entrance to the pool. Hospitality meals, snacks and drinks will be provided to coaches and officials.

## MEET RULES & CONDUCT

**MEET REFEREE:** The meet referee, Ernie Peterson, shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to the meet referee ([erniep@kcienv.com](mailto:erniep@kcienv.com)).

- RULES:**
- USA Swimming rules will govern the meet. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form.
  - Swimmers must swim in their actual age group as determined by the age on the first day of the meet (November 6, 2026). Swimmers must be at least 7 years old by this date to enter.
  - All coaches and officials on deck must complete the CDC or NFHS Concussion course and must be in current good standing with USA Swimming in order to perform coaching duties at the meet. All coaches and officials on deck must complete the CANRA Mandatory Reporting course.

**MAAPP 3.0:** This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) 3.0:

- All interactions between coaches and athletes must be observable and interruptible.
- Coaches are not allowed to massage any athlete, even if you are a licensed massage therapist. This includes all massages, rubdowns, stretching, physical manipulation, injury rehabilitation, and the use of electronic or instrument assisted modalities such as stim treatment, dry needling, and cupping.
- Athletes, coaches, officials, and adult spectators must use their designated restrooms/changing areas throughout the meet.

**RECORDING DEVICES & MEDIA NOTICE:** The uses of audio visual recording devices, including cell phones, are NOT permitted in locker rooms, changing areas or restrooms. **Recording devices are not permitted behind the starting blocks during the starting sequence throughout the meet.** This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**DRONES:** 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.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits with bonded seams, kinetic tape, or meshed seams are not permitted at this meet for 12-Under swimmers. Tech suits may be worn by swimmers 13 years of age and older.

**DECK CHANGES:** Deck changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.



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## MEET PROCEDURE

**WARM-UP PROCEDURES:** • All lanes will be open for warm-up under the direct supervision of a current 2026-2027 USA Swimming member coach from 4:10-5:20 PM on Friday and 8:00-9:20 AM on Saturday & Sunday. Finals warm-up on Saturday and Sunday will open 1 hour prior to the determined start of the finals session. The competition area of the pool (Lanes 1-9) will close 10 minutes prior to the start of each session.  
• Warm-up rules will be announced and enforced. All swimmers must use 3-point slide entry into the pool during warm-up, no jumping or diving. No diving into the pool except for the sprint lanes directed by the Meet Referee; dive & push-pace lanes will be opened by the Meet Referee upon request. Marshals will be designated to oversee the warm-up procedure and pool. **Warm-up lanes may be assigned/flighted by team at the discretion of the Meet Referee.**

**CHECK-IN:** Each session will be pre-seeded. Swimmers are considered checked in, unless scratched prior to the scratch deadline. The scratch deadline is 30 minutes after the start of finals on Friday and Saturday for the next day's events (2:00 PM on Friday for Friday's events). Scratches must be submitted via the Virtual Clerk of Course. After the scratch deadline, swimmers will be seeded into their events and not be able to scratch. There is no penalty for a "no-show" in a prelims or timed finals event, but scratches are strongly encouraged.  
**\*\*See below for information regarding penalties for a finals session no-show.\*\***

**SEEDING:** All preliminary rounds will be **circle seeded, slow to fast**. All timed finals events (including relays) will be seeded **fast to slow**. After entries close, Meet Administration will convert non-conforming times for seeding purposes ONLY.

- FINALS:**
- **50-yard stroke events (Back, Breast, Fly) & 100 IM will have 3 heats in finals:**
    - 1) 12 & Under B Final, 2) 12 & Under A Final, 3) 13 & Over A Final
  - **50-yard Freestyle will have 5 heats in finals:**
    - 1) 12 & Under B Final, 2) 12 & Under A Final, 3) 13-14 A Final, 4) 15 & Over B Final, 5) 15 & Over A Final
  - **100-yard events (and 200 Free & 200 IM) will have 4 heats in finals:**
    - 1) 12 & Under A Final, 2) 13-14 A Final, 3) 15 & Over B Final, 4) 15 & Over A Final
  - **200-yard stroke events (Back, Breast, Fly) will have 2 heats in finals:**
    - 1) Open B Final, 2) Open A Final

All Championship (A) finals will have athlete names announced behind the blocks. Consolation (B) finals will have names announced in the water. The top 15 & Over qualifier from prelims may choose a "walk-up" song for the 15 & Over championship final introduction (or top 13&O qualifier for 50s of stroke/100 IM and top Open qualifier for 200s of stroke).

**Finals Scratch Procedure:** Swimmers must scratch or place their intent to scratch at the clerk-of-course within 30 minutes of the announcement of preliminary results. A "no-show" in Finals will result in the athlete being removed from any remaining events in that session (including relays).

**DISTANCE EVENTS:** Swimmers in the 400 IM, 1000 & 500 Free are requested to provide their own timers and 1000 & 500 Free swimmers are requested to provide lap counters. Lap counting devices will be available. **These events are TIMED FINALS and will be seeded fast to slow. The 400 IM & 1000 Freestyle will be swum mixed, but scored by gender. In the 500 Free, the top 8 seeds will swim in the PM finals session (AM can be requested prior to the scratch deadline).** AM 500 heats may be combined if needed.

**RELAYS:** Teams are permitted to enter an unlimited number of relays in each event, but only the top 2 teams from each club (as determined by the results) are eligible to score. All age groups will swim together, but results will separate 12 & Under and 13 & Over relays. 12 & Under athletes are permitted to "swim-up" on 13 & Over relays, but those relays are only eligible to score in the 13 & Over age group. There are no relay-only swimmers permitted. Relay cards will be available for coaches to pick up during the AM prelims and must be submitted behind the blocks.

**SCORING:** The following points will be awarded for 1st-16th place in finals (or timed finals) for individual events in each age group:  
20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 (Relay points are doubled.)

**AWARDS:**

- **Individual Awards:** Ribbons will be awarded to 1st-6th place for 12 & Under events. Individual High Point plaques will be awarded to the highest scoring girl & boy athlete in the following age groups: 12 & Under, 13-14, 15-18
- **Team Awards:** A team trophy and plaque will be awarded to the overall combined 1st Place team. Plaques will be awarded for the 1st place team in the Girls division & 1st place team in the Boys division.

**All awards will be issued following the conclusion of Sunday's finals session. Awards will NOT be mailed.**

**HOT HEATS:** During the prelims sessions on Saturday & Sunday, the announcer will designate random heats in each event to be "Hot Heats" where the winner will receive a commemorative Tom Hamilton Memorial Meet cap.

**LANE TIMING:** Please have parents/volunteers available to time throughout the meet. Clubs will be assigned lanes for timing during preliminary sessions based on the number of entrants. AGAC will provide timers for the majority of lanes during the Finals sessions on Saturday & Sunday and the remaining timing chairs will be "at large". Athletes competing in distance events (400 IM, 500 Free & 1000 Free) are requested to provide their own lane timers.

## MEET CONTACTS

**MEET DIRECTOR:** Kevin Virnig  
(Contact for further information) [kevin@agacswim.org](mailto:kevin@agacswim.org)

**MEET REFEREE:** Ernie Peterson  
[erniep@kcienv.com](mailto:erniep@kcienv.com)

**MEET PROCESSOR:** [meetadmin@agacswim.org](mailto:meetadmin@agacswim.org)

**ADMINISTRATIVE OFFICIAL:** Amy Sage  
[sageswimevents@gmail.com](mailto:sageswimevents@gmail.com)



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## MEET ENTRY INFORMATION

**ELIGIBILITY:** Open to athletes who hold a 2026 or 2027 USA Swimming Registration. Online registration in SWIMS 3.0 must be completed prior to the meet entry deadline. No late or deck registration will be accepted. Out-of-LSC entries will be accepted, space available; please submit a copy of registration with entry. All athletes 18 years & older must complete the free, online Athlete Protection Training prior to the meet in order to compete: [www.usaswimming.org/apt](http://www.usaswimming.org/apt). No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rules and Regulations. **Entry priority will be given to teams who RSVP ahead of time by contacting the Meet Director ([kevin@agacswim.org](mailto:kevin@agacswim.org)) with an approximate swimmer total.**

**CHANGE OF AFFILIATION:** Club transfers (unattach or attach) can only be completed online in SWIMS 3.0. At a meet, a swimmer may compete as Unattached, but is responsible for completing the Club Transfer process online in SWIMS 3.0.

**SUBMITTED TIMES:** Times submitted must be the best recorded times short course yards or long course meters from this or the preceding swim season (no workout times). Coaches and swimmers should be prepared to verify all submitted times. Discrepancies in submitted times could lead to disciplinary action. "NT" (no time) entries are permitted.

**ENTRY LIMIT:**

- Swimmers may enter up to 3 individual events and 1 relay event per day.
- Entries will be capped to meet the "4 Hour Rule" (no session shall exceed 4 hours).
- **Entries that exceed the cap will be rejected (last received, first rejected).**

**DISABILITY:** Coaches entering swimmers with disabilities that require any reasonable accommodations or modifications, including the need for personal assistants, and/or registered service animals, must provide advance notice in writing (email), accompanying their meet entry file, to the Meet Referee by the entry deadline. Failure to provide advance notice may limit the host's ability to accommodate all requests.

**ENTRY PROCEDURE:** Electronic Entry: Email entry (Hy-Tek entry .zip file) will be accepted ONLY when received with an attached .pdf file including electronic signature of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for a team entry must be postmarked within 48 hours of the email entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events for entered swimmers may be submitted by hard copy (this includes email) ONLY. New swimmers accepted by SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. Deletions will not be refunded.

**ENTRY FEES:** \$8.00 for each Individual Event, \$10.00 for each Relay Event, plus a \$20.00 surcharge per swimmer.

**OUTREACH ATHLETES:** \$15.00 flat fee. Coaches entering any qualified Outreach athletes in this meet must notify the Meet Admin when sending their team entry report and file, listing the athlete's name.

Entry fees must accompany each individual entry to the address below. NO REFUNDS. Returned checks will incur a service fee per SCS policy.

**MAKE CHECKS PAYABLE TO: ARROYO GRANDE AQUATIC CLUB**

**EMAIL ENTRIES TO:** [meetadmin@agacswim.org](mailto:meetadmin@agacswim.org)

**MAIL TEAM PAYMENT TO:** AGAC c/o Kevin Virnig  
P.O. Box 1825  
Pismo Beach, CA 93448

**ENTRY DEADLINE:** Entries must be received by the meet processor **NO LATER THAN 5:00 PM WEDNESDAY, OCTOBER 28th, 2026**. If the meet fills to the "4 Hour Rule" prior to the deadline, entries will be rejected (last received, first rejected).

## USA SWIMMING MEET 360

- Permanently suspended or ineligible individuals cannot be present on deck, coach, or perform any function at a meet requiring USA Swimming membership.
- During registration, ensure all coaches, officials, trainers, massage therapists, LSC or host club staff, and medical professionals show proof of current USA Swimming membership (e.g., require them to show their Membership Card via the USA Swimming app) at registration. If such an individual cannot demonstrate proof of membership in good standing, deck access will not be granted. Individuals permanently suspended or ineligible can be spectators at a meet and may be in the stands.
- Violators shall be reported to the Meet Director or Meet Referee, who can then direct that individual to the spectator area. A subsequent report should also be made to USA Swimming.
- A quality control system has been implemented to ensure that individuals who are ineligible for participation are unable to participate in this competition. Additionally, all adult members of USA Swimming who have not completed their Athlete Protection Training will not be able to participate in this competition.
- Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at [www.uscenterforsafesport.org/report-a-concern](http://www.uscenterforsafesport.org/report-a-concern). Various state laws may also require reporting to law enforcement or to a designated child protection agency.
- For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct, and the Minor Athlete Abuse Prevention policy, please visit [www.usaswimming.org/report](http://www.usaswimming.org/report).
- 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.
- Current USA Swimming rules, including the current Minor Athlete Abuse Prevention Policy govern this meet.



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## ORDER OF EVENTS

FRIDAY, NOVEMBER 6, 2026				FRIDAY PM NOTES
GIRLS		BOYS		
EVENT #	AGE GROUP	EVENT	EVENT #	
1	OPEN (11 & OVER)	400 Yd Individual Medley*	1	* Athletes are requested to provide their own timers & lap counters (1000 FR). Individual events will be swum mixed but scored by gender.  ** Relay teams on Friday must provide their own timers.
2	OPEN (11 & OVER)	1000 Yd Freestyle*	2	
3	7-12 13 & OVER	400 Yd Freestyle Relay**	4	
SATURDAY, NOVEMBER 7, 2026				SATURDAY PRELIMS NOTES
GIRLS		BOYS		
EVENT #	AGE GROUP	EVENT	EVENT #	
5	7-12 13-14 15 & OVER	200 Yd Freestyle	6	<ul style="list-style-type: none"> <li>Swimmers may enter up to 3 individual events and 1 relay per day.</li> <li><b>50 Fly &amp; 50 Breast Finals Heats (3):</b> <ol style="list-style-type: none"> <li>1) 12 &amp; Under "B"</li> <li>2) 12 &amp; Under "A"</li> <li>3) 13 &amp; Over "A"</li> </ol> </li> <li><b>200 Free, 100 Back &amp; 200 IM Finals Heats (4):</b> <ol style="list-style-type: none"> <li>1) 12 &amp; Under "A"</li> <li>2) 13-14 "A"</li> <li>3) 15 &amp; Over "B"</li> <li>4) 15 &amp; Over "A"</li> </ol> </li> <li><b>200 Breast &amp; 200 Fly Finals Heats (2):</b> <ol style="list-style-type: none"> <li>1) Open "B"</li> <li>2) Open "A"</li> </ol> </li> </ul> <p>* Relays are timed finals and will be swum at the end of the PM Finals.</p>
7	7-12 13 & OVER	50 Yd Butterfly	8	
9	OPEN (11 & OVER)	200 Yd Breaststroke	10	
11	7-12 13-14 15 & OVER	100 Yd Backstroke	12	
13	7-12 13-14 15 & OVER	200 Yd Individual Medley	14	
15	7-12 13 & OVER	50 Yd Breaststroke	16	
17	OPEN (11 & OVER)	200 Yd Butterfly	18	
19	7-12 13 & OVER	200 Yd Medley Relay*	20	
SUNDAY, NOVEMBER 8, 2026				
GIRLS		BOYS		
EVENT #	AGE GROUP	EVENT	EVENT #	
21	7-12 13-14 15 & OVER	100 Yd Freestyle	22	<ul style="list-style-type: none"> <li><b>50 Back &amp; 100 IM Finals Heats (3):</b> <ol style="list-style-type: none"> <li>1) 12 &amp; Under "B"</li> <li>2) 12 &amp; Under "A"</li> <li>3) 13 &amp; Over "A"</li> </ol> </li> <li><b>100 Free, 100 Fly &amp; 100 Breast Finals Heats (4):</b> <ol style="list-style-type: none"> <li>1) 12 &amp; Under "A"</li> <li>2) 13-14 "A"</li> <li>3) 15 &amp; Over "B"</li> <li>4) 15 &amp; Over "A"</li> </ol> </li> <li><b>200 Back Finals Heats (2):</b> <ol style="list-style-type: none"> <li>1) Open "B"</li> <li>2) Open "A"</li> </ol> </li> <li><b>50 Free Finals Heats (5):</b> <ol style="list-style-type: none"> <li>1) 12 &amp; Under "B"</li> <li>2) 12 &amp; Under "A"</li> <li>3) 13-14 "A"</li> <li>4) 15 &amp; Over "B"</li> <li>5) 15 &amp; Over "A"</li> </ol> </li> </ul> <p>* Relays are timed finals and will be swum at the end of the PM Finals.</p> <p>** 500 Free is a timed finals event. Athletes are requested to provide their own timers &amp; lap counters. The top 8 seeds will swim in finals, unless AM is requested. The remaining heats will be swum at the end of prelims.</p>
23	OPEN (11 & OVER)	200 Yd Backstroke	24	
25	7-12 13 & OVER	100 Yd Individual Medley	26	
27	7-12 13-14 15 & OVER	100 Yd Butterfly	28	
29	7-12 13 & OVER	50 Yd Backstroke	30	
31	7-12 13-14 15 & OVER	100 Yd Breaststroke	32	
33	7-12 13-14 15 & OVER	50 Yd Freestyle	34	
35	OPEN (11 & OVER)	500 Yd Freestyle**	36	
37	7-12 13 & OVER	200 Yd Freestyle Relay*	38	

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## HOTEL RECOMMENDATIONS



### Hampton Inn & Suites Arroyo Grande/Pismo Beach Area

Location: Approx. 6 min drive from pool (2.9 mi)

- Free Wi-Fi
- Free Breakfast
- Free Parking

Website/Booking:

<https://www.hilton.com/en/hotels/sloaghx-hampton-suites-arroyo-grande-pismo-beach-area/>



### The Agrarian Hotel, Best Western Signature Collection

Location: Approx. 3 min drive from pool (1.0 mi)

- Free Wi-Fi
- Free Breakfast
- Free Parking

Website/Booking:

[https://www.bestwestern.com/en\\_US/book/hotel-rooms.05757.html](https://www.bestwestern.com/en_US/book/hotel-rooms.05757.html)



### Hilton Garden Inn San Luis Obispo/Pismo Beach

Location: Approx. 6 min drive from pool (3.3 mi)

- Free Wi-Fi
- Free Parking

Website/Booking:

<https://www.hilton.com/en/hotels/slopbgi-hilton-garden-inn-san-luis-obispo-pismo-beach/>



### Best Western Casa Grande Inn

Location: Approx. 5 min drive from pool (2.6 mi)

- Free Wi-Fi
- Free Continental Breakfast
- Free Parking

Website/Booking:

[https://www.bestwestern.com/en\\_US/book/hotel-rooms.05391.html](https://www.bestwestern.com/en_US/book/hotel-rooms.05391.html)



### Holiday Inn Express Grover Beach/Pismo Beach Area

Location: Approx. 5 min drive from pool (2.6 mi)

- Free Wi-Fi
- Free Breakfast
- Free Parking

Website/Booking:

[https://www.ihg.com/holidayinnexpress/hotels/us/en/grover-beach/gvbc/hoteldetail?cm\\_mmc=GoogleMaps--EX--US--GVBCA](https://www.ihg.com/holidayinnexpress/hotels/us/en/grover-beach/gvbc/hoteldetail?cm_mmc=GoogleMaps--EX--US--GVBCA)