



WAC JR+ Invite & Bonus Events

September 20-21, 2025

held under USA Swimming/Sierra Nevada Swimming Sanction Number: #SNS26-4. 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 Wolverine Aquatics Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California, and Placer 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 sheet and live meet results. The results of this meet may be posted in real time on the internet and on Meet Mobile.

SAFE SPORT:

- Pursuant to 102.10, a minimum of two Marshals, one female and one male, will be present at all sessions.
- 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 Wolverine Aquatics Club 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).
- Pursuant to USA-S Rule 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).
- Pursuant to 202.4.11N:
 - o AED is located in the pool office. Coaches on duty to assist.
 - o A dedicated phone/landline to 911 is located in the pool office.
 - o A first aid table will be available during all sessions.

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.

LOCATION:

Sierra College Aquatics Complex - 5100 Sierra College Boulevard, Rocklin CA, 95677

DIRECTIONS:

Directions from Hwy 80: I-80 to Sierra College Blvd in Rocklin. Take exit 109 from I-80. Turn right onto Sierra College Blvd. Turn right onto Stadium Entrance. Parking garage will be on the left.

FACILITY:

Outdoor, surveyed, heated, 8 lane, 25-yard course available for competition. An additional six (6) lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available on Saturday and Sunday.

CERTIFICATION:

In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth at the start end of 13 'at 3'3.5" and 7 'at 16'5" and at the turn end it is 13 'at 3'3.5" and 7 'at 16'5". Per USA-S Rule 202.4.11G, the Wolverine Athletics Club ensures that the swimming pool meets the required course dimensions.

RESTRICTIONS

- Smoking and the use of other tobacco products are prohibited in all areas of the meet venue.
- The sale and use of alcoholic beverages are prohibited in all areas of the venue.
- Glass containers are not allowed in the facility.
- Dogs and other animals are prohibited on campus.
- Animals may not be left in cars on campus.
- No propane heaters allowed on campus.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited on campus. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from campus.
- Noncompliance may result in reporting to law enforcement authorities and ejection from campus. Law enforcement officers (LEO) are exempt per applicable laws.

WARM-UP RULES:

The following rules apply to the warm-up period before the 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.
- Marshals shall be on the pool deck during the entire warm up period.
- Up to 2 lanes can be used for pace 50's and up to 2 lanes for one-way starts.
- 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, parachutes, and other devices are not allowed during general warm-up.
- Warm-ups will close 10 minutes prior to the start of competition.

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. 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.

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.
- Those entries in excess of the below limitations will not be refunded.
- 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.
- Swimmers must meet at least one (1) SNS JR+ Qualifying time to enter the meet <https://www.teamunify.com/snwac/UserFiles/File/sierra-nevada-junior-time-standards-march2017-3-012325.pdf>
- 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.

- Swimwear must conform to USA Swimming rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
- All Coaches and Deck Officials must present their current 2025 USA Swimming Registration at sign-in.

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 knee is permitted.)

SPECIAL RULES:

- Events are Girls odd number and Boys even numbers.
- All heats for all events will be seeded and swum fastest to slowest.
- Swimmers in next heat will wait behind the Timer and wait to be called to the starting block by the series of short whistles.
- Flyover starts will be used at the discretion of the Meet Referee during single-course sessions. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.
- At the discretion of the Meet Referee, events may be combined to Mixed Gender if it assists in the timely completion of the meet.
- All events will be deck seeded.

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. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade too 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. This meet is open to all LSC's.

According to USA Swimming rule 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.

	Check-In	Warm-ups	Meet Start
Saturday: Session 1	7:15 AM	7:30 AM	9:00 AM
Saturday: Session 2 (Bonus Session)	Deck-Seeded	One hour after end of session 1	One hour after warm ups begin
Sunday: Session 3	7:15 AM	7:30 AM	9:00 AM
Sunday: Session 4 (Bonus Session)	Deck-Seeded	One hour after end of session 3	One hour after warm ups begin

ENTRY FEES:

Event entry fees are \$6 per event. A \$14 participation splash fee will be charged for each swimmer.

ENTRIES:

- **ONLINE ENTRIES:** Online entries will be accepted through 11:59 PM on Thursday, September 11, 2025, or when sessions reach the 300-swimmer cap.
- Enter at: <http://ome.swimconnection.com> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. 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 described above.
- **No mail in entries will 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 seedtime will be accepted.
- NT (No time) Entries will not be accepted.
- All events are SHORT COURSE YARDS.
- Each swimmer is limited to 4 events each day in Sessions 1 and 3 and 2 events each day in Sessions 2 and 4.
- If the meet entries do not cap at the close on Thursday, September 11, 2025, deck entries will be accepted.
- If events are required to be scratched on the day of this meet, then deck entries will not be accepted on that day.
-

DISTANCE EVENTS:

The 500-yard free and 400-yard IM will be swum in both prelims and finals. Heats will be swum fastest to slowest, alternating women then men. Swimmers shall provide their own Timers and Lap Counters. Lap counting devices will not be provided.

Check-in will start at 7:15 AM on both Saturday and Sunday. All swimmers must check-in prior to the close of their event.

Check-in for the first four events will close 30 minutes before the start of that session; check-in for all subsequent events will close no more than 30 minutes before the estimated start time of the first heat of the event. Check-in will be located on the West side of the pool deck, outside the gate.

Warm-ups will close 10 minutes prior to the start of competition.

AWARDS:

No awards will be given

ADMISSION:

There will be a designated spectator area, this is subject to change.

PROGRAMS:

The meet will be available on Meet Mobile. No programs or reports will be provided. Prior to attending the meet the psych sheets will be available on the Sierra Nevada Swimming website for download and printing prior to attending the meet.

SNACK BAR & HOSPITALITY:

Hospitality will be provided for Coaches and Officials.

COACHES:

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Meet Director 24 hours before the first session. 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.

OFFICIALS:

Meet Referee: Niffey Carmody

AO Official: TJ Kay

Head Starter: Diane Walker

Meet Director: Kainoa Pistorius

All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. 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. Weather permitting; rain gear may be worn if necessary. Officials should expect to attend the Officials meeting thirty minutes before the start of the meet. Officials should bring minimal belongings, such as a clipboard, a writing utensil, and a personal water bottle. Cinch bags or fanny packs to be worn for holding car keys, phone, and identification will be allowed. DQ slips will be used along with meet manager.

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.

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

TIMING:

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. All Timers will be selected and assigned lanes before the first session.

Colorado Timing and Touch Pad system will be utilized. Two Timers per lane, each operating one plunger with one of the Timers operating one stopwatch. Timers must sign up 48 hours prior to swim meet. Timer and Marshal signups will be on Team website.

**Schedule of Saturday's Events
Session 1**

Event #	Age	Event
1/2	Open Girls/Boys	200 Free
3/4	Open Girls/Boys	200 Breast
5/6	Open Girls/Boys	100 Back
7/8	Open Girls/Boys	200 Fly
9/10	Open Girls/Boys	50 Free
11/12	Open Girls/Boys	400 IM

Session 3

Event #	Age	Event
101/102	Open Girls/Boys	200 Free
103/104	Open Girls/Boys	200 Breast
105/106	Open Girls/Boys	100 Back
107/108	Open Girls/Boys	200 Fly
109/110	Open Girls/Boys	50 Free
111/112	Open Girls/Boys	400 IM

**Schedule of Sunday's Events
Session 3**

Event #	Age	Event
13/14	Open Girls/Boys	200 IM
15/16	Open Girls/Boys	200 Back
17/18	Open Girls/Boys	100 Fly
19/20	Open Girls/Boys	100 Breast
21/22	Open Girls/Boys	100 Free
23/24	Open Girls/Boys	500 Free

Session 4

Event #	Age	Event
113/114	Open Girls/Boys	200 IM
115/116	Open Girls/Boys	200 Back
117/118	Open Girls/Boys	100 Fly
119/120	Open Girls/Boys	100 Breast
121/122	Open Girls/Boys	100 Free
123/124	Open Girls/Boys	500 Free

