



California Gold

Pumpkin Meet

VENUE CHANGE – LODI HIGH SCHOOL

October 18 and 19, 2025

SANCTION:

Held under USA Swimming-Sierra Nevada Swimming Sanction Number: SNS26-9. 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 meet.

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

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 California Gold Swim 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 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).

Pursuant to 202.4.11N:

- AED is located on the east side of the pool next to the pool office. Lifeguards and coaches on duty to assist.

- A dedicated phone/landline to 911 is located on the east side of the pool next to the pool office

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:

Lodi High School, 3 S Pacific Ave, Lodi, CA 95242 (corner of W Lodi Ave. & S Pacific Ave, Lodi). From Highway 99, exit 267A to Cherokee Lane for Turner Road, turn left on E Turner Road 1.4 miles to Ham Lane turn left on Ham Lane for .8 miles, right on Oak Street, 2 blocks. Pool located to the left. From I-5 - Exit 487 for W Turner Road, left on W Turner Road for 5 miles. Turn right on Lower Sacramento Road for .5 miles. Turn left onto W Elm Street for .9-mile, turn right onto N Pacific Ave. Pool located on Right. Parking is available in the school parking lot.

FACILITIES:

A surveyed 13 lane, outdoor heated 25-yard pool, with eight (8) Short Course Yard lanes being used for competition. Separate warm-up lanes will be available throughout the competition.

CERTIFICATION:

In accordance with USA-S Rule 202.4.11G, the California Gold Swim Team has verified and ensures that the swimming pool meets the required course dimensions. The competition course has a pool depth that varies from 12 feet 0 inches to 7 feet 0 inches at both the start and turn end measured for a distance of 3 feet 3 ½ inches to 16 feet 5 inches from both end walls.

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 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.

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.

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 on the Tuesday before the first day of the Meet or when the Meet entries close, whichever is latest.* 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. 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.

	Warm-up	Meet Begins
Saturday October 18, 2025	7:30 AM	8:30 AM
Sunday October 19, 2025	7:30 AM	8:30 AM

ENTRY FEES:

Event entry fees are \$5 per event. A \$10 participation splash fee will be charged for each swimmer.

ENTRIES:

Will be on omeswimconnection.com. Only the first 300 swimmers per session will be accepted. Entries will close Thursday October 9, 2025, at midnight.

- 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 seedtime will be accepted.
- No time (NT) entries will be accepted.
- Swimmers are limited to a maximum of four (4) events each day.
- If the meet entries do not cap at the close on Thursday, October 10, 2025, deck entries will be accepted.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F

- **ENTRY LIMITS:** Should 12 & under events on the day be estimated to last longer than 4 hours, swimmers may be required to scratch down. In the case of a scratch-down, a refund will be offered for that one event.
- If events are required to be scratched on any day, then deck entries will not be accepted on that day.
- All 25 Yard events will be started on the turn end of the pool without starting blocks.

CHECK-IN:

The meet will be deck seeded. Check-in will start at 7:00 AM on Saturday and Sunday October 18 and 19, 2025. All swimmers must check-in prior to the close of their event. Check-in for the first (5) five events on Saturday and first (4) four events on Sunday 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.

SPECIAL RULES:

- Events are Women odd number and Men 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.
- According to 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. 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.

AWARDS:

No awards will be given.

SNACK BAR & HOSPITALITY:

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

OFFICIALS:

Meet Referee:	Diane Walker, dwakas@gmail.com
Head Starter:	Mitch Satz
Admin Official	Roberta Savage
Meet Director:	John Griffin, johnlodiaquatics@sbcglobal.net

OFFICIALS' DRESS:

Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. For wet or cold conditions, boots and parkas will be allowed.

OFFICIALS' RULES:

Current 2026 USA Swimming Membership/Certification Cards will be checked using the USA Swimming App to confirm membership is in good standing before being allowed to work the deck. Officials should bring minimal belongings, your own clipboard, writing devices, and personal water bottle. Cinch bags or fanny packs may be worn for holding car keys, phone, and identification. Official's meeting will be held 30 minutes before the start of the session. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time only" swimmers in all respects for that session.

MINIMUM OFFICIAL'S 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 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 the 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.

COACHES:

All Coaches must check in with the Meet Referee. Coaches will verify that their USA SWIMMING membership is current and receive a wrist band to wear during the meet. Programs are available to card-carrying Coaches from the Clerk of Course. 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.*

TIMERS:

Clubs/Teams will be assigned lanes for timing. Colorado Timing System will be used with two plungers and no touch pads. One stopwatch will back-up the primary timing system of two Colorado Timing plungers for each competition lane.

RESTRICTIONS:

Smoking and the use of other tobacco products are prohibited. Anyone desiring to smoke or use other tobacco products must leave the **CAMPUS** to do so. The sale and use of alcoholic beverages are

prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

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.)

*SNS will enforce all fines related to athlete registration and Coach registration.

SCHEDULE OF EVENTS- ALL EVENTS RUN FASTEST TO SLOWEST

Saturday				Sunday			
Event #		Age Group	Event	Event #		Age Group	Event
Session 1				Session 2			
G	B			G	B		
1	2	13-18	200 Free	37	38	13-18	200 IM
3	4	11-12	200 Free	39	40	11-12	100 IM
5	6	10&Un	200 Free	41	42	10&Un	100 IM
7	8	8&Un	25 Free	43	44	8&Un	25 Fly
9	10	13-18	100 Fly	45	46	13-18	200 Fly
11	12	11-12	50 Fly	47	48	11-12	100 Fly
13	14	10&Un	50 Fly	49	50	10&Un	100 Fly
15	16	13-18	50 Breast	51	52	13-18	100 Back
17	18	13-18	200 Back	53	54	11-12	50 Back
19	20	11-12	100 Back	55	56	10&Un	50 Back
21	22	10&Un	100 Back	57	58	13-18	200 Breast
23	24	8&Un	25 Back	59	60	11-12	100 Breast
25	26	13-18	100 Breast	61	62	10&Un	100 Breast
27	28	11-12	50 Breast	63	64	13-18	50 Back
29	30	10&Un	50 Breast	65	66	8&Un	25 Breast
31	32	13-18	50 Fly	67	68	13-18	50 Free
33	34	11&UP	100 Free	69	70	11-12	50 Free
35	36	10&Un	100 Free	71	72	10&Un	50 Free

	8&Un	10&Un	11-12	13-18
Saturday	25 Free 25 Back	200 Free 50 Fly 100 Back 50 Breast 100 Free	200 Free 50 Fly 100 Back 50 Breast 100 free	200 Free 100 Fly 50 Breast 200 Back 100 Breast 50 Fly 100 Free
Sunday	25 Fly 25 Breast	100 IM 100 Fly 50 Back 100 Breast 50 Free	100 IM 100 Fly 50 Back 100 Breast 50 Free	200 IM 200 Fly 100 Back 200 Breast 50 Back 50 Free