

Plumas Rapids Swim Team Presents:

Plumas Rapids Open

July 12-13 2025

Pioneer Pool

34 Fairground Road, Quincy, CA 95971

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

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction No.SNS25-62 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." In applying for this sanction, the Plumas Rapids agree to comply and enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California and Plumas County.

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, webcasting, 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 Plumas Rapids 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, 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.

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, Central Plumas Recreation and Park District lifeguards will be supervising the competition and warm-up pool at all times. Additionally, they are available for medical aid throughout the entire meet. An AED device is available to athletes participating in the meet. Pursuant to 102.10, there shall be a minimum of two Marshals present, one female and one male, at this meet.

LOCATION: Pioneer Pool at Pioneer Park, 34 Fairground Rd., Quincy, CA 95971 Pool
Phone (530) 283-3278

PARKING: Free parking in designated areas of Pioneer Park; additional free on-street parking is available.

DIRECTIONS: **From Highway 70 East** (via Feather River Canyon) turn left onto Fairground Road, approximately 2.3 miles from the "Welcome to Quincy" sign. The pool is on the right at the corner of Fairground and Pioneer Roads. **From Hwy 70/89 West** turn right onto Fairground Road.

FACILITIES: An Outdoor, heated 25-yard, 6-lane pool with Colorado timing system with anti-turbulence lane lines. Warm-up/warm-down lanes available for the entire competition. Boys' and Girls' locker rooms available for participants only. Central Plumas Recreation and Parks District has verified the pool specifications as stated above.

RESTROOMS: The Bathrooms/Locker rooms in the pool area are to be used by participants only. Portable bathrooms will be provided for Coaches and Officials to the right of the pool. Additional portable bathrooms will be provided for spectator use. These will be provided in the front parking lot near the skate park.

CERTIFICATION: In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 5'6" at 3'3.5" and 5'6" at 16' 5" at the start end. At the turn end it is 3'6" at 3' 3.5" and 4' at 16'5".

CHECK-IN: This meet is pre-seeded. A schedule of events will be posted in the pool area. Team Coaches will be allotted a limited number of programs free of charge. Programs will only be given to Coaches with visible USA Swimming cards. The program will be given to the Head Coach of each Team on Saturday morning.

Please contact Meet Directors Kurt Smart or Megan Leonhardt if you register but are unable to attend (kurt@plumasrapids.org or megan@plumasrapids.org).

WARM-UPS: Warm-ups will begin no later than 8:00 AM, with the meet starting at 9:00 AM each day. Coaches must maintain contact with their swimmers during warm-up. All entries into the pool are feet first with a 3-point entry method from the starting block end of the pool.

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 (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.
- 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.
- 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.

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.

Current USA-Swimming 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 4 individual events per day, for a total maximum of 8 individual events during the meet.
- The maximum limit of 8 events during the meet will not apply if a mandatory scratch down is required.

- Those entries in excess of the above limitations will not be refunded.
- 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 seed time will be accepted.
- NT (No Time) entries will not 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.

TIMES:

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

An Official's 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 Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary paperwork and identifying mark (wrist band, bag tag, 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.

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.

ENTRY FEES: No refunds will be given unless mandatory scratch down is in effect. **\$5.00 per individual event (includes \$1.00/\$0.50 to Sierra Nevada Age Group and Sierra Nevada Swimming funds) plus a \$8.00 participation fee per swimmer to cover pool costs. Entries will not be accepted without the entry and participation fees.**

ONLINE ENTRIES: You may enter this meet online. To enter online, go to <https://ome.swimconnection.com> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service (refer to website). Please note that the processing fee is a separate fee from the entry fee. **Online entries will be accepted through Tuesday, 11:59 PM, July 8, 2025.**

ENTRY CAP: 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 To make the meet more enjoyable for all participants, the meet will be capped at 300 swimmers.

RELAYS: Relay entries and fees will be submitted to the Clerk of Course **each day by 10:00 AM** by the Coach or a Team Representative at the meet. Do not send entries in advance. Entry cards must include a seed time and the names of the swimmers in the order they will swim. Relays are for fun only, and will not be awarded or scored. They will not count toward Individual or Team point totals.

RESTRICTIONS: Smoking is not allowed on the deck, in locker rooms or other areas designated as swimmer rest areas, or within the enclosed pool area.

No pets are allowed on the deck, in the locker rooms, or anywhere within the enclosed pool area.

No glass containers are allowed in the meet venue. EZ ups are not allowed on the pool deck for personal use.

Portable propane tanks are not allowed in the pool area, in designated swimmer rest areas, or within the enclosed pool area.

The sales or use of alcoholic beverages is prohibited.

Deck changes are prohibited.

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. 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. KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

AWARDS / SCORING: Separate awards will be given to each age group (6 & under, 7/8, 9/10, 11/12, 13/14, 15/16 17/18) in combined age group events. Awards are presented as follows:

- 1st-3rd for each gender will receive medals, and 4th-12th for each gender will receive ribbons (Swimmers 19 years of age and older will not receive medals)
- Individual high point winners placed 1st – 3rd for girls and boys in each age group will be given special awards. Team high point (1st-3rd) will be awarded.
- All "B" swimmers achieving a new USA Swimming Motivational "A" time will be awarded a standard "A" medal, regardless of place achieved in the event.
- Points awarded for 1st through 12th: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1
- Relays are not scored.

Awards must be picked up before the end of the meet, as they will not be mailed.

ADMISSION: Admission to the event is free.

FOOD: A catered breakfast and lunch will be available for purchase each day. Snacks and drinks will be available for purchase throughout the meet from the concessions stand.

HOSPITALITY: A morning snack, lunch and refreshments will be served to all working Officials, Coaches and Timers.

MISC: A wading pool is available for younger children.

CAMPING: Camping is available at the Plumas-Sierra County Fairground for **Friday and Saturday nights only**. All reservations must be made via the Plumas Rapids website at:

<https://plumasrapids.swimtopia.com/shop>

Please do not contact the Fairgrounds directly.

TIMERS: All Teams will be expected to provide volunteers to work as 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.

Timing responsibilities will be sent out via the SNS Volunteer Distribution as well as included in the general email to all participants prior to the meet. Timers will be provided with shaded seating as well as snacks, lunch, and beverages. A Team Representative should check in with the Head Timer before 8:45 AM Saturday and Sunday to report the number of Timers from his/her Team. **Clubs will be assigned lanes for timing on Saturday and Sunday. Any updates on timeline and timing assignments will be emailed.**

The meet will use a Colorado electronic timing system with three buttons (3 Timers per lane.) A stopwatch in each lane will back-up the electronic timing system.

MEET OFFICIALS: Role Name

Head Referee Amber Ponciano

Head Starter Tom Cross

Admin Official Michelle Owen

Meet Director(s) Kurt Smart kurt@plumasrapids.org

Megan Leonhardt megan@plumasrapids.org

OFFICIALS: All working Officials are expected to display their active 2025 Membership/Certification cards. 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 or have a printed copy available. Any Official unable to present evidence of certification will not be allowed to officiate. Dress for Officials is white polo shirts, blue pants/ shorts/skirts and white tennis shoes and socks.

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

Number of a Team's swimmers entered in the meet	Number of trained & carded Officials required
0 - 10	0
11 - 25	1
26 - 50	2
51 - 75	3
76 – 100	4
101 or more	5

One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and 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. If the minimum number of Officials required to operate a sanctioned Sierra Nevada meet cannot be achieved, the Referee may modify or combine assignments, subject to the provisions of 102.10.3.

EVENTS: Swimmers will be limited to register for a maximum of four (4) Saturday events and four (4) Sunday events, excluding team relays.

EVENTS BY AGE:

Saturday, July 12					Sunday, July 13				
6 & Under	7-8	9-10	11-12	13-18	6 & Under	7-8	9-10	11-12	13-18
25 Back	25 Back	100 Free	100 Free	100 Free	25 Free	25 Free	100 Back	100 Back	200 IM
25 Fly	25 Fly	100 Fly	100 Fly	200 Fly	25 Br	50 Fly	50 Fly	50 Fly	100 Fly
50 Br	100 IM	100 IM	100 IM	100 IM	50 Back	25 Br	100 Br	100 Br	200 Br
50 Free	50 Br	50 Br	50 Br	100 Br		50 Back	50 Back	50 Back	50 Free
	100 Free			100 Back		50 Free	50 Free	50 Free	

SESSION SCHEDULE:

Saturday July 12, 2025

Girls			Boys
1	13-18	100 Free	2
3	9-12	100 Free	4
5	8-UN	25 Back	6
7	13-18	200 Fly	8
9	9-12	100 Fly	10
11	8-UN	25 Fly	12
13	7-12	100 IM	14
15	13-18	100 IM	16
17	12-UN	50 Breast	18
19	13-18	100 Breast	20
21	6-U	50 Free	22
23	7-8	100 Free	24

25	13-18	100 Back	26
27	18-UN Mixed	200 Medley Relay	

Sunday July 13, 2025

Girls			Boys
29	13-18	200 IM	30
31	9-12	100 Back	32
33	8-UN	25 Free	34
35	13-18	100 Fly	36
37	7-12	50 Fly	38
39	13-18	200 Br	40
41	9-12	100 Breast	42
43	8-UN	25 Breast	44
45	12-UN	50 Back	46
47	13-18	50 Free	48
49	7-12	50 Free	50
53	18-UN Mixed	200 Free Relay	