**Saturday, March 29th & Sunday, March 30th**

**SANCTION:**

Held under USA Swimming/ Sierra Nevada Swimming Sanction #SNS25- .

In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, “In granting this sanction, 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.”

**IM Ready (IMR)** is set up to get swimmers to compete in a series of five events at shorter distances. The list of events for the 9 & under age group are: 100 free, 50 back, 50 breast, 50 fly & 100 I.M.

Once each event is swum at least once at an official meet, swimmers can log-in to their Deck Pass account, and find out where they rank against all the other swimmers on their Club Team.

**IM Xtreme (IMX)** ranking includes a series of five or six events at longer distances. Once an athlete has completed the IMX program, the athlete can find out where their IMX score ranks nationally, within their zone, their LSC and their own Club Team.

The list of events for the 10-year-old swimmers are: 200 free, 100 back, 100 breast, 100 fly & 200 IM.

The list of events for the 11- & 12-year-old swimmers are: 500 free, 100 back, 100 breast, 100 fly & 200 IM.

The list of events for the 13 & up swimmers are: 500 free, 200 back, 200 breast, 200 fly & 400 IM.

**NOTICE:**

**By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.**

**SAFE SPORT**:

Pursuant to USA-S Rule 202.4.11H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.

Sierra Nevada Swimming and the **AquaSol** Swim Team would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time." The use of flash devices at the start is also prohibited.

Pursuant to USA-S Rule 202.4.11I deck changes are prohibited.

According to 202.4.11J, the 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. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current, their Athlete Protection Training, before they are allowed to enter the meet.

According to 202.4.11N, lifeguards will be available to athletes participating in the meet.

According to 102.10, there shall be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

**LOCATION:**

Cameron Park CSD Aquatic Center, 2502 Country Club Drive, Cameron Park, CA 95682.

Directions to the pool: From Highway 50 heading east towards Placerville, exit Cambridge Drive. Turn left on to Flying C Road. Head west over the freeway over pass. Turn left onto Knollwood drive. Turn left onto Country Club Drive. Turn left into the Cameron Park CSD parking lot.

**FACILITIES:**

**OUTDOOR 25 YARD** pool with up to **8** lanes available for competition.There will be additional lanes available for warm-up/cool down throughout the competition.

**CERTIFICATION:**

A surveyed outdoor and heated 25-yard, 10 lane pool, will be used for competition. In accordance with 202.4.11C, the competition course has a pool depth at the start end of 7’ at 3’ 3 1/2” and 7’ at 16’5” and at the turn end it is 7’ at 3’ 3 1/2” and 7’ at 16’ 5”.

**RULES:**

**WARM-UP RULES:**The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

• Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.

• If used, Lifeguards shall be on the pool deck during the entire warm up period.

• Up to 2 lanes can be used for pace 50’s and up to 2 lanes for one-way sprints.

• Circle swimming (2 lengths of the pool beginning at the starting end of the pool) will be implemented.

• Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.

• Swimmers are not allowed on the starting blocks when a backstroke swimmer is executing a start in the same sprint lane.

• The use of hand-paddles, kickboards, fins and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.

All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

Current USA-S and Sierra Nevada Swimming rules will govern the meet.

* The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
* Swimmers are entered into each event of that day for their respective age group.
* All events are **SHORT COURSE YARDS** and timed finals.
* Properly registered 19-over swimmers may enter, but they will not be scored or awarded.
* In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seedtime will be accepted.
* NT (No Time) entries will be accepted.
* In accordance with USA-S Rule 202.4.11D, any swimmer entered in the meet 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 without

the use of the backstroke ledge.

* Also, in accordance with USA-S Rule 202.4.11D when unaccompanied by a Member-Coach, it is the responsibility of

the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Each session of the meet will be run fastest to slowest.

Long whistle indicates that the swimmers should take and maintain their positions on the starting plat­form, the deck, or in the water. When the swimmers and Officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.

**TIMES:**

|  |  |  |
| --- | --- | --- |
|  | **Warm up** | **Meet Begins** |
| Saturday – Session  March 29th | **8:30 AM** | **10:00 AM** |
| Sunday – Session  March 30th | **8:30 AM** | **10:00 AM** |

An Officials’ Meeting will be held at the meet venue prior to each session.

**ELIGIBILITY:**

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers’ memberships prior to the meet and, if valid, will be allowed to check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet. The Club will be fined $100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be upgraded prior to the start of the meet to be eligible to swim.

According to 302.3 — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to $100.00 per event against the individual, Member Coach or Member Club submitting the entry.

**ENTRY LIMITS & SCRATCH DOWN**:

It is up to the Meet Director and Meet Referee to ensure that no sessions with swimmers 12 & Under are planned to last longer than 4 hours under USA-S Rule 205.3.1F

* Should such sessions on any day be estimated to last longer than 4 hours, swimmers will be required to scratch down until that requirement is met.

**ENTRY FEES:**

There is an $12.00 splash fee per athlete.

Each individual event will be $5.00. Each athlete can compete in three (3) events each day.

**ENTRIES:**

In order to complete the IMX or IMR Challenge athletes must enter and compete in all strokes and events listed for their age group each day. If an athlete chooses not to enter or compete in an event then they are not eligible for the IMX/IMR bracelet.

ONLINE ENTRIES: Online entries will be accepted through Thursday, March 20th, 2025 11:59 PM.

ATTENTION HIGH SCHOOL ATHLETES (February through May): If you are a high school athlete in season, you need to

be Unattached at this meet. It is the athlete’s responsibility to be Unattached while swimming at this meet. You can un-attach

at the meet, by seeing the Computer Operator, if necessary. This does not apply to athletes swimming under the rules of the

Nevada Interscholastic Activities Association (NIAA).

**DECK ENTRIES**:

Deck entries will not be allowed for this meet.

**CHECK-IN**:

The meet will be pre-seeded.

**AWARDS:**

Athletes can earn an IMX or IMR bracelet by competing in each of the events offered at the meet. If an athlete chooses not compete in an IMX or IMR event they will not be awarded a bracelet. Each athlete will receive a punch card that they will take to the IMX table to have their event “punched” once they complete the event. On Sunday, after they have completed **ALL** of their events then they can receive their IMX or IMR bracelet.

**ADMISSION**:

Admission on the competition side of the pool deck will be limited to athletes, Officials, Coaches and Timers. Spectators will be able to watch from the outside of the pool area or in the lounge area of the pool near the entrance and locker rooms.

**SNACK BAR & HOSPITALITY:**

There will be a snack bar and hospitality.

**OFFICIALS**:

Meet Referee: **Jason Shibata**

Head Starter: **Tara Little**

Admin Official: **Tony Little**

Meet Director: **Darin Mai** – email: coachdarin@aquasolswimteam.com

All working Officials must have passed the background check and athlete protection training and concussion course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. All Officials please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

**OFFICIAL’S DRESS**:

Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy- blue pants/shorts/skirts. For wet conditions, boots and parkas will be allowed.

**REQUIRED NUMBER OF OFFICIALS**:

Each Team shall, by the entry deadline, provide to the Meet Referee a list of Officials who have agreed to represent the Team during the conduct of the meet. One half hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of Officials comparing the number of entries against the number of Officials present representing each Team. Those Teams who have not provided a sufficient number of Officials as indicated in the following table shall have all of their swimmers treated as "time only" in all respects for the session. Neither the athletes nor the Team shall be eligible for awards.

|  |  |
| --- | --- |
| Number of swimmers per Team entered in meet | # of trained and carded officials required |
| 0 – 10 | 0 |
| 11 – 25 | 1 |
| 26 – 50 | 2 |
| 51 – 75 | 3 |
| 76 – 100 | 4 |
| 101 and up | 5 |

**COACHES**:

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof.  Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck.Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined $100.

**TIMERS**:

Superior Swim Timing system will be used for competition. We will have two plungers and one watch per lane. Each lane will have two Timers.

**REQUIRED NUMBER OF TIMERS**:

Each Team shall be assigned Lanes for Timing on Saturday and Sunday. Number of Timers is based on the SNS Timing Policy. Number of timing chairs per Team is based on the formula: (number of swimmers on a Team in the session divided by total number of swimmers in the session) x 12 timing chairs (based on 6 lane usage) (or x16 if 8 lanes used for competition). This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be posted on the website and be sent to participating Teams.

**RESTRICTIONS**:

Smoking and the use of other tobacco products are prohibited at the Western Slope Aquatic facility. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

12 & Under Swimwear 102.8.1F (USA Swimming Rulebook)

No technical suits shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned.

1. Exceptions for the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships and Olympic Trials.
2. A technical suit is one that has the following components:

* Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
* Any suit with woven fabric extending past the hips
* Note: Woven fabric – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.
* Note: Knit fabric – a suit with knit fabric and sewn seams not extending below the knee is permitted.

**500 Freestyle:**

Swimmers competing in the 500 freestyle need to provide their own lap counting device and a person to count for them during the event.

ORDER OF EVENTS

ALL EVENTS RUN FASTEST TO SLOWEST

Saturday, March 29th

|  |  |  |  |
| --- | --- | --- | --- |
| WOMEN:  EVENT # | ORDER OF EVENTS –  Short course yards | AGE GROUP | MEN:  EVENT # |
| 1 | 50 Butterfly | 9 & under | 2 |
| 3 | 100 Butterfly | 10 – 12 | 4 |
| 5 | 200 Butterfly | 13 & up | 6 |
| 7 | 50 Backstroke | 9 & under | 8 |
| 9 | 100 Backstroke | 10 -12 | 10 |
| 11 | 200 Backstroke | 13 & up | 12 |
| 13 | 100 Freestyle | 9 & under | 14 |
| 15 | 200 Freestyle | 10 | 16 |
| 17 | 500 Freestyle | 11 & up | 18 |

\*\* 5 to 10 minute breaks may be added at discretion of Meet Referee and Meet Director

Sunday, March 30th

|  |  |  |  |
| --- | --- | --- | --- |
| WOMEN:  EVENT # | ORDER OF EVENTS  Short course yards | AGE GROUP | MEN:  EVENT # |
| 19 | 50 Breaststroke | 9 & under | 20 |
| 21 | 100 Breaststroke | 10 – 12 | 22 |
| 23 | 200 Breaststroke | 13 & up | 24 |
| 25 | 100 IM | 9 & under | 26 |
| 27 | 200 IM | 10 – 12 | 28 |
| 29 | 400 IM | 13 & up | 30 |
| 31 | 50 Freestyle | 9 & under | 32 |
| 33 | 100 Freestyle | 10 | 34 |
| 35 | 200 Freestyle | 11 & up | 36 |