



## Letter to Participants

### PUMPKIN PLUNGE C/B/A+ • OCTOBER 23–25, 2026

**Welcome!** We look forward to seeing everyone at the Pumpkin Plunge C/B/A+ at Ives Pool in Sebastopol, CA. Meet info can be found at the following links:

[Meet Sheet](#)  
[Estimated Timeline](#)

**Facility:** Ives Pool is a 6-lane 25 yard pool. We will use a small adjacent pool (4 lanes x 15 yards) for warmups throughout the meet. **Pets**, (with the exception of service animals), **including dogs and other animals are NOT allowed on the pool deck.**

**Bathrooms:** The on-deck pool bathrooms will be available for swimmers throughout the meet. Adult bathrooms are located in the park by Lane 1 on the back-side of the solar-panel building.

**Traffic Advisory:** Highway 37 is scheduled to close in both directions between Mare Island and Sears Point from Friday, October 23 at 10 PM through Monday, October 26 at 5 AM. Plan an alternate route and allow extra travel time for both meet days. Work is weather dependent. [Caltrans advisory and detour maps](#)

**Parking:** Please note that this facility is located in a neighborhood and parking is limited. The best drop-off location is the top of the stairs on Willow Street so swimmers can walk through the side-gate at the bottom of the stairs which will take them directly to the Clerk of the Course.

There may not be parking at the Sebastopol Center for the Arts 282 S. High Street, as this building can be rented for special events, however, there is a public lot across the street. [Use this link](#) for parking maps, street maps & walking maps of Sebastopol.

**Tents and Team Setup:** Team tents will be allowed on the upper pool deck. Additional space may be available in the park surrounding the pool.

**Warmup Info:** Friday, October 23: warmups 4:00–4:45 PM. On Saturday & Sunday, general warmups run 11:00–11:30 AM we will be running **all 6 lanes as one-way race start lanes from 11:30-11:45 AM** (toward the end of the warmup session), to keep the dive lanes short and so that all swimmers can get starts without long lines.

**Meet Mobile:** Meet mobile will have heat and lanes, but please note, meet mobile is only as good as the WIFI service linked to the meet computer. There will also be printed heat/lane assignments posted throughout the meet.

**Seeding & Awards:** For this meet, each event will be seeded by time, irrespective of gender or age, however, events will be awarded & scored separately (by gender and age-groups). The Psych Sheet shows the multi-age group split for each event. Please save the link to the meet program, as we will not have additional printed copies at the meet.

**Snack Bar:** Our snack bar will be available throughout the day with drinks/snacks/lunch items and will be able to take cash & credit cards.

**Vendors:** A t-shirt vendor is scheduled to be on-site selling attire.

**Check-in/Clerk of the Course:** Opens at 10:45 AM Saturday and Sunday. This meet is deck seeded. No event shall close more than 30 minutes before the scheduled start of the session.

Prior to 1:30 PM, close of check-in shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. All remaining events for that day shall be closed at 1:30 PM.

#### Timing Assignments:

| Team | Saturday Timers Needed | Saturday Lane Assignments | Sunday Timers Needed | Sunday Lane Assignments |
|------|------------------------|---------------------------|----------------------|-------------------------|
| AC   | 2                      | 6                         | 2                    | 6                       |
| SFSL | 1                      | 2                         | 2                    | 2 & 4                   |
| SMST | 5                      | 1 & 2                     | 4                    | 1 & 2                   |
| SRN  | 2                      | 4                         | 2                    | 4 & 5                   |
| TCA  | 2                      | 5                         | 1                    | 5                       |
| TOC  | 3                      | 3                         | 4                    | 2 & 3                   |
| WANV | 1                      | 6                         | 1                    | 6                       |
| YPAC | 2                      | 4 & 5                     | 2                    | 4 & 5                   |

Keep assigned positions filled throughout the session; teams may rotate volunteers. SMST: Saturday, 3 timers in Lane 1 and 2 in Lane 2; Sunday, 3 in Lane 1 and 1 in Lane 2. TOC Sunday: 1 in Lane 2 and 3 in Lane 3. **Athletes in the 1650/500 Free provide their own timers and lap counters.**

**Meet Officials:** Apprentice officials who are (a) registered with USA-S; (b) have completed APT; (c) Have passed their background check; (d) Have taken the on-line Stroke & Turn clinic and have passed the test; **and** (e) are in proper uniform will count against the minimum officials requirement. Please have those apprentice officials contact Zone 3 Officials Co-Chair Sarah Obbagy ([sobbagy@pacswim.org](mailto:sobbagy@pacswim.org)) prior to the meet.

| Team | Officials Saturday | Officials Sunday |
|------|--------------------|------------------|
| AC   | 1                  | 1                |
| SFSL | 1                  | 1                |
| SMST | 2                  | 2                |
| SRN  | 1                  | 1                |
| TCA  | 1                  | 1                |
| TOC  | 2                  | 2                |
| YPAC | 1                  | 1                |