



## Sierra Nevada Swimming

# The Woodland Pirate Pentathlon

## Short Course Swim Meet

October 25, 2025

### SANCTION

Held under USA Swimming/Sierra Nevada Swimming Sanction # SNS26-12

According to USA Swimming 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."

**Pentathlon Participants:** When a swimmer enters the meet, they will designate which famous captain category/session they want to swim from the table below. Only swimmers who swim in each of the five (5) events will be eligible to compete for the 1st place award. To determine the 1st place finisher in each famous captain categories, each swimmer's time from for the four (4) individual strokes and IM will be added together to determine their overall time. The fastest male and female in each category will receive a designated award.

<b>Captain Hook</b> 10 & Under	<b>Captain Long John Silver</b> 9-14	<b>Captain Jack Sparrow</b> 11 & Over	<b>Captain Barbossa</b> 13 & Over
25 Fly	50 Fly	100 Fly	100 Fly
25 Back	50 Back	100 Back	100 Back
25 Breast	50 Breast	100 Breast	100 Breast
25 Free	50 Free	100 Free	100 Free
100 IM	200 IM	200 IM	400 IM

### NOTICE

By entering this meet, the athlete and 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, web casting, 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 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. 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 Woodland 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.



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**LOCATION** Charles Brooks Community Swim Center, 155 N. West Street, Woodland, CA 95695. From I-5 north or south, take the West Street exit; travel 1½ miles south. The pool is on the right, next to Woodland High School.

**FACILITIES** An outdoor, surveyed heated 20-lane, 25-yard pool with locker rooms and rest areas will be used. One course will be used with up to 10 lanes for competition. Warm-up/cool-down lanes will be available throughout the competition.

**CERTIFICATION** In accordance with Rule 202.4.11C, the competition course has a pool depth at both the start end and the turn end ranging from 12' 5" to 5'3" at the 3' 3 1/2" (1 meter) and 13'0" to 5'10" at the 16'5" (5 meter) mark. The Woodland Swim Team ensures that the swimming pool meets the required course dimensions.

**TIMES**

	Pool Opens	Check-in	Warm-ups	Meet Begins
Saturday	7:30 AM	7:45 - 8:30 AM	7:45 AM	9:00 AM

An Officials' Meeting will be held 30 minutes before the start of the session (8:30 AM).

**RULES** 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 (Rule 202.4.11D).

**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.
- Marshals/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 & 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 7).
- 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. 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.



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**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.

Current USA-S and Sierra Nevada Swimming rules will govern the meet.

- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- The meet will be capped when it is estimated the sessions with swimmers 12 & Under will exceed 4 hours.
- Those entries in excess of the below limitations (Max 5) will not be refunded.
- All events are SHORT COURSE YARDS.

**12 & UNDER RESTRICTIONS:** 102.8.1.F SWIMWEAR (USA Swimming Rule Book)

“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**    **All heats for all events will be seeded and swum fastest to slowest.**

Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.

**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 LIMITS**    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 Swimming Rule 205.3.1F. Should the session be estimated to last longer than 4 hours, swimmers will be required to scratch down until that requirement is met. **The meet will be capped at 300 swimmers**, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

**ENTRIES**    **ONLY ONLINE ENTRIES WILL BE ACCEPTED.**

**ONLINE ENTRIES:** Online entries will be accepted through 11:59 PM, Thursday, October, 16, 2025. Enter at: <http://ome.swimconnection.com/sn/wood20251025> 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



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processing fee is a separate fee from the Entry Fees described below. Entering online, which requires the payment of this processing fee. **NO REFUNDS.**

### DECK ENTRIES

Deck entries will only be accepted prior to the start of the session if the Meet Director and Meet Referee determine that sessions with swimmers 12 & Under can be completed within four hours. Deck entries will be swum for time only; they will not be scored or awarded. For inquiries about deck entries, email the Meet Director after Sunday, October 19, 2025.

### SCRATCH DOWN

The Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed for cash and awards will be adjusted as needed.

### ENTRY FEES

This meet has a flat fee of \$35 per swimmer. Deck entries will be \$40. Cash or checks will be accepted; make checks payable to “**Woodland Swim Team.**” Entry fees are non-refundable except in the event of a required scratch down.

### CHECK-IN

The entire meet will be deck seeded at the close of Check-in (Check-in for all sessions will be 7:45-8:30 AM).

### AWARDS

**Pentathlon Participants who swim ALL 5 events:** To determine the 1st place finisher in each famous captain categories, each swimmer’s time from the four (4) individual strokes and IM will be added together to determine their overall time. The fastest male and female in each category will receive a designated award.

<b>Captain Hook</b> 10 & Under	<b>Captain Long John Silver</b> 9-14	<b>Captain Jack Sparrow</b> 11 & Over	<b>Captain Barbossa</b> 13 & Over
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100 IM	200 IM	200 IM	400 IM

### ADMISSION

Free. A program may be available for a nominal cost. The meet will be on MeetMobile.

### MISCELLANEOUS

No snack bar will be available. Swimmers can bring their own bottles to re-fill at water stations on deck.

Light breakfast, light lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers. Officials, Coaches and Timers are encouraged to bring refillable containers for water.

### OFFICIALS

Meet Referee: Scott Hastings

Head Starter: Bonnie Ragland

Admin Official: Hope Gawlick

Meet Director: Ann Brunson (coachann.wst@gmail.com)

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. Before the beginning of the meet, the Meet Referee



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will verify this condition has 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. An Officials Meeting will be held 30 minutes before the start of the session.

#### COACHES

All Coaches must have on them, in a visible location, their current USA Swimming membership card with a background verification expiration date printed on it along with the athlete protection certification expiration date. Programs are available to card-carrying Coaches from the Clerk of Course. All Coaches must have evidence of their USA Swimming Certification on hand. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined \$100.

A Coaches Meeting will be held 15 minutes before the start of the session.

#### OFFICIAL'S DRESS

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.

#### 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

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.

#### TIMERS

Two (2) Colorado plungers will be used for the primary times in addition to one (1) stopwatch per lane. 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] the number of timing chairs needed. 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.

#### RV PARKING

No overnight RV parking is allowed in the Woodland High School parking lots.



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#### RESTRICTIONS

Smoking and the use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, and all other areas designated as swimmer rest areas. 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. Excessive volume of sound equipment will not be tolerated. No tarps or shade structures are to be set up outside the Swim Center. All tarps need to be removed from the grass areas at the conclusion of each day's competition (EZ Ups can stay up if they are fastened to the ground, but all ground covers must be off the grass). No personal shade structures are allowed on deck or outside the fenced pool area. Personal propane heaters will not be allowed inside the facility. No overnight parking is allowed at the Swim Center, except as provided above.

SATURDAY			
Event#		Age Group	Event
G	B		
1	2	10 & U	25 FLY
3	4	9-14	50 FLY
5	6	11 & O	100 FLY
7	8	10 & U	25 BACK
9	10	9-14	50 BACK
11	12	11 & O	100 BACK
13	14	10 & U	25 BREAST
15	16	9-14	50 BREAST
17	18	11 & O	100 BREAST
19	20	10 & U	25 FREE
21	22	9-14	50 FREE
23	24	11 & O	100 FREE
25	26	10 & U	100 IM
27	28	9-14	200 IM
29	30	13 & O	400 IM