

REDDING SWIM TEAM



SPRINT PENTATHLON
Hosted by
Redding Swim Team
September 20, 2025

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

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number SNS26-1. 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: Shasta Community College, 11555 Old Oregon Trail, Redding, 96003

Directions to the pool: From I-5 take 299 East/Burney Exit (#680), turn east onto 299 East, proceed approximately 2 miles to Old Oregon Trail/Shasta College exit, turn left (north) at the signal onto Old Oregon Trail. The college will be on the right. Drive .6 miles to the second Shasta College entrance and proceed east approximately .3 miles to a large parking lot. The pool is located east of the gym.

Days	Warm-ups	Meet Begins
Saturday	8:00 AM	9:00 AM

FACILITIES:

Outdoor surveyed 25-yard pool for competition. The number of competition lanes will be determined based on the size of the swim meet and the number of entries received. Additional lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available. Hallways must be clear for college employees to be able to enter and exit office doors.

CERTIFICATION:

In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 4 ft. at 3'3.5" and 4'4" ft at 16' 5" at the start end. At the turn end it is 4' ft at 3' 3.5" and 4'6" ft at 16'5". The water depth of the separate warm-up lane, in accordance with USA-S Rule 202.4.11C, has a pool depth of 4' ft at 3' 3.5" and 4'6" ft at 16' 5" at the start end, and at the turn end it is 4' ft at 3' 3.5" and 4'6" at 16'5".

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 five (5) 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.

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.

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 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.

AWARDS:

A Two Dollar Bill themed award will be given to 1st place winner of boy and girl in age groups 8&under, 9-10, 11-12, 13&up

Pentathlon Award:

The Pentathlon Champion award goes to one swimmer aged 9 or older. Points will be based on performance in the 50-yard freestyle, backstroke, breaststroke, butterfly, and 100- or 200-yard individual medley, scored against USA Swimming's National Age Group Motivational Time Standards. Full scoring details are available at the clerk of course on the day of the meet.

A Rookie Pentathlon award goes to the 8-and-under swimmer with the lowest cumulative time in the 25-yard freestyle, backstroke, breaststroke, butterfly, and 100-yard individual medley.

Swimmers must enter all five events to qualify for either award.

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 5 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 5 events they are registered for that day and scratched out of any additional events for that day.

The scratch deadline is Thursday, September 18, 2025, at 6:00 PM.

To scratch any of events, you can email Heidi Rupp ruppmom3@yahoo.com prior to the deadline. *Emailed scratches will receive a confirmation by the deadline.*

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 swimming meet to show proof. 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 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 drinks and snacks. Hospitality will be provided to all Officials, Timers, and Coaches.

OFFICIALS:

Meet Referee: Bill Fisher
Head Starter: Gary Haselrud
Admin Referee: Dan Rupp
Meet Director: Rob Smith redningmeetchief@gmail.com

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

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 5 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 5 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, September 11, 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, September 11, 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, September 11, 2025. Absolutely no late, or telephone entries will be accepted. **There are no refunds.**

ENTRY FEES:

\$2.75 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 \$2.00 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

	8 & under	9-10	11-12	13 & Up
Saturday	50 Free 25 Fly 25 Back 25 Breast 25 Free 100 IM	100 Free 50 Fly 50 Back 50 Breast 50 Free 100 IM	100 Free 50 Fly 50 Back 50 Breast 50 Free 100 IM	100 Free 50 Fly 50 Back 50 Breast 50 Free 200 IM



September 20th, 2025

Saturday			
Girls and Boys Combined	Age Group	Event	Estimated Start Time:
1	8&under	50 Free	9:00am
2	9-up	100 Free	
Break			
3	11-up	50 Fly	
4	9-10	50 Fly	
5	8&under	25 Fly	
Break			
6	11-up	50 Back	9:45am
7	9-10	50 Back	
8	8&under	25 Back	
Break			
9	11-up	50 Breaststroke	10:15am
10	9-10	50 Breaststroke	
11	8&under	25 Breaststroke	
Break			
12	11-up	50 Free	10:45 am
13	9-10	50 Free	
14	8&under	25 Free	
Break			
15	12&under	100IM	11:15 am
16	13& Up	200IM	

*Breaks Between Individual Events To Allow Swimmers Ample Rest