



## SIERRA NEVADA SWIMMING

**UPDATED -** Long Course  
Championships 'The Bill  
Rose Classic'  
July 17-20, 2025

Host: California Capital Aquatics



Enter online at <http://ome.swimconnection.com> Invitational  
meet for registered Swimmers of Sierra Nevada Swimming

### SANCTION

Swim Meet will be held under USA Swimming/Sierra Nevada Swimming Sanction **SNS25-55**. 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."

### LOCATION

Roseville Aquatics Complex: 3051 Woodcreek Oaks Blvd., Roseville, CA 95747

### MEET INFORMATION

Timeline, psych sheets, Timers requirements, and exception reports will be posted on the CCA website a few days after the entry deadline:

<https://www.gomotionapp.com/team/pscca/page/team-info/cca-hosted-meets>

### LODGING

Thank you to Placer Valley Tourism for coordinating SPECIAL HOTEL ROOM RATES for this year's meet may be found on the CCA Hosted Meet page or by entering the following link:

<https://www.placertourism.com/events/cca-sns-long-course-championship/>

### FACILITY

Outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.11C, the surveyed competition course has a pool depth at the start end of 13 ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". According to 202.4.11G, California Capital Aquatics ensures that the swimming pool meets the required course dimensions. An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. Colorado Starting, Timing and Scoreboard will be used. Locker rooms and rest areas are available. The facility is equipped with Spectrum Fusion Starting blocks with reaction start surfaces and Spectrum Backstroke start ledges. 9-lanes will be used to seed Preliminaries and 9-lanes will be used to set Finals.

### RESTRICTIONS

No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the venue. The sale and use of alcoholic beverages is prohibited in all areas of the venue. Glass containers, pets, propane heaters or any other type of heating device are not allowed in the facility. EZ Ups can stay up if they are fastened or weighted to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS OVERNIGHT. **VISITING TEAMS WILL NOT BE ALLOWED TO SET UP UNTIL THURSDAY MORNING JULY 17<sup>TH</sup>, NO EARLIER THAN 6:00 AM.**

## **RULES**

Current USA Swimming and SNS rules will govern this meet. All Swimmers must be 2025 registered members of USA Swimming and present their cards upon request. If you do not have a USA Swimming Registered Coach at the meet, report to the Meet Referee for Lane and Coach assignment.

## **MEET OFFICIALS – ASSIGNED TEAM**

MEET REFEREE:	JEFFREY JONES	jeff@jones-law.com
ADMINISTRATIVE REFEREE:	SCOTT HASTINGS	scotthastings@gmail.com
HEAD STARTER:	LEIA RICHTER	buckwheet@gmail.com
TEAM LEAD CHIEF JUDGE:	BLAKE CUNNINGHAM	bstone76@aol.com
TEAM LEAD DECK REFEREE	JASON SHIBATA	jasonsswim@gmail.com
MEET DIRECTOR:	SAMI WAHEED	meetdirectorcca@gmail.com
NATIONAL EVALUATOR:	DANA COVINGTON	

## **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. The results of this meet may be posted in real-time on Meet Mobile.

## **SAFE SPORT**

Pursuant to USA-S Rule 202.4.11H the 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 Roseville Aquatics Center 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.

**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, City of Roseville 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.

## **RESTRICTIONS**

Smoking and the use of other tobacco products are prohibited at the Roseville Aquatics Center. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages are prohibited in all areas of the venue. Glass containers, pets, or propane heaters are not allowed in the facility.

## ELIGIBILITY

All swimmers must have a current USA Swimming Membership and be members of Sierra Nevada Swimming. The SNS Registrar will verify all swimmers' memberships prior to the meet and, if valid, will be allowed to check in and compete. SNS does not allow swimmers to register for a USA Swimming Membership at the meet. In accordance with 302.3 the LSC will impose a fine of \$100 for every entered swimmer that shows unregistered on a Registration Report 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.

NOTE: REGISTERED SIERRA NEVADA SWIMMERS who are 19-22 years old and are registered with a specific club will be allowed to compete in the 15-18 division as an "exhibition" in the TRIALS session ONLY. Swimmers who are 19-22 years of age, will not be able to compete in finals, score points, or compete on relays.

Athletes with physical disabilities are not required to meet the qualifying time standards for their age group; however, they must contact the Admin Referee notifying them that they have a physical disability and what events they would like to swim.

The Athlete shall enter an entry time equal to the qualifying time for each event they are swimming on OME. Classification of disability does not apply for this meet. It is the responsibility of the athlete to ensure eligibility according to qualifying times as stated in this announcement.

## START TIMES

The start time of finals will be determined by the Meet Director, Coaches, Meet Referee, and USA Swimming Rules.

	Warmups	Meet Begins	**Finals Warm-up	*Finals Begins
Thursday	7:00 AM	9:00 AM	**4:00 PM	*5:00 PM
Friday	7:00 AM	9:00 AM	**4:00 PM	*5:00 PM
Saturday	7:00 AM	9:00 AM	**4:00 PM	*5:00 PM
Sunday	7:00 AM	9:00 AM	**4:00 PM	*5:00 PM

\*Finals will begin no sooner than 90 minutes after the last heat of preliminaries, excluding distance events

\*\*Finals warm-ups begin one hour before finals begin

## WARM-UP RULES

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

- Marshals must be on the deck during the entire warm-up period.
- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet.
- Athletes shall be under a Coaches supervision for the entire warm-up period.
- 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.
- For Swimmers age 13 and older, warm-ups will be 7:00 AM-8:00 AM each day.

- For Swimmers age 12 and younger, warm-ups will be 8:00 AM-8:50 AM each day.
- A minimum of 2 lanes will be open for dive and 2 lanes for pace, beginning the last 20 minutes of warm- up.
- 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 is forbidden at any time.

The Meet Referee, Marshal, or Meet Director may remove a Swimmer, Coach, and/or Team from the deck for violations of these rules. In facilities that have a warm-up and/or warm-down area, Marshals shall provide supervision of the area(s) at all times. 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.

## BACKSTROKE LEDGES

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.*** 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.

## SWIMWEAR

(12 & UNDER Pursuant to 102.8.1.F): "No Technical Suits Shall be worn by any 12 & under RESTRICTIONS: 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 do not extend below the hips is permitted.) (Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending past the knee is permitted.)

## MEET FORMAT

THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS SUBMITTED OR PRELIMINARY TIMES: All swimmers are automatically checked into the events for which they are registered. 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 checked into the first 3 events they are registered for the day and scratched out of any additional events.

All events are trials and finals format, except for all 8-Under events, 400 Free (10&Under Only), 800 Free, 1500 Free, and all relays which are swum as timed-finals.

## TIME STANDARDS

Swimmers must have achieved the appropriate Championships Qualifying entry time for each event they swim and all entry times will be verified in Swim Connection and/or SWIMS. Swimmers must qualify with the appropriate times in either long

course meters or short course yards.

Converted times will NOT be allowed. Any Swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming.

## **ENTRIES**

There is no entry cap for the number of athletes attending this meet – all swimmers with qualifying times will be able to enter this meet, so long as entries are submitted within the entry window.

Enter at: <http://ome.swimconnection.com> to receive an immediate entry confirmation. Online entries will open once results from Last Chance Meet (June 27th-29th, 2025) have been submitted to the SNS registrar and posted to Swim Connection.

ONLINE ENTRIES MUST BE RECEIVED BEFORE 11:59PM ON SATURDAY, JULY 12TH, 2025. RELAY ENTRIES MUST BE RECEIVED BEFORE 11:59PM ON SUNDAY, JULY 13TH, 2025.

If entering as a Team with an entry file, please submit the file to [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com) and payment can be made at the mandatory General Meeting on July 16th. Checks are to be made payable to: California Capital Aquatics ~ THERE WILL BE NO REFUNDS.

There are no deck entries at this meet. Entries through Swim Connection LLC require payment by credit card. Swim Connection LLC charges a processing fee for this service. Please note that the processing fee is a separate fee from the Entry Fees.

Swimmers registered as Outreach Athletes are eligible to have the event fee portion of their meet paid for by SNS. Athletes would still be responsible for applicable splash fees. Please contact our SNS Registrar, Mark Brown ([mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com)) for registration.

## **RELAY ENTRIES**

All Team relays for the entire meet must be submitted by the entry deadline via Swim Connection or an HY-TEK entry file. If a relay is scratched prior to the scratch deadline, Teams may request a refund. No refunds will be given if a relay is scratched after the scratch deadline. There will be no deck entry of relays. In addition, all relay-only swimmers must enter the meet and pay the pool surcharge by SUNDAY, JULY 13TH AT 11:59 PM.

A Team may enter no more than 2 relays in each event and both A and B relays may score. Relay swimmer names and alternates are to be provided to the Clerk of Course on the day of the relay by the start of preliminary events (9:00 AM).

## **MAXIMUM ENTRIES**

According to Rule 102.2.2, where it states, "In a preliminaries and finals meet a swimmer may compete in no more than three (3) individual events per day." Age group swimmers in 9-10, 11-12, and 13-14 are limited to competing in a maximum of 3 individual events per day, and by Sierra Nevada Swimming Rules are limited to a maximum of 7 individual events for the entire meet.

According to Sierra Nevada Swimming Rules, the 8-U age group is limited to competing in a maximum of 7 individual events for the entire meet and no more than 4 events on any given day.

Refunds will not be given to those swimmers who enter more than the allowable events.

## **ENTRY FEES**

\$11.00 per individual event.

\$18.00 per Swimmer for pool surcharge

\$0 per Relay Team per event.

## ADMISSION

Free. Programs will not be sold at this event. The meet will be available on Meet Mobile and electronic versions of the psych sheet will be sent to Coaches to disperse. Preliminary and final heat sheets will be available on the Sierra Nevada website under the calendar event for the meet. No printed versions will be available for sale at the meet.

In cooperation with the City of Roseville and the Roseville Aquatics Complex, **CCA REPRESENTATIVES, OR AN OFFICIAL FROM SIERRA NEVADA SWIMMING HAS THE RIGHT TO REFUSE ENTRY OR REMOVE INDIVIDUALS FROM THE FACILITY IF DISPLAYING INAPPROPRIATE OR SUSPICIOUS BEHAVIOR.**

## PRELIMS

9 lanes will be used to seed Preliminaries. The last three heats of each event will be circle seeded (slowest to fastest) except for the 400 IM, 400 Free 11- Up, and timed finals events. The last two heats of the 400 IM and 400 Free (11 and over) will be circle seeded. Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual events of that day. According to Sierra Nevada Rules, at SNS Spring Championships and Summer Championships, if a swimmer misses an individual event, they are barred from competing in any further individual events for that day from their missed event and on. They are still allowed to compete in the Team relays for that day. Swimmers have 30 minutes after the results of preliminaries are announced to scratch from the finals competition. A swimmer may (on the same deadline) declare his/her intention to scratch pending result announcements of their subsequent event in the prelims (not including the 800 Free and 1500 Free) but must notify the Administrative Referee of their final intentions within thirty (30) minutes following the announcement of their last individual preliminary, 207.11.6E(2).

## PRELIMINARY EVENTS WITH 9 (NINE) OR FEWER SWIMMERS ENTERED

If **nine (9)** swimmers or fewer 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 swim as scheduled during both the preliminaries and finals.

## FINALS

**9 Lanes** will be used to seed Finals. Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 800 Free and 1500 Free. There will be one heat of the top **nine (9)** swimmers. Swimmers will be seeded in the finals unless they are scratched. A swimmer must swim finals in order to receive points or an award. Any swimmer qualifying for a final that fails to compete shall be barred from further competition for the remainder of the meet except as noted in USA Swimming rules. USA Swimming Scratch Rule 207.11.6E will be used at this meet.

## DISTANCE EVENTS

The 400 Free (10-U only), 800 Free and 1500 Free will compete as timed finals. The 800 Free and 1500 Free will be swum 11-Up but awarded as separate age groups. The 800 Free and 1500 Free will swim fastest to slowest, with one swimmer per lane, and after a 10-minute break following the relay events. For the 1500 Free, the girls will swim on Thursday and the boys will swim on Friday. For the 800 Free, the girls will swim on Saturday and the boys will swim on Sunday. Swimmers in the 800 Free and 1500 Free will be required to provide their own Timers (2 are preferred), Lap Counter, and lap counting device.

## CHECK-IN/ SCRATCHES

The scratch deadline for Thursday's events is Wednesday, July 16, 2025, in-person during the General Meeting. The scratch deadline will be 15 minutes after General Meeting Concludes. The scratch deadline for Friday, Saturday, and Sunday's preliminary events shall be (30) thirty minutes after the time established for the start of the finals sessions and shall be done with the Administrative Referee.

## SCRATCH RULES

In meets holding trials and finals, once seeded and not scratched, the swimmer will be treated as entered as stated in

207.11.6C states, "In all events where preliminary heats are necessary after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.11.6A and 207.11.6B of the Rules and Regulations will be barred from all further individual and relay events of that day." Sierra Nevada Swimming is modifying this rule to state, "According to Sierra Nevada Rules, at SNS Spring and Summer Championships, if a swimmer misses an individual event, they are barred from competing in any further individual events for that day from their missed event on. They are still allowed to compete in the Team relays for that day and any finals for which they qualified."

Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim directly with the Administrative Referee each remaining day(s) of the meet and prior to the close of seeding for that day's events.

Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.11.6E).

The host will provide a Clerk of Course desk at the pool for the duration of the meet. The Clerk of the Course will then be available prior to and during the General Meeting from 6:00 PM until 15 minutes after its conclusion to accept in-person scratches for the Thursday session. The desk will be open from 7:00 AM to the close of the scratch box on Thursday through Sunday.

## **ORDER OF SEEDING**

Events will be seeded as follows: All times earned previously, whether they are meters or yards will be accepted if they meet the minimum entry times. In seeding these times, the conforming meter times will be arranged in time order, followed by non-conforming yard times. After arranging the times as provided above, the event will be seeded in a normal fashion. 207.11.7B

Swimmers requesting lead-off splits must do so with the Meet Referee/Admin Referee on the day of the swim.

## **INDIVIDUAL & RELAY AWARDS**

- Individual events will be awarded medals from 1st through 9th place.
- Relay events will be awarded medals 1st through 3rd place.

## **SCORING**

- Points will be tabulated 1<sup>st</sup> - 9<sup>th</sup> place: Individual events: 10, 8, 7, 6, 5, 4, 3, 2, and 1.
- Relay events: 20, 18, 14, 12, 10, 8, 6, 4, 2.

## **TEAM AWARDS**

- 1st through 3rd place in each division. Large, Medium, and Small Team Divisions will be based on the number of individual events entered by a Team.

## **INDIVIDUAL HIGH POINT AWARDS & "A" MEDALS**

- 1<sup>st</sup> – 3<sup>rd</sup> place individual High Point winners in each age group, male and female, will receive an award
- "A" Medals will be awarded to those Swimmers achieving a new "A" time at the meet.

Permanent and accurate awards will be given to the Coaches the following day after finals, except Sunday's awards will be given to Coaches that evening.

## 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 marks (wristband, 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. Psych sheets will be posted to the Sierra Nevada Swimming Team Unify Website on Monday prior to the meet.

## GENERAL MEETING

Wednesday, July 16th, at the Roseville Aquatics Complex. At least one Coach from each Team and the Official Team leads must be present at the General Meeting. Time to TBA.

## OFFICIALS APPLICATION

Officials must apply to work this meet for all positions. Online Application to Officiate and Request for Evaluation is available at:

<https://forms.gle/WbJf7GTjp7LAWCG1A>

This meet has been designated as a training meet for N2 and N3 Officials. **OQM# 25-148**

All Certified Officials with current USA Swimming registration are welcome to work this meet. At the meet, all working Officials must show proof of their "Good Standing" with USA Swimming via Deck Pass. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

Applications for the assigned positions of Chief Judge, Starter, Deck Referee, and Administrative Official must be received no later than **FRIDAY, JUNE 20<sup>TH</sup>**. Notification of assigned positions will be sent by **MONDAY, JUNE 30<sup>TH</sup>**. All other applications must be received no later than Friday, June 27<sup>th</sup>. We will try to accommodate all requests for evaluation but this may not be possible, especially for assigned positions. Requests will be considered in the order in which they are received with preference given to Officials who are available to work all sessions. To be evaluated you must be available to work a minimum of six (6) sessions. Please review USA Swimming N2 or N3 Evaluation and Certification Requirements prior to applying to confirm eligibility.

## OFFICIALS BRIEFING SCHEDULE

Official Briefings for Prelims begin at 7:15 AM. Official Briefings for Finals begin at 4:00 PM. All Officials are required to attend briefings.

## OFFICIALS DRESS CODE

Dress code for preliminaries will be white tennis shoes, white socks, navy-blue pants/shorts/skirts, and white polo shirts. Dress for the finals will be white tennis shoes, long navy-blue pants or knee-length skirts (Weather depending, Meet Referee may allow navy knee-length shorts at finals, an announcement to be made at the briefing), and a white polo shirt. A Hawaiian shirt is required for Saturday night. No leggings, crocs or sandals will be permitted.

## MINIMUM OFFICIALS RULE

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 Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
every additional 25 swimmers	1 additional per each 25

### **SNS TIMERS POLICY**

Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. The number of timing chairs per Team is based on the formula – (number of Swimmers on a Team in the session [divided by] the total number of Swimmers in the session) which is then [multiplied by] NUMBER OF (36 for prelims [18 at each the odd side and even side] and 16 for final) timing chairs. This number will be rounded to the nearest whole number. The host Team will supply Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams prior to the start of the meet. The Primary timing system will be the Colorado touchpads, the back-up system to the touchpads will be the average of the two button times (two timers per lane) and the back-up to the two buttons will be the one stopwatch per lane.

### **CONCESSIONS**

A snack bar will be available throughout the event.

### **HOSPITALITY**

Hospitality will provide snacks and drinks to Coaches, Timers, and Officials throughout the meet. Hospitality will also provide light breakfast items, lunch, and dinner for Coaches and Officials.

## SUMMARY OF EVENTS

	8-Under	10-Under	11-12	13-18*
<b>THURSDAY</b>		200 Free	200 Free	200 Free
<b>July 17</b>		50 Fly	100 Fly	100 Fly
		100 Breast	200 Breast	200 Breast
			50 Back	50 Back
			400 Medley Relay	400 Medley Relay
			1500 Free (W)	1500 Free (W)
<b>FRIDAY</b>		200 IM	200 IM	400 IM
<b>July 18</b>		100 Free	100 Free	100 Free
		50 Back	200 Back	200 Back
			50 Fly	50 Fly
			400 Free Relay	400 Free Relay
			1500 Free (M)	1500 Free (M)
<b>SATURDAY</b>	100 Free	400 Free	200 Med Relay	200 Med Relay
<b>July 19</b>	50 Breast	50 Breast	50 Breast	400 Free
	50 Back	100 Back	100 Back	100 Breast
		200 Medley Relay	400 Free	100 Back
			800 Free (W)	800 Free (W)
				800 Free Relay
<b>SUNDAY</b>	50 Fly	100 Fly	200 Free Relay	200 Free Relay
<b>July 20</b>	50 Free	50 Free	100 Breast	50 Breast
		200 Free Relay	400 IM	200 IM
			50 Free	50 Free
			200 Fly	200 Fly
			800 Free (M)	800 Free (M)

**\* \*All Prelim sessions will run 11-18 for the 50 Back and 50 Fly, or 13-18 for the 50 Breast**

**and 50 Free; Finals will be swum 11-12, 13-14, 15-16 and 17-18**

**DAILY ORDER OF EVENTS – Thursday, July 17, 2025**

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS</b>
1	13-18	<b>200 FREE</b>	2
3	11-12	<b>200 FREE</b>	4
5	10 & UNDER	<b>200 FREE</b>	6
7	13-18	<b>200 BREAST</b>	8
9	11-12	<b>200 BREAST</b>	10
11	10 & UNDER	<b>100 BREAST</b>	12
13	13-18	<b>100 FLY</b>	14
15	11-12	<b>100 FLY</b>	16
17	10 & UNDER	<b>50 FLY</b>	18
<b>19</b>	<b>11-18</b>	<b>50 BACK</b>	<b>20</b>
21	15-18	<b>400 MED RELAY</b>	22
23	13-14	<b>400 MED RELAY</b>	24
25	11-12	<b>400 MED RELAY</b>	26
*167	11-18	<b>1500 FREE (GIRLS ONLY)</b>	N/A

**NOTE: EVENTS 19 & 20 will be swum as a combined 11-18 event for Preliminaries; Finals will be swum 11-12, 13-14, 15-16 and 17-18.**

NOTE: EVENT 167 will be swum between trials and finals, 10 minutes after event 26. All relay events and the 1500-meter freestyle are Timed Finals.

**DAILY ORDER OF EVENTS – Friday, July 18, 2025**

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS</b>
27	13-18	<b>400 IND MED</b>	28
29	11-12	<b>200 IND MED</b>	30
31	10 & UNDER	<b>200 IND MED</b>	32
33	13-18	<b>100 FREE</b>	34
35	11-12	<b>100 FREE</b>	36
37	10 & UNDER	<b>100 FREE</b>	38
39	11-12	<b>200 BACK</b>	40
41	13-18	<b>200 BACK</b>	42
43	10 & UNDER	<b>50 BACK</b>	44
<b>45</b>	<b>11-18</b>	<b>50 FLY</b>	<b>46</b>
47	15-18	<b>400 FREE RELAY</b>	48
49	13-14	<b>400 FREE RELAY</b>	50
51	11-12	<b>400 FREE RELAY</b>	52
N/A	11-18	<b>1500 FREE (BOYS ONLY)</b>	*168

**NOTE: EVENTS 45 & 46 will be swum as a combined 11-18 event for Preliminaries; Finals will be swum 11-12, 13-14, 15-16 and 17-18.**

NOTE: EVENT 168 will be swum between trials and finals, 10 minutes after event 52. All relay events and the 1500-meter freestyle are Timed Finals.

**DAILY ORDER OF EVENTS – Saturday, July 19, 2025**

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS</b>
53	10 & UNDER	<b>200 MED RELAY</b>	54
55	11-12	<b>200 MED RELAY</b>	56
57	15-18	<b>200 MED RELAY</b>	58
59	13-14	<b>200 MED RELAY</b>	60
61	8 & UNDER	<b>100 FREE</b>	62
63	10 & UNDER	<b>400 FREE</b>	64
65	13-18	<b>400 FREE</b>	66
67	11-12	<b>400 FREE</b>	68
69	10 & UNDER	<b>50 BREAST</b>	70
71	8 & UNDER	<b>50 BREAST</b>	72
73	13-18	<b>100 BREAST</b>	74
75	11-12	<b>50 BREAST</b>	76
77	8 & UNDER	<b>50 BACK</b>	78
79	10 & UNDER	<b>100 BACK</b>	80
81	13-18	<b>100 BACK</b>	82
83	11-12	<b>100 BACK</b>	84
	15-18	<b>800 FREE RELAY</b>	86
	13-14	<b>800 FREE RELAY</b>	88
*169	11-18	<b>800 FREE (GIRLS ONLY)</b>	N/A

NOTE: EVENT 169 will be swim between trials and finals, 10 minutes after event 88. All relay events, all 8 & Under events, the 800-meter freestyle and the 10 & Under 400-meter freestyle are Timed Finals.

**DAILY ORDER OF EVENTS – Sunday, July 20, 2025**

<b>GIRLS</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS</b>
89	10 & UNDER	<b>200 FREE RELAY</b>	90
91	11-12	<b>200 FREE RELAY</b>	92
93	13-14	<b>200 FREE RELAY</b>	94
95	15-18	<b>200 FREE RELAY</b>	96
97	11-12	<b>400 IND MED</b>	98
99	10 & UNDER	<b>100 FLY</b>	100
101	13-18	<b>200 IND MED</b>	102
103	11-12	<b>100 BREAST</b>	104
<b>105</b>	<b>13-18</b>	<b>50 BREAST</b>	<b>106</b>
107	8 & UNDER	<b>50 FLY</b>	108
109	13-18	<b>50 FREE</b>	110
111	11-12	<b>50 FREE</b>	112
113	10 & UNDER	<b>50 FREE</b>	114
115	8 & UNDER	<b>50 FREE</b>	116
117	13-18	<b>200 FLY</b>	118
119	11-12	<b>200 FLY</b>	120
85	15-18	<b>800 FREE RELAY</b>	
87	13-14	<b>800 FREE RELAY</b>	
N/A	11-18	<b>800 FREE (BOYS ONLY)</b>	*170

**NOTE: EVENTS 105 & 106 will be swum as a combined 13-18 event for Preliminaries; Finals will be swum 11-12, 13-14, 15-16 and 17-18.**

NOTE: EVENT 170 will be swum between trials and finals, 10 minutes after event 87. All relay events, all 8 & Under events and the 800-meter freestyle are Timed Finals.

## SIERRA NEVADA SWIMMING

### 2025 – 2028 CHAMPIONSHIPS

#### TIME STANDARDS

\*\* The 13-18 50 Back, 50 Fly and 50 Breast events have been added to this year's event. Qualification times for those events will be the time standards for the corresponding 100 events, i.e., the 100 Back time standards will be used for the 50 Back; the 100 Fly time standards will be used for the 50 Fly; the 100 Breast time standards will be used for the 50 Breast.

Time Standards can also be found at the following link:

[https://www.gomotionapp.com/snslsc/UserFiles/Image/QuickUpload/2024-2028-lsc-championship-time-standards-v2-xls---compatibility-mode\\_048970.pdf](https://www.gomotionapp.com/snslsc/UserFiles/Image/QuickUpload/2024-2028-lsc-championship-time-standards-v2-xls---compatibility-mode_048970.pdf)