



Woodlands

INVITATIONAL 2026



MEET PROGRAM

JULY 11TH & 12TH 2026

BLACKHAWK
DANA HILLS SWIM TEAM
DANVILLE SEA DEVILS
DEL AMIGO SWIM TEAM
DIABLO COUNTRY CLUB
LARKEY SHARKS
LIVORNA DOLPHINS
RANCHO SAN MIGUEL SWIM TEAM
ROUND HILL COUNTRY CLUB
SCOTTSDALE SWIM CLUB
SYCAMORE STINGRAYS SWIM TEAM
WALNUT HEIGHTS OTTERS
WALNUT CREEK SWIM CLUB
WOODLANDS SWIM TEAM
YGNACIO WOOD SWIM TEAM



WELCOME TO THE 62ND ANNUAL WOODLANDS INVITATIONAL SWIM MEET!

Welcome to the Woodlands Invitational! We're excited to host 15 teams from across Contra Costa County for an unforgettable weekend of fast swimming, friendly competition, and great sportsmanship.

A heartfelt thank you to our volunteers, officials, coaches, and team leaders whose time and dedication make this meet possible. Your support is what brings this event to life.

To all of our swimmers—congratulate yourselves on earning your place here. Enjoy the experience, cheer on your teammates, and give it your all in the pool.

Good luck, and have a fantastic meet!

Harry Ein & Brianna Fitchett
Woodlands Invitational Directors

Katie Devney & Alexis Grillo
Woodlands Swim Team Directors

ORDER OF EVENTS

SATURDAY, JULY 11TH

Girls Event #	Age Group & Event Description	Boys Event #
1	15-18 // 50 Freestyle Trials	2
3	6&U // 25 Freestyle Trials	4
5	7-8 // 25 Freestyle Trials	6
7	9-10 // 50 Freestyle Trials	8
9	11-12 // 50 Freestyle Trials	10
11	13-14 // 50 Freestyle Trials	12
13	15-18 // 100 Freestyle Trials	14
15	6&U // 25 Breaststroke Trials	16
17	7-8 // 25 Breaststroke Trials	18
19	9-10 // 50 Breaststroke Trials	20
21	11-12 // 50 Breaststroke Trials	22
23	13-14 // 50 Breaststroke Trials	24
25	15-18 // 100 Breaststroke Trials	26
27	11-12 // 100 Individual Medley-Timed Final	28
29	13-14 // 100 Individual Medley-Timed Final	30
31	15-18 // 100 Individual Medley-Timed Final	32

*Following the conclusion of Event #32, there will be a 45-minute to 1 hour break.
Immediately following the break, Finals for events #1-26 will be held.
Medley Relay Timed Finals will follow in the order shown below.*

Girls Event #	Age Group & Event Description	Boys Event #
33	6&U // 100 Medley Relay-Timed Final	34
35	7-8 // 100 Medley Relay-Timed Final	36
37	9-10 // 200 Medley Relay-Timed Final	38
39	11-12 // 200 Medley Relay-Timed Final	40
41	13-14 // 200 Medley Relay-Timed Final	42
43	15-18 // 200 Medley Relay-Timed Final	44

ORDER OF EVENTS

SUNDAY, JULY 12TH

Girls Event #	Age Group & Event Description	Boys Event #
45	6&U // 25 Backstroke Trials	46
47	7-8 // 25 Backstroke Trials	48
49	9-10 // 50 Backstroke Trials	50
51	11-12 // 50 Backstroke Trials	52
53	13-14 // 50 Backstroke Trials	54
55	15-18 // 100 Backstroke Trials	56
57	6&U // 25 Butterfly Trials	58
59	7-8 // 25 Butterfly Trials	60
61	9-10 // 50 Butterfly Trials	62
63	11-12 // 50 Butterfly Trials	64
65	13-14 // 50 Butterfly Trials	66
67	15-18 // 100 Butterfly Trials	68
69	7-8 // 100 Individual Medley-Timed Final	70
71	9-10 // 100 Individual Medley-Timed Final	72

*Following the conclusion of Event #72, there will be a 45-minute to 1 hour break.
Immediately following the break, Finals for events #45-68 will be held.
Free Relay Timed Finals will follow in the order shown below.*

Girls Event #	Age Group & Event Description	Boys Event #
73	6&U // 100 Free Relay-Timed Final	74
75	7-8 // 100 Free Relay-Timed Final	76
77	9-10 // 200 Free Relay-Timed Final	78
79	11-12 // 200 Free Relay-Timed Final	80
81	13-14 // 200 Free Relay-Timed Final	82
83	15-18 // 200 Free Relay-Timed Final Women	
	15-18 // 400 Free Relay-Timed Final Men	84

KERMIT'S CAFE

BREAKFAST

Breakfast Burrito	\$10
Donut	\$3
Boichik Bagel w/ Cream Cheese	\$5
Muffin	\$3
Organic Hard Boiled Egg	\$2

SNACKS

Chips	\$2
Trail Mix	\$3
Cup of Fresh Fruit	\$5
Yogurt Parfait w/ Fruit & Organic Granola	\$6
Assorted Candy	\$2-4

LUNCH

Steak Sandwich	\$12
Pulled Pork Sandwich	\$11
Bratwurst w/ Grilled Onions & Peppers	\$10
Caesar Salad	\$8
with Steak	\$13
with Chicken	\$11
Southwest Chicken Salad	\$11
Southwest Steak Salad	\$13
Hamburger	\$7
Cheeseburger	\$8
Impossible or Beyond Burger	\$8
Hot Dog	\$6
Round Table Pizza (Cheese or Pepperoni)	\$5
Cup of Noodles	\$4

MAKE IT A MEAL DEAL

ADD \$3

to the price of any lunch item
and get a soda or water and a
bag of chips

ADD \$4

to the price of any lunch item
and get a Gatorade and a bag
of chips

DRINKS

Bottled Water	\$1.50	Starbucks Coffee	\$3.50
Soda	\$2.50	Iced Tea	\$3.50
Gatorade	\$3.50	Hot Tea	\$2.50
Iced Coffee	\$3.50	Hot Chocolate	\$2.50

CASHLESS PAYMENTS ONLY.

Woodlands

INVITATIONAL 2026

MEET MERCH

T-SHIRT	\$25
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HOODIE	\$40
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T-SHIRT + HOODIE COMBO	\$60
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TRUCKER HAT	\$20
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BASEBALL HAT	\$20
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MENS TANK TOP	\$20
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WOMENS TANK TOP	\$20
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CASHLESS PAYMENTS ONLY.

WARM UP TIMES & LANES

For pre-meet warm up each team may assign swimmers to either pool to their assigned lanes and time permitted.

SATURDAY, JULY 11TH

Lanes 1, 2 and 3

7:20–7:30 // Larkey
7:30–7:40 // Blackhawk
7:40–7:50 // Walnut Creek SC
7:50–8:00 // Woodlands
8:00–8:10 // Dana Hills
8:10–8:20 // Rancho San Miguel
8:20–8:30 // Del Amigo
8:30–8:40 // Danville Sea Devils
8:40–8:50 // Round Hill

Lanes 4, 5 and 6

7:20–7:30 // Ygnacio Woods
7:30–7:40 // Blackhawk
7:40–7:50 // Sycamore
7:50–8:00 // Diablo Country Club
8:00–8:10 // Livorna
8:10–8:20 // Rancho San Miguel
8:20–8:30 // Walnut Heights
8:30–8:40 // Danville Sea Devils
8:40–8:50 // Scottsdale

SUNDAY, JULY 12TH

Lanes 1, 2 and 3

7:20–7:30 // Dana Hills
7:30–7:40 // Round Hill
7:40–7:50 // Walnut Heights
7:50–8:00 // Livorna
8:00–8:10 // Diablo Country Club
8:10–8:20 // Danville Sea Devils
8:20–8:30 // Woodlands
8:30–8:40 // Sycamore
8:40–8:50 // Blackhawk

Lanes 4, 5 and 6

7:20–7:30 // Dana Hills
7:30–7:40 // Round Hill
7:40–7:50 // Del Amigo
7:50–8:00 // Scottsdale
8:00–8:10 // Rancho San Miguel
8:10–8:20 // Larkey Sharks
8:20–8:30 // Woodlands
8:30–8:40 // Walnut Creek SC
8:40–8:50 // Ygnacio Wood

AFTERNOON SESSION/FINAL WARMUP

Prior to Finals, we will have an "OPEN" warm-up for all teams. We will open up DIVE lanes that must be monitored by a coach for all ages. Pre-finals warm-up will close 10 minutes prior to the start of final session.



TIMER LANE ASSIGNMENTS

LANE 1

Dana Hills

Walnut Heights

Danville Sea Devils

LANE 2

Rancho San Miguel

Diablo Country Club

Blackhawk

LANE 3

Dana Hills

Blackhawk

Livorna

LANE 4

Ygnacio Wood

Larkey Sharks

Round Hill

LANE 5

Rancho San Miguel

Scottsdale Swim Club

Round Hill

LANE 6

Walnut Creek Swim Club

Sycamore Swim Team

Danville Sea Devils

Please Note:

1. Each team will be responsible for **1-2 timers** for the entire meet.
2. **Three timers** will be used per lane, each with a timing button.
 - a. One timer will also use a **stopwatch**.
 - b. Another timer will record the stopwatch time on the recorder's sheet.
 - c. **One of the timers also serves as the recorder.**
3. Races can be decided by **fractions of a second**. Please assign **experienced timers** for accuracy.
4. **Check-in Times:**
 - a. **Morning shift: 8:45 a.m.**
 - b. **Afternoon shift:** Just after the lunch break (~1:30 p.m.) Please ensure all positions remain covered to avoid delays during the meet.

CLERK OF THE COURSE INFO

- Our clerk of the course will be located in the back corner of the pool, behind the blocks. Swimmers will enter from the Longleaf Drive side; there is no entry from the side parallel to the competitive pool.
- Clerk of course is swimmers only; coaches remain with their teams this year, aside from 8&U relays. One coach will enter the clerk with each 6&U and 7-8 relay and remain with the relay until they swim. Athletes will be admitted by event by a marshal and then be seated by clerk staff prior to going to the blocks.
- For all events (trials, finals, I.M. and relays) swimmers not seated with their fellow competitors inside the Clerk of the Course area prior to the FIRST heat of their event being released to the blocks will be considered a "no show" and will be scratched by the Clerk.
- Events will be called to the clerk by our announcer and shared via X (@invitationalWST).
- 8 and under swimmers will be diving from the deep end of the pool.
- 8 and unders must be labeled with heat and lane to enter the clerk.

TIME DROPS **LIVE!**



CODE: 7829

"2026 WOODLANDS INVITATIONAL"

WANT TO KNOW
WHAT EVENTS ARE
BEING CALLED?

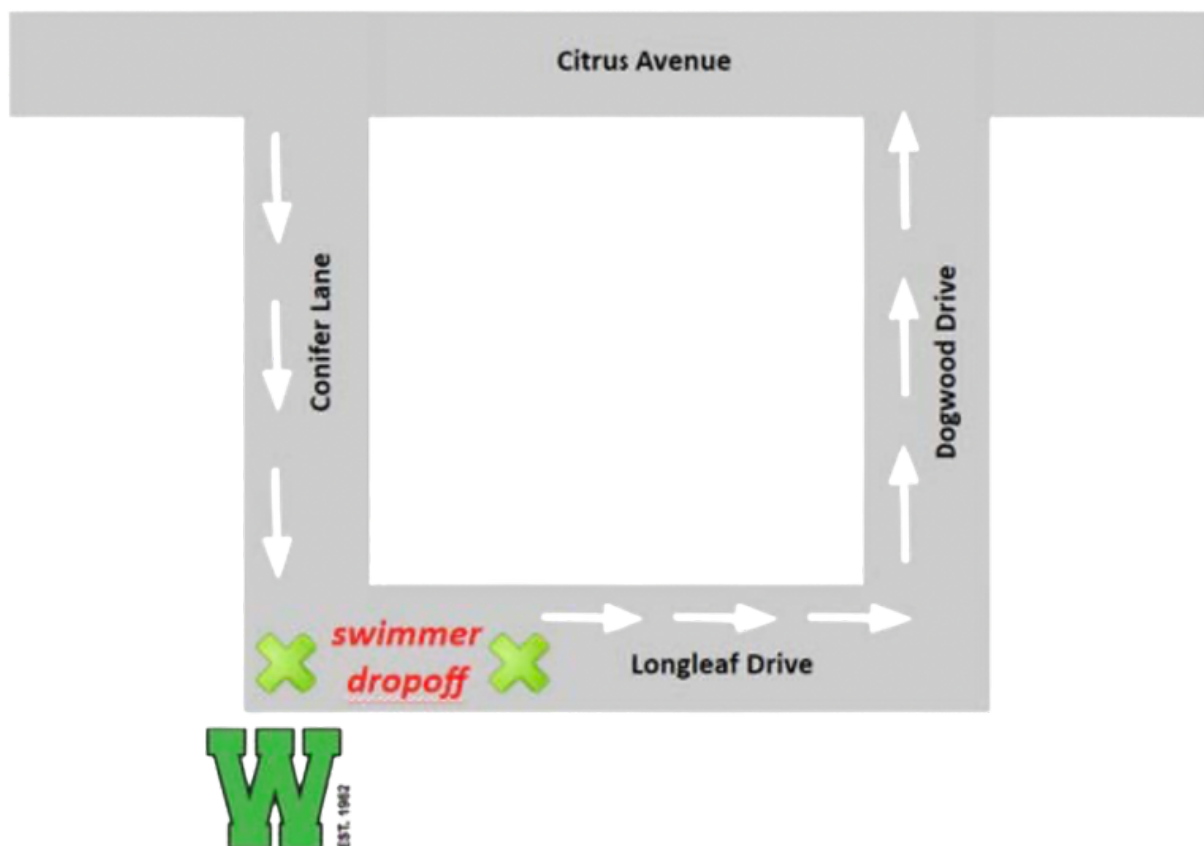
*Follow us on X for live
Calls to the Clerk of the
Course, posted throughout
the meet.
Find us: [@invitationalWST](https://twitter.com/invitationalWST)*



MEET INFORMATION

PARKING

- We all know how crazy the parking can be at Invitational. We have a loading and unloading zone in front of the pool. To help with traffic flow, we ask that drivers enter via Conifer Lane and exit Dogwood Drive for drop off.
- There will be no RV parking in front of the pool; this is to ensure the comfort and safety of the teams sitting immediately outside the club.
- Please drive slowly on these streets, we have seen extremely close calls and we do not want to see anyone hurt.
- No parking in the Citrus Walk condominium development next to the club.



POOL OPENS FOR TEAM AREA SETUP

Saturday, July 11th at 7:00am

MEET INFORMATION, CONT

LOCATION

Woodlands Cabana Club, 111 Longleaf Drive, Walnut Creek

COURSE

25-yard pool with 6 lanes. A separate pool will be available during the meet for 9 and up swimmers only. This pool is only for warm-up prior to or warm-down following the swimmer's event. Swimmers will be considered to be warming up and warming down while actively circle swimming. Swimmers must enter the pool feet first. No starts (forward, backstroke or relay) will be permitted. The lifeguards & marshals will have the authority to remove any swimmer not conforming to these rules and/or behaving in an unsafe manner.

TIME

Meet begins at 9:00 a.m. on both days. Swimmers in the first two (2) events must be checked in to the Clerk of the Course Area no later than 8:55 a.m. Thereafter, swimmers should check in to the Clerk of the Course area when called by the Clerk (announced on X @invitationalWST). Timers, Recorders and Meet Officials are to be present and checked in by 8:45 a.m. so the meet can start promptly at 9:00 a.m.

ENTRIES

All swimmers must swim in their own age group as determined by their age on June 15, 2026. Swimming up an age group is not permitted. Teams are limited to a maximum of three (3) scoring entries per individual event, with the I.M. considered an individual event. Individual swimmers are limited to a maximum of two (2) individual events and two (2) relays. Each team is allowed to enter one relay for each relay event. We will be swimming the 15-18 50 Free. Following the "County Meet" guidelines, swimmers are eligible to swim both the 50 Free and 100 Free.

MEET INFORMATION, CONT

RULES

The Head Referee shall have full authority over all officials, shall enforce all applicable rules, and shall decide all questions relating to the actual conduct of the meet. The Head Referee will be the final authority on any protest. Current USA rules will govern strokes, turns, starts, finishes, etc., with compliance enforced by the referees, starters, and stroke and turn judges. For ages 9 and up, "Flyover" starts will be used during trials. USA Swimming rules will be held with following exceptions:

- Each team is responsible for ensuring swimmers' timely report to the Clerk of the Course when seating for their event is announced.
- For all events (trials, finals, I.M. and relays) swimmers not seated with their fellow competitors inside the Clerk of the Course area prior to the FIRST heat of their event being released to the blocks, will be considered a "no show" and will be scratched by the Clerk.
- In events with trials and finals, the finalists will consist of the twelve (12) fastest swimmers from the trials portion of the event plus two (2) alternates. The six (6) fastest swimmers will compete in the Final heat and swimmers seeded 7th through 12th will swim in the Consolation Final heat. Alternates will only be moved into the Consolation Final if there is a no-show. The Consolation Final heat will not be reseeded and the alternate will swim in the lane previously assigned to the "no show" swimmer.
- If six (6) or fewer swimmers are entered in the trials of an individual event, no trial heat will be held and that event will move to the finals seeded by entry times.
- The I.M. events are timed finals. Swimmers placing 1st- 12th will be scored.
- 6 & Unders will be expected to swim 100% legal strokes 100% of the time.
- Any swimmer starting before the starting signal is given shall be disqualified if the Referee independently observes and confirms the Starter's observation that a violation occurred. Swimmers remaining on the starting blocks shall be relieved from their starting positions with the 'stand up' command and may step off the blocks. The swimmer who has started before the starting signal is given shall be permitted to participate in the race and shall be disqualified upon completion of the race.
- In the case of relay substitutions, teams need to fill out a relay card with the correct swimmer names and swimmer order and send it with the relay to the clerk of course. The leadoff relay swimmer will hand the new relay card to the chief lane timer prior to the start of the race.

MEET INFORMATION, CONT

RULES, CONT

Swimsuits: We will be following all USA Swimming suit guidelines, including the tech-suit restrictions for 12 & under swimmers. Please visit contracostacountymeet.com for more tech suit information

JUDGING

There will be three (3) push button timers per lane. If there is a tie for 6th or 12th place (or one of the alternate positions) in a preliminary heat, a swim-off will be held to determine the finalist/consolation finalist (and/or alternates). If there is a tie during a final or timed final event, duplicate awards will be given for that place. Points for that place and the next lower place will be added and one half awarded to each tied competitor. In cases of a disputed time, the Head Referee will evaluate the available information including the Head Timer's watch time and overall place judging to determine the order of finish.

RELAYS

Relay events are timed finals. Teams placing in 1st through 6th will be scored.

RESTRICTIONS

Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet and during the warm-up periods including, but not limited to the team areas. Sale and use of alcoholic beverages, barbecue grills, and glass containers are prohibited in all areas of the Woodlands Cabana Club.

SAFETY

Any behavior deemed by a Meet Marshal or the Directors to be unsafe will not be tolerated. The Meet Marshal or the Directors shall have the authority to eject anyone behaving in an unsafe manner from the Cabana Club grounds and recommend to the Head Referee that such individuals be removed from further competition in the meet. The following items are NOT ALLOWED in the Cabana Club: glass, alcohol, illegal substances, animals, bikes, skateboards, rollerblades, skates, scooters or propane heaters.

MEET INFORMATION, CONT

TEAM SCORING

Individual Events will be scored 1st through 12th place as follows:

Championship Heat - 16, 13, 12, 11, 10, 9

Consolation Finals - 7, 5, 4, 3, 2, 1

Relay Events will be scored 1st through 6th place as follows: 32, 26, 24, 22, 20, 18

AWARDS

Awards will be distributed as follows:

- Individual Finals: Medals for 1st – 6th place
- Individual Consolation Finals: Medals for 1st – 6th place
- Relay Events: Medals 1st – 6th place
- High point individual trophies will be given to one boy and one girl from each age group based on the points earned in their individual events. In case of a tie, duplicate awards will be given.
- Team Trophies will be given to 1st through 4th place teams
- Fran High & Walt Hoy Awards are awarded to the outstanding boys' (Walt Hoy) and girls' (Fran High) relay teams. They are awarded to a team that breaks the record by the largest percentage. These awards are only given if a relay record is broken.
- High point and team trophies will be presented in an awards ceremony following the finals on Sunday. All medals and ribbons will be given to the appropriate coach within 30 minutes following the finals on Sunday.

SNACK BAR

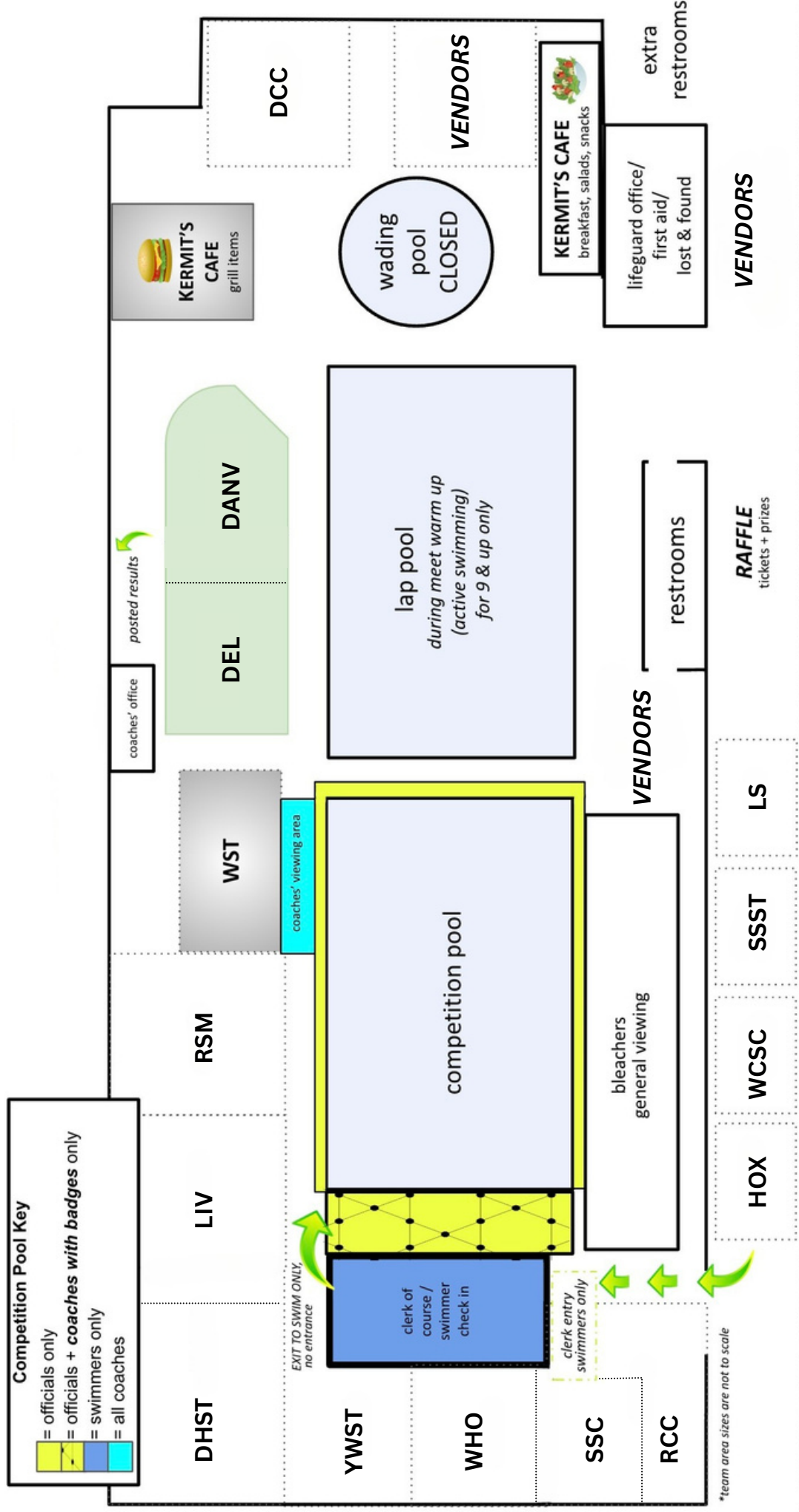
For your convenience, Kermit's Café and various other snack locations will be serving breakfast, lunch and snacks throughout the meet.

WOODLANDS INVITATIONAL

OFFICIALS & CHAIRPERSONS

INVITATIONAL DIRECTOR	Harry Ein Brianna Fitchett	AWARDS	Emelyne Interior-Costa Vanessa Klein
HEAD REFEREE	Christian Claytor	HOSPITALITY	Maria Tsakoyias Costa Tsakoyias
DECK REFEREES	Ryan Sullivan Doug Mohrland	WEE TEAM	Adam Wood
STARTERS	Stephen Howarter Ryan Sheehy	TREASURER	Melissa Porter
ENTRIES/DESK	Tom Lancaster Diego Varela	GRILL MASTER	Wilson Lee Mike Chin
HEAD STROKE & TURN	Katy Montana	SETUP & TAKE DOWN	Ryan Sargent Jason Stroh
ANNOUNCER	Steve Miller Fernando Maldonado	KERMIT'S CAFE	Amy Graham Karri Wells
HEAD TIMER	Chris Chenault	RAFFLE	Lisa Giron Amanda Loushin

MAP



VENDORs

Longleaf Drive

swimmer loading & unloading zone

SPONSORS

PLATINUM SPONSORS



GOLD SPONSORS



BRONZE SPONSORS



VENDORS

Teaspoon | Helping Hands Tattoo | Big Kahuna Shave Ice

RISTORANTE**PIZZERIA**

USEFUL (OR USELESS) ITALIAN TRIVIA



In almost any café in Italy, the price of coffee, a cocktail, or a glass of wine varies in relation to where you drink it: lowest if you order and stand at the bar, higher if you want to sit at a table, and highest if the table you choose is on the sidewalk or terrace, rather than indoors.

The name espresso derives from both esprimere, which is Italian for “pressed out,” and from the fact that coffee was initially sold to commuters as they boarded the express train in Milan.

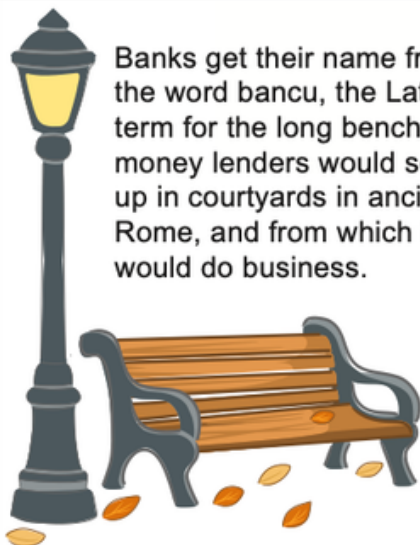


The term “paparazzi” comes from Fellini’s *La Dolce Vita*; in the film, Marcello Mastroianni writes a gossip column and Walter Santesso plays his co-worker, a tabloid photographer whose name is Paparazzo.

The canning process for herring was developed in Sardinia, which is why canned herring are more commonly called sardines.



Banks get their name from the word *bancu*, the Latin term for the long bench that money lenders would set up in courtyards in ancient Rome, and from which they would do business.



The abbreviation for pound is “lb” because in ancient Rome, the value of a sack of coins was determined by weight, weight was measured in *libras*, and the *libra*, in records kept in Latin, was as “lb.”

A muskmelon that was brought from Armenia to Italy in the fifteenth century was planted and cultivated in the gardens of a papal estate near Rome. The estate was *Cantaluppi*, so the fruit crop that resulted became known as cantaloupe.



**MEANWHILE AT ROCCO'S IN WALNUT CREEK ...
WE ARE CELEBRATING 25 YEARS! 1999-2024
GRAZIE E TUTTI**

ROCCOSPIZZERIA.COM

2909 YGNACIO VALLEY RD WALNUT CREEK, CA 94598 | 925.947.6105



WATCH THE ACTION LIVE!

DON'T MISS A RACE!

We're excited to offer live streaming of the Woodlands Invitational so family and friends can watch every splash, cheer, and finish—from anywhere.

CATCH ALL THE RACES LIVE ON YOUTUBE

Search: Woodlands Invitational

or visit: youtube.com/@woodlandsinvitational

Whether you're poolside or cheering from afar, don't miss a moment of the excitement!



SCAN HERE TO
STREAM THE EVENT
ON YOUTUBE!





THANK YOU FOR JOINING US!

JULY 11TH & 12TH 2026

Thank you for being part of this exciting weekend of competitive swimming.

We recognize the time, effort, and dedication it takes—from both swimmers and families—to make it to the blocks, and we're truly grateful you chose to spend it with us.

We wish you continued success for the rest of your swim season and hope to welcome you back to the Woodlands Invitational next summer!