



LIFE Thanksgiving Thousand

"Swim to Feed the Hungry"

Hosted by:
Life Time Arden
November 15, 2025



Enter online at: <https://ome.swimconnection.com/meets>

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction #SNS26-16

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.

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, web casting, television, psych sheets and live meet results. The results of this meet will be posted in real time on Meet Mobile.

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 and the Life Time 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).

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.

In accordance with 202.4.11N, an AED Device and First Aid kits will be available on site.

In accordance with 102.10, there will be a minimum of two Marshals present, one female and one male, at this meet.

LOCATION: Life Time Arden, 1220 Arden Hills Lane, Sacramento, CA 95864

FACILITIES: The meet will be conducted in a 25-yard heated pool with up to 9 lanes available for competition.

In accordance with Article 202.4.11C, the competition course has a pool depth of 9' at 3' 3.5" and 7' at 16' 5" at the start end. At the turn end it is 3' 6" at 3' 3.5" and 4' 3" at 16' 5".

CERTIFICATION: A surveyed outdoor 25-yard course with up to 9 lanes will be used for competition. Life Time ensures that the swimming pool meets the required course dimensions.

- RULES:**
- 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.
 - 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.
 - 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.

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.

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

- Sierra Nevada warm-up procedures will be in effect.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- Swimmers are limited to a maximum of 1 event per day.
- Those entries in excess of the above limitations will not be refunded.
- All events are Short Course Yards and timed finals.
- 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 seedtime will be accepted.
- NT (No Time) entries will be accepted.
- 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.

SPECIAL RULES: All heats for all events will be seeded fastest to slowest. Swimmers will be required to provide their own Timers (2), counter (person) and lap counting device.

TIMES:		Warm ups	Meet Begins
	Saturday	8:30 AM	9:30 AM

An Officials' Meeting will be held 30 minutes before the start of the session.

ELIGIBILITY: This meet is open to all members of USA Swimming. 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 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 in the current 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 & SCRATCH DOWN: 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-S Rule 205.3.1F

ENTRY FEES: \$15.00 flat entry fee (Entry fees are non-refundable. Checks will not be accepted.)

ENTRIES: ONLINE ENTRIES: Online entries will be accepted through 11:59 PM on Thursday, November 6, 2025. Enter at: <http://ome.swimconnection.com/sn/> 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 below. Entering online, which requires the payment of this processing fee, is completely voluntary.

Online entries are the best way to ensure you are entered in the meet. No telephone confirmations will be made.

DECK ENTRIES: No deck entries will be accepted.

CHECK-IN: Positive check-in is required as this meet will be deck seeded. All swimmers, or their Coach, must check-in prior to the close of their event. Check-in for the first event of the day will close a half-an-hour before the scheduled start of the meet. Check-in for the second event of the day will open no sooner than 11:00AM.

AWARDS: No awards will be provided.

ADMISSION: Free. The meet will be available on Meet Mobile.

SNACK BAR & HOSPITALITY: Refreshments and lunch will be served to all working Officials and Coaches.

OFFICIALS:

Meet Referee:	Bonnie Ragland
Head Starter:	Blake Cunningham
Admin Official:	Scott Hastings
Meet Director:	Adric Jope (ajope@lt.life)

All working Officials must have passed the background check, athlete protection training, and the Concussion Course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility, by November 14, 2025. Before the beginning of the meet, the Meet Referee will verify that these conditions have been met. Please have your USA swimming membership App on your phone. All Officials must wear their Officials' credentials visibly while working on deck.

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent that Team during the conduct of the meet. An Officials' meeting will begin 30 minutes prior to the start of each session.

OFFICIALS' REQUIREMENT

Number of Team's swimmers submitting entries in each meet session:	Number of trained and carded Officials required per Team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

OFFICIAL'S 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.

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 an 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 be each fined \$100.

TIMERS: Each athlete must supply their own Timers (2). Touchpads and lane plungers will used.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited at the Life Time Arden facility. 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 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.)

ORDER OF EVENTS

Saturday			
Event #		Age Group	Event
Session 1			
Mixed			
1		11&O	1000 Free
2		10&U	500 Free