



The Elk Grove Aquatics Club

Presents

LCM Splash into Spring

April 12-13, 2025

SANCTION: SNS25-40

Held under USA Swimming/Sierra Nevada Swimming Sanction #SNS25-40. 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/their parent or guardian consents to the publication, via electronic, print, or other media, of all 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. The meet may be live-streamed and/or recorded for later viewing on one or more social media platforms.

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. Sierra Nevada Swimming and the Elk Grove Aquatic Center 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. 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 Elk Grove 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.

LOCATION:

Elk Grove Aquatics Center: 9701 Big Horn Blvd, Elk Grove, CA 95757

PARKING:

Free parking in the Big Horn parking lot. Do not park in the Civic Center Drive parking lot. Do NOT park in the red zones. White loading zones require a driver to stay in the vehicle and are for active loading and unloading only.

DIRECTIONS:

From I-5: Take Elk Grove Blvd east to Big Horn Blvd; turn right on Big Horn Blvd and turn left at the second stop light into the facility parking lot.

From Hwy 99: Take Elk Grove Blvd west to Big Horn Blvd; turn left on Big Horn Blvd and turn left at the second stop light into the facility parking lot.

TIME:

Please check the times below – This is a SPLIT SESSION MEET.

	Check-In	Warm-ups	Meet Start
Saturday AM	6:45 AM	7:00 AM	8:30 AM
Saturday PM	No later than 11:45 AM	Immediately upon conclusion of the 13 & Up session	One hour after the conclusion of the 13 & Up session
Sunday AM	6:45 AM	7:00 AM	8:30 AM
Sunday PM	No later than 11:45 AM	Immediately upon conclusion of the 13 & Up session	One hour after the conclusion of the 13 & Up session

Check-in for the first four events of each session will close 45 minutes before the scheduled start of the session.

Swimmers must check-in for later events, of that session, at least half an-hour prior to the estimated start of each event. Swimmers who do not check in for an event will not be allowed to swim that event. Swimmers who do not have current and active registration with USA Swimming will also not be able to swim their events.

FACILITY:

An outdoor heated 25-yard by 50-meter pool will be used. In accordance with USA-S Rule 202.4.11C, the surveyed 50-meter competition course has a pool depth on the start end (small lap pool) of 7' at 3' 3-1/2" (1 meter) and 7' at 16'5" (5 meters). At the turn end (scoreboard end) it is 13' at 3' 3 1/2" and 13' at 16' 5". Eight (8) Long Course lanes and touch pads will be used for competition. An additional 6 lane, 25-yard warm-up pool will be available for warm-ups. A Colorado Starting, Timing, and Scoreboard system will be used. The host will ensure that the swimming pool meets the required course dimensions.

Canopies will be provided for Coaches from each Team. They will be unassigned and available on a first-come, first-served basis each day. Canopies must be secured with water buckets. **NO STAKING TENTS IN GRASS AREAS.** NO TENTS OR CANOPIES are permitted under the trellis area on the concourse. The trellis will provide plenty of shade for spectators.

Please follow the signage on where to set up tents and canopies.

RULES:

Current USA-S 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.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- All events are long course meters and timed finals.
- Properly registered 19-over swimmers may enter, but they will not be scored or awarded.
- NT (No Time) entries will not 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 seed time 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. 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.

WARM-UP RULES:

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

- Warm-ups will close 10 minutes prior to the start of each session.
- 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.
- If used, lifeguards shall be on the pool deck during the entire warm up period.
- Up to 2 lanes can be used for pace and up to 3 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 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.
- 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.

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. The Meet Referee, Meet Director or a designee may remove a swimmer, coach, and/or team from the deck for violations of these rules.

SPECIAL RULES:

- All heats for all events will be swam fastest to slowest.
- Flyover starts may be used at the discretion of the Meet Referee.
- Events may be combined to Mixed Gender if it assists in the timely completion of the meet at the discretion of the Meet Referee.
- For the 400 IM, 400 Free and 1500 Free, swimmers must provide their own Timers. Flyover starts may be used at the discretion of the Meet Referee.
- EGAC will not supply lap counting devices. Swimmers must supply their own lap counting devices.

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 Sierra Nevada Swimming 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 they 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.

ATTENTION HIGH SCHOOL ATHLETES (February through May): If you are a high school athlete in season, you need to be unattached at this meet. It is the athlete's responsibility to be unattached while swimming at this meet. You can un-attach at the meet, by seeing the Computer Operator, if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

ENTRY LIMITS & SCRATCH DOWN:

It is at the discretion of 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.

- 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 given a coupon for the value of the entry fee that can be redeemed for cash or used at the snack bar.
- The meet will be capped when it is estimated that sessions with swimmers 12 & Under will exceed 4 hours.
- ***There is a 4 individual event limit for that day.*** If a swimmer is registered for more than 4 individual events in a day, they must scratch any additional individual event prior to the scratch deadline. If a swimmer fails to scratch out of any additional individual events, they will be seeded into the first 4 events they are registered for that day, and scratched out of any additional individual events. No refunds for entering more than 4 events.

ENTRY FEES:

Individual entry fees are **\$6.00 per swimmer per event** plus a **\$12.00 pool surcharge** per swimmer to help cover the cost of the pool. Entry fees are non-refundable.

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Late and deck entries will not be allowed.

ENTRIES:

Online Meet Entries will be accepted at <https://ome.swimconnection.com/sns> until **Thursday April 3, 2025 at 11:59 PM or until entry cap is reached.** You will receive immediate confirmation of acceptance via email. The cost of using Online Meet Entries is \$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.

ADMISSION:

Admission to the facility is free.

OFFICIALS:

Head Referee: Leia Richter

Head Starter: Ken Paquette

Admin Official: Dominique Parke

Meet Director: Gregg Rudes

Questions: Gregg Rudes (meetdirector@egacgators.com)

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. An Officials meeting will begin 30 minutes prior to the start of competition for each session of the day. All working Officials must have passed the background check and athlete protection training mandated by USA Swimming. Before the beginning of the meet, the Meet Referee 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 quickly or have a printed copy available. Officials should bring minimal belongings, your own clipboard, writing devices, and personal water bottle. 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.

MINIMUM OFFICIALS RULE:

Referee shall conduct an inventory of Officials and shall compare the number of entries against the number of Officials present representing each Team.

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

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 each be fined \$100.

TIMERS:

Clubs will be assigned Lanes. Each lane will have two Timers and a touchpad. 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] 16 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.

RESTRICTIONS:

Smoking and the use of other tobacco products are prohibited at the Elk Grove Aquatics Center. 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 the 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."

- Exceptions for the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.
- A Technical Suit is one that has the following components:
- Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
- 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.)

AWARDS

Separate awards will be given to each age group in 12 and under (8 & under, 9/10, 11/12) in combined age group events. Ribbons will only be awarded to places 1st-8th. **Awards will be picked up by a Coach or Team Representative at the end of the meet. Awards will not be mailed.**

SNACK BAR & HOSPITALITY:

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

Information Site

Information on meet reports, pool information, vendors and more are available on are website at <https://www.egacgators.com/egac-splash-into-spring-2025>

Session 1: Saturday AM				Session 3: Sunday AM			
GIRLS	BOYS	AGE GROUP	EVENTS	GIRLS	BOYS	AGE GROUP	EVENTS
1	2	13 & Up	200M IM	31	32	13 & Up	200M Free
3	4	13 & Up	50M Breast	33	34	13 & Up	100M Breast
5	6	13 & Up	100M Free	35	36	13 & Up	200M Back
7	8	13 & Up	200M Breast	37	38	13 & Up	50M Fly
9	10	13 & Up	50M Back	39	40	13 & Up	100M Fly
11	12	13 & Up	100M Back	41	42	13 & Up	50M Free
13	14	13 & Up	200M Fly	43	44	13 & Up	400M IM
15	16	13 & Up	400M Free	45	46	13 & Up	1500M Free
Session 2: Saturday PM				Session 4: Sunday PM			
GIRLS	BOYS	AGE GROUP	EVENTS	GIRLS	BOYS	AGE GROUP	EVENTS
17	18	12 & Under	200M Free	47	48	12 & Under	200M IM
19	20	12 & Under	50M Fly	49	50	12 & Under	50M Breast
21	22	11-12	200M Back	51	52	11-12	200M Breast
23	24	12 & Under	100M Breast	53	54	12 & Under	50M Back
25	26	12 & Under	100M Fly	55	56	12 & Under	100M Back
27	28	12 & Under	50M Free	57	58	11-12	200M Fly
29	30	11-12	400M IM	59	60	12 & Under	100M Free
				61	62	12 & Under	400M Free