



California Gold

Hot Dog Meet

**VENUE CHANGE – TOKAY HIGH SCHOOL**

**September 13, 2026**

**SANCTION:**

Held under USA Swimming-Sierra Nevada Swimming Sanction Number: SNS26-XX. 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 CA 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 adjacent to the pool entrance, mounted on the wall. Coaches on duty to assist.

- A dedicated phone/landline to 911 is located on the east side of the pool adjacent to the pool entrance, mounted on the wall.

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:** Tokay High School, 1111 W. Century Blvd, Lodi, Ca. 95240 (corner of Century Blvd. & Ham Lane, Lodi). From Highway 99, exit at Kettleman Lane (Highway12), take Kettleman Lane west 2 miles to Ham Lane, left on Ham Lane, 2 blocks. From I-5 - Exit Highway 12 East to Ham Lane, right on Ham Lane, 2 blocks. Pool located directly east of tennis courts. Parking is available in the school parking lot.

**FACILITIES:** A surveyed 20 lane, outdoor heated 25-yard by 50-meter pool, with eight (8) Short Course Yard lanes being used for competition. Separate warm-up lanes will be available throughout the competition. The CA Gold Swim Club ensures that the swimming pool meets the required course dimensions.

**CERTIFICATION:** In accordance with USA-S Rule 202.4.11C. The competition course has a pool depth of 12 ft. to 7ft. at 3’3.5” and 12 ft. to 7ft. at 16’ 5” at the start end. At the turn end it is 12 ft. to 7ft. at 3’ 3.5” and 12 ft. to 7ft. at 16’5”. The water depth of the separate warm-up area/lanes, in accordance with USA-S Rule 202.4.11C, has a pool depth of 7ft. to 3.5” ft. at 3’ 3.5” and 7ft. to 3’6” ft. at 16’ 5” at the start end. At the turn end the measurement of the warm-up area/lanes is 7ft. to 3.5” ft. at 3’ 3.5” and 7ft. to 3’6” ft. at 16’ 5.

**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 five (5) days prior to the meet. Flex members needing to upgrade too 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 Ups |  | Meet Begins |
| Sunday, September 13, 2026 | 8:00 AM  |  | 9:00 AM     |

#### **ENTRY FEES:**

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

#### **ENTRIES:**

ONLINE ENTRIES: To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of Athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter the meet using a mail entry. Entering online is a convenience, is completely voluntary, and is in no way required or expected of an Athlete by Sierra Nevada Swimming. Online

entries will be accepted through Thursday, September 3, 2026, or until the 300 swimmer limit has been met.

- 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.
- This meet will be capped at 300 swimmers.
- If the meet entries do not cap at the close on Thursday, September 3, 2026 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. If a refund is required, a refund will be offered for the event among the four (4) entered events that was scratched.
- 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 Sunday, September 13, 2026. All swimmers must check-in prior to the close of their event. Check-in for the first four events 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 Girls odd number and Boys even numbers.
- All heats for all events will be seeded and swum fastest to slowest.
- Swimmers in the 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.
- Swimmers must provide their own lap counter and lap counter device for the mixed 500 Free.

#### **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](mailto:dwakas@gmail.com)  
Head Starter: Leia Richter  
Admin Official: Scott Hastings/TJ Kay  
Meet Director: John Griffin, [johnlodiaquatics@sbcglobal.net](mailto:johnlodiaquatics@sbcglobal.net)

**OFFICIALS' DRESS:**

Official attire at this meet will be white 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 or 2027 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.

**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<br>in meet | Number of trained and carded Officials<br>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. 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. Two Timers per 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 which includes any woven fabric, and which extends extending past the hips.

(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.) Clarified in 2025 by USA Swimming’s HOD.

(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

**SCHEDULE OF EVENTS- ALL EVENTS RUN FASTEST TO SLOWEST**

| Event #    |     | Age Group | Event            |
|------------|-----|-----------|------------------|
| Girl       | Boy |           |                  |
| 1          | 2   | 13 & Up   | 100 Free         |
| 3          | 4   | 12 & Un   | 100 Free         |
| 5          | 6   | 8 & Un    | 25 Free          |
| 7          | 8   | 13 & Up   | 100 Breaststroke |
| 9          | 10  | 12 & Un   | 100 Breaststroke |
| 11         | 12  | 10 & Un   | 50 Breaststroke  |
| 13         | 14  | 8 & Un    | 25 Breaststroke  |
| 15 - MIXED |     | 11 & Up   | 500 Free         |

**THIS EVENT WILL BE LIMITED TO 24 FASTEST SWIMMERS.  
SEEDING FOR THE MIXED 500 FREE WILL BE DONE AFTER MEET  
ENTRIES CLOSE. REFUNDS WILL BE MADE FOR SWIMMERS NOT  
INCLUDED AFTER SEEDING.**

|    |    |         |                       |
|----|----|---------|-----------------------|
| 16 | 17 | 13 & Up | 200 Individual Medley |
| 18 | 19 | 12 & Un | 100 Individual Medley |
| 20 | 21 | 13 & Up | 100 Backstroke        |
| 22 | 23 | 12 & Un | 100 Backstroke        |
| 24 | 25 | 10 & Un | 50 Backstroke         |
| 26 | 27 | 8 & Un  | 25 Backstroke         |
| 28 | 29 | 13 & Up | 100 Butterfly         |
| 30 | 31 | 12 & Un | 100 Butterfly         |
| 32 | 33 | 10 & Un | 50 Butterfly          |
| 34 | 35 | 8 & Un  | 25 Butterfly          |
| 36 | 37 | 12 & Un | 50 Free               |
| 38 | 39 | 13 & Up | 50 Free               |

Once the entry deadline has passed and the total number of entries is known, breaks may be added between events at the discretion of the Meet Referee, Admin Official and Meet Director with or without notice.

| 8&Un      | 10&Un                 | 12&Un                 | 13&Up                 |
|-----------|-----------------------|-----------------------|-----------------------|
| 25 Free   | 100 Free              | 100 Free              | 100 Free              |
| 25 Breast | 50 Breast             | 100 Breast            | 100 Breast            |
| 25 Back   | 100 Individual Medley | 100 Individual Medley | 200 Individual Medley |
| 25 Fly    | 50 Fly                | 100 Back              | 100 Back              |
|           | 50 Free               | 100 Butterfly         | 100 Butterfly         |
|           |                       | 50 Free               | 50 Free               |
|           |                       | 500 Free              | 500 Free              |