

# REDDING SWIM TEAM



Hosted by  
Redding Swim Team  
June 20-22, 2025



**ENTER ONLINE at:** <http://ome.swimconnection.com>

## **SANCTION:**

Held under USA Swimming/Sierra Nevada Swimming Sanction Number SNS25-45. 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."

## **ELIGIBILITY:**

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 compete. Sierra Nevada Swimming 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 swim 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.

## **NOTICE:**

By entering this meet, the athlete or his/her parent or guardian consents to the publication, via electronic, print, or other media, of all information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to photographs, video, webcasting, television, psych sheets and live meet results. The results of this swim meet may be posted on Meet Mobile. The swim meet may be live-streamed and/or recorded for later viewing on one or more social media platforms.

## **LOCATION: Redding Aquatic Center, 44 Quartz Hill Road, Redding, CA 96003.**

From I-5: Take 299 East/Burney Exit (#680), turn west onto Lake Blvd. and drive approximately .7 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is about a half mile on the left.

Days	Warm-ups	Meet Begins	Tentative Finals Warm-ups	Finals
Friday	5:00 PM	6:00 PM	Time finals	
Saturday	7:30 AM	9:00 AM	4:00 PM	5:00 PM
Sunday	7:30 AM	9:00 AM	3:00 PM	4:00 PM

## **FACILITIES:**

50-meter pool for competition and 25-yard warm down. Additional lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available.

## **CERTIFICATION:**

Competition will be conducted in a surveyed 50-meter 8 lane outdoor pool. In accordance with Article 202.4.11C, the competition course has a pool depth at the start end of 11'8" at 3' 3 1/2" and 12'8" at 16'5" and at the turn end it is 4'8" at 3'3 1/2" and 4'8" at 16'5". The Redding Swim Team ensures that the swimming pool meets the required course dimensions.

## **RULES:**

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

- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the swim meet.
- **Swimmers are limited to a maximum of three (3) events per day.**
- Those entries more than the above limitations will not be refunded.
- All heats for all events will be seeded slowest to fastest.
- **NT (No Time) entries will not be accepted**, in accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seed time will be accepted. **Please provide an estimated seed time after consulting with your Coach for all events where this is a first swim.**
- 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.
- Rule 202.4.11D also states, 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.
- Rule 205.3.1F states, with the exception of championship and open water meets, the program in all other age group competition shall be planned to allow the events for swimmers twelve (12) years and younger to be completed in four (4) hours or less per session (prelims, finals, timed finals). Events for the same 12 & under swimmers shall be limited to one session per day, except for prelim/final meets where events for 12 & under swimmers may be offered in both prelims and finals.

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### 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.
- Up to 2 lanes can be used for pace 50's and up to 2 lanes for one-way sprints.
- 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. 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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### 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 Sierra Marlins 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, except 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 swim 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 swimming meet.

According to 202.4.11N, the City of Redding will provide medical care for all athletes participating in the meet and spectators if needed. Lifeguards will be available to athletes participating in the meet, to administer first aid and coordinate emergency response.

According to 102.10, the City of Redding will be providing Meet Marshals (one male and one female) during warmups and competition.

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### CHECK-IN/SCRATCH:

THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS ENTERED OR PRELIMINARY TIMES EARNED. All swimmers are automatically checked into their events which they are registered for. If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day and scratched out of any additional events for that day.

**The scratch deadline for Friday's events is Thursday, June 20, 2025, at 6:00 PM.**  
**The scratch deadline for Saturday's events is 30 minutes after finals begin on Friday night.**  
**The scratch deadline for Sunday's events is 30 minutes after finals begin on Saturday night.**

To scratch any of Friday's events, you can Heidi Rupp [ruppmom3@yahoo.com](mailto:ruppmom3@yahoo.com) prior to the deadline. To scratch any of Saturday or Sunday's events, you can email Heidi Rupp [ruppmom3@yahoo.com](mailto:ruppmom3@yahoo.com) prior to the deadline or you may also scratch in person at the Clerk of Course Desk by the deadline. Emailed scratches will receive a confirmation by the deadline.

#### **PRELIMS:**

The swim meet will be seeded according to submitted times. The fastest or the last three heats of each event will be circle seeded. The Preliminary Session will run slowest to fastest in all events.

**PRELIMINARY EVENTS WITH 8 OR FEWER SWIMMERS ENTERED:** If eight (8) swimmers or less check in for a particular event, those swimmers shall compete in the prelims and the finals of that event. **102.5.1A(1)** If there is only one heat, it shall be swum as scheduled during the preliminaries and finals.

#### **FINALS CHECK-IN:**

If you are one of the announced finalists, **you will be seeded in Finals unless you scratch during the appropriate time.** Alternates will not be penalized. Swimmers will have 30 minutes, after the results of their completed events are announced, in which to scratch or declare their intention to scratch. Refer to the scratch rules for penalties 207.11.6D(1).

#### **FINALS/AWARDS:**

One final heat will be conducted in these age group divisions: 10-under, 11-12, 13-14 and 15-up. High Point Trophies will be awarded 1<sup>st</sup> through 3<sup>rd</sup> place in 10-under, 11-12, 13-14 and 15-up age divisions. "A" Medals or Pins will be awarded to all swimmers achieving a new "A" time. Individual events points are 1<sup>st</sup>-9, 2<sup>nd</sup>-7, 3<sup>rd</sup>-6, 4<sup>th</sup>-5, 5<sup>th</sup>-4, 6<sup>th</sup>-3, 7<sup>th</sup>-2, and 8<sup>th</sup>-1.

**The 100-meter Butterfly is the Bill Fisher Special Award. During the Finals one representative will be selected as the recipient of this Special Award.**

#### **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. 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 swimming meet to show proof. Upon such proof, Coaches will receive any necessary paperwork and an 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 each be fined \$100. All Coaches must check in each day with the Clerk of Course to receive their program and wristband. Only Carded Coaches are allowed at the Coaches tables.

A Coaches' meeting will be held 15 minutes prior to the start of Saturday's session. All Coaches are expected to be in attendance so that any final questions about or updates and clarifications to meet format, protocols, and expectations can be communicated.

#### **HOSPITALITY:**

There will be healthy meals, drinks, and snacks. Hospitality will be provided to all Officials and Carded Coaches with wristbands. Light snacks will be provided for Timers.

#### **OFFICIALS:**

Meet Referee:	Bill Fisher
Head Starter:	Scott Sewell
Admin Referee:	Jason Shibata
Meet Director:	Rob Smith <a href="mailto:redningmeetdirector@gmail.com">redningmeetdirector@gmail.com</a>

All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming. Before the beginning of the swim meet, the Meet Referee will verify this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck. Current 2025 USA Swimming Certification Cards will be checked before being allowed to work the deck. An Officials meeting will be held 30 minutes prior to the beginning of Saturday's session. Forty-eight (48) hours after the meet closing date the Official information (name and number of Officials and which session they are working) will be communicated to the Meet Director via email or phone. Please have the USA Swimming App on your phone so that you can pull up your Membership Card quickly or have a printed copy available. All working Officials must display current Membership/Certification cards at the swim meet.

## OFFICIALS REQUIRED

Number of Swimmers entered in meet per Team	Number of Trained and Carded Officials Required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

## TIMERS, TIMING, RESTRICTIONS:

- Clubs will be assigned Lanes to time after entry deadline has passed.
- We will be using Colorado Timing- with 2 buttons and 1 stopwatch.
- 12 & UNDER SWIMWEAR RESTRICTION: Per 102.8.1.F SWIMWEAR (USA Swimming Rulebook) "No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet." (1) Exceptions for the foregoing restrictions 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.)

## ENTRIES:

Swimmers may compete in up to 3 individual events per day. **Swimmers may enter more than the entry maximum limit but will need to scratch down if they exceed the maximum individual event cap of 3 individual events per day. Refunds will not be given to those swimmers who enter more than a maximum of individual entries.** No deck entries will be accepted.

**OPTION #1 FOR ENTRIES:** Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation of acceptance. This method requires payment by credit card using the Swim Connection secure site. 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. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter by using mail entry or hand delivery. Online swim meet entry is in no way required or expected to enter this meet and is offered as a convenience. Check <http://ome.swimconnection.com/meets> for session open or closed status. Online entries will be accepted through Thursday, June 12, 2025. at 11:59 PM.

**OPTION #2 FOR ENTRIES:** Mailed entries use a SAMMS Consolidated Entry Card. Entry cards must be FILLED out and legible. The entry card may be reproduced. The meet entry card is available from the Sierra Nevada Swimming website. Entries must be received in hand (postmarks not acceptable) on or before Thursday, June 12, 2025. Absolutely no late, or telephone entries will be accepted.

**There are no refunds.**

**OPTION #3 FOR ENTRIES:** Using a USA Swimming approved electronic file (Hy-Tek Team Manager) with a signed hard copy listing a contact person and phone number. Entries must be received (postmarks not accepted) on or before Thursday, June 12, 2025.

Absolutely no late, or telephone entries will be accepted. **There are no refunds.**

## ENTRY FEES:

\$6.00 per individual event (includes \$0.50 for SNS, \$1.00 for Age Group Travel Fund and \$0.75 for Senior Travel Fund). In addition, there is a \$15.00 pool surcharge per swimmer to help cover the cost of the pool.

Redding Swim Team  
P.O. Box 992112  
Redding, CA 96099-2112

## Summary of Events

	10 & under	11-12	13-14	15 and up
Friday		400 IM 400 Free	400 IM 400 Free	400 IM 400 Free
Saturday	200 Free 100 Fly	200 Free 200 Fly	200 Free 200 Fly	200 Free 200 Fly

	50 Back 50 Breast 100 Free	50 Fly 100 Back 50 Breast 200 Breast 100 Free	50 Fly 100 Back 200 Breast 100 Free 50 Breast	50 Fly 100 Back 200 Breast 100 Free 50 Breast
Sunday	200 IM 100 Breast 100 Back 50 Fly 50 Free	200 IM 100 Breast 200 Back 50 Back 100 Fly 50 Free	200 IM 100 Breast 200 Back 50 Back 100 Fly 50 Free	200 IM 100 Breast 200 Back 50 Back 100 Fly 50 Free



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Redding Swim Team

**June 20-22, 2025**

Friday June 20, 2025 – Session 1			
Girls	Age Group	Event	Boys
1	11-Up*	400 IM	2
3	11-Up*	400 Free	4

\*Timed final events

Saturday June 21, 2025 – Session 2			
Girls	Age Group	Event	Boys
5	11-Up*	200 Free	6
7	10-Under	200 Free	8
9	11-Up*	200 Fly	10
11	10-Under	100 Fly	12
13	11-Up*	50 Fly	14
15	11-Up*	100 Back	16
17	10-Under	50 Back	18
19	11-Up*	50 Breast	20

21	10-Under	50 Breast	22
23	11-Up*	200 Breast	24
25	10-Under*	100 Free	26
27	11-Up*	100 Free	28

+One final heat will be conducted in these age group divisions 10-under, 11-12, 13-14 and 15-up.

\*For preliminaries, the 11-up events will be combined, but for finals there will be one heat conducted in these age group divisions 10-under, 11-12, 13-14 and 15-up.

### Sunday

#### June 22, 2025 – Session 3

Girls	Age Group	Event	Boys
29	11-Up*	200 IM	30
31	10-Under	200 IM	32
33	11-Up*	100 Breast	34
35	10-Under	100 Breast	36
37	11-Up*	200 Back	38
39	10-Under	100 Back	40
41	11-Up*	50 Back	42
43	11-Up*	100 Fly	44
45	10-Under	50 Fly	46
47	11-Up*	50 Free	48
49	10-Under	50 Free	50

+One final heat will be conducted in these age group divisions 10-under, 11-12, 13-14 and 15-up.

\*For preliminaries, the 11-up events will be combined, but for finals there will be one heat conducted in these age group divisions 10-under, 11-12, 13-14 and 15-up.

### **Official Host Hotel**

**Rate: Starts at \$159.00 + tax, breakfast included up to 4 people.**

**Discount available June 20-22, 2025**

**[Rumble by the River 2025](#)**

