



Shasta Y Sharks North State Winter Championship

Saturday, December 6th

HOSTED BY: Shasta Family YMCA Sharks

Sanction: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS26-19. 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."

In applying for this sanction Shasta YMCA Sharks agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California and Shasta 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 sheets and live meet results. **The results of this meet may be posted on Meet Mobile.**

Location: **Shasta Family YMCA, 1155 N Court Street, Redding, CA 96001.** Closest cross-street is Eureka Way. Pool entrance for this meet is located at the back of the facility, through the gate by the outdoor basketball courts. Please do not use the main entrance of the YMCA. Pop-ups will be allowed. No pets allowed. Service animals specifically trained to aid a person with disabilities are welcome.

Facility: Competition will be conducted in a surveyed **25-yard** outdoor pool with 8 lanes and up to 5 competition lanes. In accordance with Article 202.4.11C, the competition course has a pool depth at the start end of 11'8" at 3' 3 1/2" and 12' 8" at 16'5" and at the turn end it is 4'8" at 3'3 1/2" and 4'8" at 16'5". The Shasta Family YMCA ensures that the swimming pool meets the required course dimensions.

Times:

	Warm-ups	Meet Begins
Saturday December 6th, 2025	9:30 AM	11:00 AM

All events will be swum fastest to slowest.

Rules: 2025/2026 USA Swimming and Sierra Nevada Swimming rules will apply. A USA Swimming Registered Coach must supervise all warm-ups. If you do not have a USAS Registered Coach at the meet, report to the Deck Referee for lane and coach assignment. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

All Coaches may be required to present their 2025/2026 USAS Coach Membership card to the Meet Referee at the beginning 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.



Eligibility: **This meet is for USA Swimming members only.** All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer's 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. 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.

Restrictions: Smoking and/or use of other tobacco products are prohibited in all areas of the swim venue. Glass containers, alcoholic beverages, pets, and personal heaters are prohibited in the pool area

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.).

Safe Sport: According to USA Swimming Rule 202.4.11H: **"Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms."** Sierra Nevada Swimming and the Shasta YMCA Family Sharks 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.**

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

According to 202.4.11N, lifeguards, and an AED device, will be available to athletes participating in the 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.

Hospitality: A snack bar will be operating during the meet.

Warm-up The following rules apply to warm-up period before each session, and to warm-up/down during the meet:

Rules:

- 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.
- 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.
- 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, Meet Marshal or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.
- Counting devices will be provided

Entry Limits: **Swimmers may compete in a maximum of four (4) individual events.** It is up to the Meet Director and Meet Referee to ensure that no 12 & under events exceed the 4-hour limit under USA Swimming Rule 205.3.1.F. Should such sessions on any day be estimated to last longer than 4 hours, swimmers will be required to scratch down until that requirement is met. Swimmers will be notified prior to the start of each session and issued a refund voucher at the Administrative Official's desk. **There is NO Refund for entering more than four (4) individual events. There will be a 130 swimmers cap.**

Entries: All entry times should be the swimmer's actual best times and be able to be verified if necessary. "No Time" or "NT" entries WILL BE ACCEPTED for swimmers in any event they have not swum before.

Entry fees are non-refundable.

Deck entries will not be allowed.

ONLINE ENTRIES: Online entries will be accepted through 11:59 PM on Thursday, November 30th, 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. Online meet entry is not required in order to enter this meet, but does give you confirmation. Events may be combined, and breaks may be added and/or changed between events at the discretion of the Meet Referee, Admin Official and Meet Director with or without notice.



Entry Fees: **\$5.00 per individual event, \$10 splash fee**

Check-in: **THIS MEET IS PRESEEDDED.** All swimmers are automatically checked in to the events which they are registered for.

Individual

Awards: The top male and the top female high-point swimmers in each age group will be awarded a trophy. The high point winners of each age group will be declared King and Queen of the North State. The high-point trophies will be awarded upon conclusion of the meet. **Everyone trying for the high point must enter the 50 free event.**

Scoring: Individual events will be scored 1st - 8th place. Scores will be as follows: 9, 7, 6, 5, 4, 3, 2, and 1.
Age groups:

- 8&under
- 9-10
- 11-12
- 13-14
- 15-18

Coaches: Coaches must have current USA Swimming Certification and will show proof to AO prior to the meet. 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. There will be no Coaches meeting.

Officials:

Head Referee:	Marty Kalsbeek
Head Starter:	Bill Fisher
Admin Official:	Lisa Kalsbeek (kalsbeek@sbcglobal.net)
Meet Director:	Heather Scholtz (hscholtz@sfymca.org)

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. Current 2025/2026 USA Swimming Certification Cards will be checked before being allowed to work the deck. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

Officials will conduct a meeting 30 minutes prior to the start of the meet hosted by Marty Kalsbeek.

DQ Slips will be given to Coaches as warranted.

Officials' dress will be white polo shirts and navy-blue pants/shorts/skirts and white socks and white tennis shoes. For wet or cold conditions, boots and parkas will be allowed.

Teams not meeting Officials' Requirements will not receive awards or have their swimmers count towards the high point awards.

OFFICIALS' REQUIREMENT

Number of Team's swimmers submitting entries at the meet:	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

Timers:

Two Timers per lane, using Superior Swim Timing buttons. Each Timer will be using the same button for the entire session. At least one of the Timers will be using a stopwatch as the back-up timing system.

Timing based on the Sierra Nevada Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session/total number of swimmers in the session) x 10 chairs. This number will be rounded to the nearest whole number. Host Team will supply Timers in the same ratio, as visiting Teams and is responsible for filling unassigned chairs. Timing responsibilities will be sent out to the coaches of each Team participating in the meet.

Summary of Individual Events by Age Group

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

8-un	9 – 10	11 – 12	13 - 18
25 Free	500 Free	500 Free	500 Free
50 Fly	50 Fly	200 Breast	200 Breast
100 IM	200 Free	50 Fly	50 Fly
50 Breast	100 IM	200 Free	200 Free
25 Back	50 Breast	100 IM	100 IM
50 Back	100 Fly	50 Breast	50 Breast
100 Free	50 Back	100 Fly	100 Fly
25 Fly	100 Free	50 Back	50 Back
25 Breast	100 Breast	200 Back	200 Back
50 Free	200 IM	100 Free	100 Free
	100 Back	200 Fly	200 Fly
	50 Free	100 Breast	100 Breast
		200 IM	200 IM
		100 Back	100 Back
		50 Free	50 Free

Saturday – Order of Events:

Girls	Boys	Age Group	Event
1	2	9 and over	500 free
3	4	11 and over	200 Breast
5	6	8 & Under	25 Free
7	8	Open	50 Fly
9	10	9 and Over	200 Free
11	12	Open	100 IM
13	14	Open	50 Breast
15	16	8 & Under	25 Back
17	18	9 and over	100 Fly
19	20	Open	50 Back
21	22	11 and over	200 Back
23	24	Open	100 Free
25	26	8 & Under	25 Fly
27	28	11 and over	200 Fly
29	30	9 and over	100 Breast
31	32	9 and Over	200 IM
33	34	9 and Over	100 Back
35	36	8 & Under	25 Breast
37	38	Open	50 Free