



# Post High School Shave Meet

May 10, 2025

## SANCTION

Held under USA Swimming/Sierra Nevada Swimming Sanction # SNS25-48

According to USA Swimming 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."

## NOTICE

By entering this meet, the athlete and 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 sheet and live meet results. The results of this meet may be posted in real time on the internet and on Meet Mobile.

## LOCATION

Charles Brooks Community Swim Center, 155 N. West Street, Woodland, CA 95695. From I-5 north or south, take the West Street exit; travel 1½ miles south. The pool is on the right, next to Woodland High School.

## FACILITIES

A surveyed outdoor heated 25-yard by 50-meter pool with locker rooms and rest areas. Up to ten (10) Short Course lanes will be used for competition. Colorado Starting, Timing, and Scoreboard system will be used. Omega automatic starting systems may be used. Timing is provided by Colorado Time Systems. There is an 8 lane Colorado scoreboard that will display all competition lanes' times splits, and running results.

All tents and canopies must be secured with water buckets. Please do not leave any valuables at the facility overnight. Please follow the signage on where to set up tents and canopies.

## CERTIFICATION

In accordance with Rule 202.4.11C, the competition course of 10 lanes has a pool depth at both the start end and the turn end ranging from 12' 5" to 5' 3" at the 3' 3 1/2" (1 meter) and 13' 0" to 5' 10" at the 16' 5" (5 meter) mark. The Woodland Swim Team ensures that the swimming pool meets the required course dimensions.

## TIMES

Check-in	Warm ups	Meet Begins
8:30 AM	8:45 AM	10:00 AM

An Officials' Meeting will be held 30 minutes before the start of each session.

## 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 Woodland 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. **For the safety of the Athletes and according to 202.4.11I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (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).

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the **USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP")**, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.



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According to 202.4.11N, City of Woodland lifeguards will be supervising the competition and warm-up pool at all times. Additionally, they are available for medical aid throughout the entire meet.

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

**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.

## RULES

- No converted times will be accepted.
- Those entries in excess of the above limitations will not be refunded.
- There is no entry cap for this meet.
- 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.

### **WARM-UP RULES: The following rules apply to the warmup 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.
- Lifeguards will be positioned on the pool deck during the entire swim meet. Lifeguards are present to monitor and provide assistance as needed.
- Marshals will be in place during warmups and the meet.
- Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 10) and up to 2 lanes for one-way sprints (Usually lanes 2 & 9).
- Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool)
- 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



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## SPECIAL RULES

**All heats for all events will be seeded and swum fastest to slowest.**  
**For the 500, 1000, and 1650 Free, swimmers must provide their own Timers and Lap Counters.**

Flyover starts may be used at the discretion of the Meet Referee during single-course sessions. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.

## ELIGIBILITY

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

There is no cap for the number of athletes who can enter the meet. Each athlete may only swim in 5 events.

## ENTRIES

**ONLY ONLINE ENTRIES WILL BE ACCEPTED.**

**ONLINE ENTRIES:** Online entries will be accepted through 11:59 PM, Monday, May, 5, 2025. Enter at: <http://ome.swimconnection.com/sn/wood20250510> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. Swim Connection LLC charges a processing fee for this service, equal to \$1.00 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees described below. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter the meet via US Mail.

## DECK ENTRIES

Deck entries will only be accepted prior to the start of the session. Deck entries must be paid on site for the entries. For inquiries about deck entries, email the Meet Director after Monday, May 5, 2025.

## ENTRY FEES

\$6.00 per individual event for all entries plus a \$12.00 per swimmer surcharge. Deck entries are \$8.00 per event plus surcharge. Make checks payable to "**Woodland Swim Team**." Entry fees are non-refundable except in the event of a required scratch down.

## CHECK-IN

The meet will be deck seeded. Check-in for the AM sessions will start at 8:30 AM.

Check-in for the all events of each session will close at 9:30 AM before the start of that session.



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**AWARDS** No ribbons will be awarded.

**ADMISSION** Free. The meet will be on Meet Mobile.

**MISCELLANEOUS** No snack bar will be available.  
Breakfast, lunch and refreshments will be available to all working Officials and Coaches.

**OFFICIALS**

Meet Referee: Scott Hastings  
Head Starter: Bonnie Ragland  
Admin Official: Roberta Savage  
Meet Director: Ann Brunson (coachann.wst@gmail.com)

All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming, as well as the now required California required Mandatory Reporting: Understanding Your Responsibility. Before the beginning of the meet, the Meet Referee will verify this condition has been met. Please bring your phone, so you will be able to show the Meet Referee your USA Swimming Membership Card. All Officials must wear their Officials' credentials visibly while working on deck. An Officials Meeting will be held 30 minutes before the start of the session.

**COACHES**

All Coaches must have on them, in a visible location, their 2025 USA Swimming membership card with a background verification expiration date printed on it along with the athlete protection certification expiration date. Programs are available to card-carrying Coaches from the Clerk of Course. All Coaches must have evidence of their USA Swimming Certification on hand. Please bring your phone, so you will be able to show the Meet Referee your USA Swimming Membership Card. 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.

A Coaches Meeting will be held 15 minutes before the start of the session.

**OFFICIAL'S DRESS** Official attire at this meet will be white tennis shoes, white socks, white polo shirts, and navy-blue pants/shorts/skirts. Weather permitting; rain gear may be worn if necessary.

**MINIMUM OFFICIALS RULE** Each Team shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

Number of a Team's swimmers entered in meet	Number of trained and carded Officials required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

Thirty minutes before the scheduled start of the meet, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of entries against the number of Officials present representing each Team. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time-only swimmers" in all aspects of the meet.



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## TIMERS

Timing lanes will be assigned based on the SN 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) which is then [multiplied by] total number of timing chairs. 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. Timer Assignments will be sent after the meet closes on OME.

## RESTRICTIONS

Smoking and the use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, and all other areas designated as swimmer rest areas. The sale and use of alcoholic beverages are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Excessive volume of sound equipment will not be tolerated. No tarps or shade structures are to be set up outside the Swim Center. All tarps need to be removed from the grass areas at the conclusion of each day's competition (EZ Ups can stay up if they are fastened to the ground, but all ground covers must be off the grass). No personal shade structures are allowed on deck or outside the fenced pool area. Personal propane heaters will not be allowed inside the facility. No overnight parking is allowed at the Swim Center, except as provided above.

## Schedule of Events

Women's Events		Men's Events
SCY	Events	SCY
1	200 Free	2
3	100 Back	4
5	200 Breast	6
7	50 Free	8
9	200 IM	10
11	100 Fly	12
13	500 Free	14
15	200 Back	16
17	400 IM	18
19	100 Free	20
21	100 Breast	22
23	200 Fly	24
25-MIXED	1000 Free	-
26- MIXED	1650 Free	-