



2025 Lava Flow Invitational

Lassen Volcanoes Swim Team

July 5-6, 2025

Enter online at <https://ome.swimconnection.com>

Held under the sanction of USA Swimming/Sierra Nevada Swimming Sanction #SNS25-61

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."

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, of 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 unofficial results of this meet may be posted in real time on the Meet Mobile app.

USE OF AUDIO AND VISUAL: Photography and video recording from behind or beside the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee. Flash photography during the start of a race is prohibited in any location.

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 Lassen Volcanoes 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. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee. 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) 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.

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

OFFICIALS:
Meet Referee: Bill Fisher
Head Starter: Sean Kochems
Administrative Official: Michelle Owen
Meet Director: Melanie Fort
Midchaptermelly@gmail.com
801-678-1177

LOCATION: Honey Lake Valley Community Pool, 800 South St., Susanville, CA 96130

DIRECTIONS: From the west, take CA-36 E into Susanville, turn right onto Weatherlow St. (Weatherlow St. turns into Richmond Rd. in 0.2 miles), travel 0.6 miles on Weatherlow St./Richmond Rd. to South Street, turn right and the pool will be 500 feet away on your left. From the east, take US-395 N toward Susanville. Continue onto CA-36 W (i.e., Main Street), 4.5 miles. Turn left onto S. Weatherlow St. (this turns into Richmond Rd. in 0.2 miles), travel 0.6 miles on Weatherlow St./Richmond Rd. to South St., turn right, and the pool will be 500 feet away on your left.

PARKING: Please look at this map: <https://tinyurl.com/543sj6e5>. There are some areas around the pool where we are asking people not to park - in one area marked in red on the map, parking here would crush plumbing to the pool so please be aware of this. We are asking that you park on the surrounding streets and walk in, or park in the lots marked in purple on the map. We will provide regular shuttle transportation from the Bizz Johnson Trail lot, the Depot lot, and the Diamond View Middle School lot to and from the pool throughout the day.

COURSE: A surveyed, outdoor, heated 25-yard, 6-lane pool with Colorado timing system will be used for competition. An area 3.5' to 4.5' deep will be open to warm up and cool down after the start of the meet and during competition.

CERTIFICATION: In accordance with Article 202.4.11C, the competition course has a pool depth at the start end of 13'0" at 3'3 1/2" and 13'0" at 16'5" and at the turn end it is 7'0" at 3'3 1/2" and 7'0" at 16'5". The Lassen Volcanoes Swim Team ensures that the swimming pool meets the required course dimensions. (USA Swimming Rule 202.4.11G)

TIMES:

	Warm ups	Meet Begins
Saturday and Sunday	8:00 AM	9:00 AM

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

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 meet.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- Swimmers are limited to a maximum of FOUR (4) individual events per day on Saturday and Sunday, for a total maximum of EIGHT (8) individual events during the meet.
- Those entries in excess of the above limitations will not be refunded.
- All events are SHORT COURSE YARDS and timed finals.
- 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.
- **NT (No Time) entries will be accepted.**
- In accordance with USA-S Rule 202.4.11D, any swimmer entered in the meet must be represented by a certificated USA Swimming Member-Coach as being proficient in performing a racing start, both for forward starts and backstroke starts including backstroke starts using a ledge or they must start each race from within the water.
- 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.
- 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 local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.**
- Medical Supervision: First aid and an AED device are available at the lifeguard office. Susanville personnel, including certified lifeguards, will be available throughout the meet. The nearest emergency room is at Banner Lassen Medical Center (distance 3.2 miles, address 1800 Spring Ridge Dr., Susanville, CA 96130).

WARM-UP RULES The following rules apply to the warm-up period before each session, and warm-up/ cool-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 50s (usually lanes 1&6) and up to 2 lanes for one-way sprints (usually lanes 2&5).
- 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.
- 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.

SPECIAL RULES:

- 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.
- The Meet Referee, Meet Director, or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.
- **All heats for all events will be seeded fastest to slowest.** Fly over starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge. If flyover starts are not used the swimmers will get out at the finish end at the completion of their race.
- **For the 500-yard Freestyle event, the swimmers must provide their own Lap Counters.**
- **No Team tents or pop-ups on the pool deck.**
- No overnight camping.

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.

According to 302.3 in the 2025 Rulebook and in effect now — 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.

Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Sierra Nevada Swimming policy.

The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY LIMITS AND SCRATCH DOWN:

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

- The meet will be capped at **350** swimmers for the meet, or when it is estimated sessions with swimmers 12 & under will exceed 4 hours.

ENTRY FEES:

\$5.00 per event plus an \$8.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. **NO REFUNDS** will be given except in the case of a mandatory scratch-down.

ONLINE ENTRIES:

ONLINE ENTRIES ARE REQUIRED. To enter on-line go to <https://ome.swimconnection.com> to receive an immediate entry confirmation. **The "billing information" email should be brought to the meet as proof of entry.** This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees.

ENTRY DEADLINES:

All entries must be received by 11:59 PM, Wednesday, July 2, 2025 & may close earlier if entries for events with 12 and under swimmers are estimated to be 4 hours.

DECK ENTRIES: Deck entries will not be accepted.

CHECK IN: THIS MEET IS PRE-SEEDED.

All swimmers are automatically checked in to the events that they are registered for.

NO REFUNDS WILL BE GIVEN.

AWARDS

Medals for 1st-3rd place and ribbons for 4th-12th place for 8 and Under, 9/10, 11/12, 13/14, 15/16, 17/18 will be awarded separately for individual events.

All entry times will be verified by the Administrative Official. In keeping with our theme, an awards ceremony will be held to recognize all high point male and female swimmers placing 1st through 3rd in each of the age groups 8 & U, 9-10, 11-12, 13-14, 15-16, and 17-18.

The Teams placing 1st through 3rd high point will receive an award. The relay events are for fun and will not be scored or awarded individual or team points.

All awards must be picked up during the meet. After the meet, award delivery will not be offered.

SCORING: Scoring for all individual events will be 16-13-12-11-10-9-7-5-4-3-2-1.

ADMISSION: Free

SNACK BAR &

HOSPITALITY: A snack bar will be available, serving breakfast, lunch, and snack food. Snacks and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS: All working Officials must have passed the background check, athlete protection training and the concussion course mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify that these conditions have been met. 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 Officials must wear their Officials' credentials visibly while working on deck.

Official attire at this meet will be white tennis shoes, white socks, white polo shirts, and navy-blue pants/shorts/skirts.

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

COACHES: All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Computer Operator 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 each be fined \$100. **A Coaches' Meeting will be held 15 minutes before the start of each session.**

TIMERS: Clubs will be assigned Lanes. Timing is 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] 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. Assignments will be sent to participating Teams. We will be using a Colorado timing system with three buttons and one stopwatch per lane.

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

One half-hour before the scheduled start of each session, 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 that session.

RESTRICTIONS:

The following restrictions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating or standing areas, and all areas used by athletes during the meet and during warm-up periods.

- No smoking, vaping, or use of tobacco or marijuana products. Anyone desiring to smoke, vape, or use any other marijuana or tobacco products must leave the facility, including parking areas, to do so.
- No sale and/or use of alcoholic beverages, or recognition of alcoholic sponsors.
- No glass containers.
- No propane heaters, except for snack bar/meet operations.
- No animals except physician-certified "service assistance" animals are permitted. Please show certification when asked by Meet Officials or Marshals.
- Deck changes are prohibited.
- There will be closed areas of the deck. Cooperation of athletes, families, and Coaches will be appreciated.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), fireworks of any kind, blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- 12 & UNDER RESTRICTIONS:
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 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: a. any suit with any bonded or taped seams regardless of its fabric or silhouette; or b. 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 knees - is permitted.).

HOTELS IN AREA: DIAMOND MOUNTAIN CASINO & HOTEL - 2 miles, 6 minutes. (530) 252-1100. Standard rooms, upgraded rooms, suites with sofa beds. Indoor pool, hot tub, exercise room, coffee bar, bar & grill restaurant, casino, breakfast available.

COMFORT INN & SUITES - 2.3 miles, 6 minutes. (530) 257-3450. Standard rooms, suites, free WiFi, minifridges and microwaves, continental breakfast, outdoor pool, hot tub, gym.

BEST WESTERN - 2 miles, 5 minutes. (530) 257-4123. Standard rooms, suites, free WiFi, free breakfast, outdoor pool, minifridges and microwaves.

CAMPING:

LASSEN COUNTY FAIRGROUNDS - 2.1 miles, 5 minutes. (530) 251-8900. 32 sites with hookups (\$25/night), more dry camping sites (\$15 per night). Reserve by phone with a credit card

SUSANVILLE RV PARK - 2.4 miles, 6 minutes. (877) 686-7878. 101 full hook-up sites, 50amp/30amp, big-rig friendly with 45 pull-through sites. Laundry facilities, clean restrooms with hot showers, easy in/out dump station.

EAGLE LAKE RANGER DISTRICT - 17.8 miles, 28 minutes. (530) 257-4188. <https://tinyurl.com/pnr22fcn>.

ROXIE PECONOM CAMPGROUND - 11.6 miles, 17 minutes. Also part of the Eagle Lake Ranger District (530) 257-4188. <https://tinyurl.com/bdeznkts>.

SCHEDULE OF EVENTS

Saturday				Sunday			
Event #		Age Group	Event	Event #		Age Group	Event
G	B			G	B		
1	2	13-18	200 FREE	35	36	13-18	200 IM
3	4	9-12	100 FREE	37	38	9-12	100 IM
5	6	8 & Under	50 FREE	39	40	8 & Under	100 IM
7	8	13-18	200 BACK	41	42	13-18	100 BREAST
9	10	9-12	100 BACK	43	44	9-12	50 BREAST
11	12	8 & Under	50 BACK	45	46	8 & Under	25 BREAST
13	14	13-18	100 FLY	47	48	13-18	100 BACK
15	16	9-12	50 FLY	49	50	9-12	50 BACK
17	18	8 & Under	25 Fly	51	52	8 & Under	25 BACK
19	20	9-12	200 FREE	53	54	9-12	50 FREE
21	22	8 & Under	100 FREE	55	56	8 & Under	25 FREE
23	24	9-10	100 Free	57	58	13-18	50 FREE
25	26	8 & Under	100 FREE				
27	28	13-18	500 Free				
29	30	10 & Under	100 MEDLEY RELAY	59	60	10 & Under	100 FREE RELAY
31	32	11-12	200 MEDLEY RELAY	61	62	11-18	200 FREE RELAY
33	34	13-18	200 MEDLEY RELAY				

- Swimmers are limited to a maximum of **FOUR (4)** individual events per day on Saturday and Sunday for a total maximum of **EIGHT (8)** individual events during the meet.
- Relay events on both Saturday and Sunday cost \$8.00 each. They are for fun and will not be awarded individual or Team points.

Summary of Events by Age Group

	8 & Under	9-10	11-12	13-18
Saturday	50 FREE 50 BACK 25 FLY 100 FREE	100 FREE 100 BACK 50 FLY 200 FREE	100 FREE 100 BACK 50 FLY 200 FREE	200 FREE 200 BACK 100 FLY 500 FREE
Sunday	100 IM 25 BREAST 25 BACK 25 FREE	100 IM 50 BREAST 50 BACK 50 FREE	100 IM 50 BREAST 50 BACK 50 FREE	200 IM 100 BREAST 100 BACK 50 FREE