HOTEL BLOCK: Best Western Plus Hilltop Inn. SWIM MEET rate: $119.00 per night per room (includes full breakfast). Stay Fri Nov 6–Mon Nov 9, 2026. Executive Courtyard, 2 queens, 4 guests. Rate does not include taxes and fees.
Booking Link: Book here



ENTER ONLINE at: http://www.fastswims.com

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number SNS27-13. 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.”

ELIGIBILITY:

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 compete. 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 will need to be upgraded prior to the start of the meet to be eligible to swim.

Flex members will be under the seasonal membership rules. If a flex member participates in more than two sanctioned meets prior to the meet they will need to upgrade their memberships to premium (year-round) USA Registration.

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.

NOTICE:

By entering this meet, the athlete or his/her 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 swim meet may be posted on Meet Mobile. The swim meet may be live-streamed and/or recorded for later viewing on one or more social media platforms.

LOCATION: Shasta Community College, 11555 Old Oregon Trail, Redding, 96003

Directions to the pool: From I-5 take 299 East/Burney Exit (#680), turn east onto 299 East, proceed approximately 2 miles to Old Oregon Trail/Shasta College exit, turn left (north) at the signal onto Old Oregon Trail. The college will be on the right. Drive .6 miles to the second Shasta College entrance and proceed east approximately .3 miles to a large parking lot. The pool is located east of the gym.

Days Preliminary Warm-ups / Meet Begins / Finals Warm-ups / Finals Begin

Saturday 8:00 AM / 9:30 AM / 4:00 PM / 5:00 PM

Sunday 8:00 AM / 9:30 AM / 3:00 PM / 4:00 PM

(Final's warmups and start times may be ADJUSTED by DAYS AND TIMES AS NEEDED)

FACILITIES:

A surveyed outdoor 25-yard pool will be used for competition. The number of competition lanes for both preliminary and final heats will be determined, based on the size of the meet and the number of entries received. Additional lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available. Hallways must be clear for college employees to be able to enter and exit office doors. Shasta College ensures that the swimming pools meet the required distances.

CERTIFICATION:

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n accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 4 ft. at 3'3.5" and 4'4" ft at 16' 5" at the start end. At the turn end it is 4' ft at 3' 3.5" and 4'6" ft at 16'5". The water depth of the separate warm-up lane, in accordance with USA-S Rule 202.4.11C, has a pool depth of 4' ft at 3' 3.5" and 4'6" ft at 16' 5" at the start end, and at the turn end it is 4' ft at 3' 3.5" and 4'6" at 16'5".

RULES:

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026/2027 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 swim meet, report to the Deck Referee for lane and Coach assignment. All Coaches are required to present their USAS Coach Membership card to the Meet Referee and/or Administrative Referee prior to the beginning of the meet and/or each session in order to receive an identifying mark (wristband or similar) that must be displayed at all times while on deck and any appropriate paperwork.

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 swim meet.

•All events are trials and finals format, except for all the 8 & under events and 1650-yard Freestyle. The 1650 Freestyle (Silver Dollar Mile) is limited to 24 entries (four heats).

•Swimmers are limited to a maximum of three (3) events per day.

•The four-hour rule will be applied to each session of this swim meet since we have 12 and under swimmers competing.

•Those entries more than the above limitations (three [3] events per day) will not be refunded.

•All events are SHORT COURSE YARDS.

•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.” If an athlete is attending the meet without a USA Swimming Member-Coach, the Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the responsibility of the swimmer or their legal guardian to make such arrangements prior to the start of the meet.

WARM-UP RULES:

The following rules apply to the warmup 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.

•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.

•The use of hand-paddles at any time during which touch pads are installed is forbidden.

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. The Redding Swim Team 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, except with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this swim meet.

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, we will have lifeguards and EMT’s available if needed for any medical emergencies.

According to 102.10, we will have two Marshals present, one female and one male, during the swim meet.

OFFICIALS

Meet Referee: Bill Fisher (golfswim2004@yahoo.com)

Head Starter: Gary Haselrud

Admin Referee: Amber Ponciano

Meet Director: Rob Smith (reddingmeetdirector@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 will verify this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck. Current 2026/2027 USA Swimming Certification 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 Information or have a printed copy available. An Officials meeting will be held 30 minutes prior to the beginning of the session. Forty-eight (48) hours after the meet closing date the Official information (name and number of Officials and which session they are working) will be communicated to the Meet Director via email or phone. All working Officials must show proof of their current Membership/Certification.

OFFICIALS REQUIRED

Number of Swimmers entered in meet per Team	Number of Trained and Carded Officials Required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
0ver 100	5

TIMERS, TIMING, RESTRICTIONS:

• Clubs will be assigned Lanes to time after entry deadline has passed. 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.

• Swimmers will have to supply their own Timers for the distance events.

• 12 & UNDER SWIMWEAR RESTRICTION: Per 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 restrictions are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials. (2) 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 which includes any woven fabric and which extends 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.) Clarified in 2025 by USA Swimming’s HOD.

MEET FORMAT/SCRATCH RULES:

• In meets holding trials and finals, rule 207.11.6B and 207.11.6C will apply to a swimmer failing to compete in a trial heat for which they have not scratched and are seeded to swim. Scratches for Saturday prelims are due no later than 5:00 PM on Friday, November 6th. Scratches for Sunday prelims are due no later than 5:00 PM on Saturday, November 7th by doing it in person at the pool or by emailing Heidi Rupp at ruppmom3@yahoo.com.

• Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6C. 207.11.6C states that, “In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.11.6.A and 207.11.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day.

• Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day’s events to the Administrative Referee.

• Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.11.6E).

• PRELIMS: The swim meet will be seeded according to submitted times. The prelim heats of each event will be seeded fastest to slowest based on entered times.

• FINALS CHECK-IN: Swimmers will have 30 minutes, after the results of their completed events are announced, in which to scratch or declare their intention to scratch. Swimmers will be seeded in finals unless they scratch. Refer to the scratch rules for penalties 207.11.6D(1). Alternates will not be penalized.

• FINALS: For events 200 or less there will be two final heats for each age group, 9-10, 11-12, 13-14, and 15 & over. The 500 free will have one final heat per age group. 8 & under events and the 1650-yard freestyle event will be timed finals. The 1650 Freestyle (Silver Dollar Mile) is limited to 24 entries (four heats). The final heats will be swimming in this order: Consolation Final, and Championship Final.

• Final warmups and start times may be ADJUSTED by DAYS AND TIMES AS NEEDED.

ENTRIES

Swimmers may compete in up to 3 individual events per day. Open events can include ages 9 and up. No qualifying times are needed. No Deck Entries will be accepted since the meet is pre-seeded the night before.

OPTION #1 FOR ENTRIES: You may enter this meet online or by U.S. mail. To enter on-line go to http://www.fastswims.com to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee, 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of athletes. Please note that the processing fee is a separate fee from the Entry Fees. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter by using mail entry or hand delivery. Online swim meet entry is in no way required or expected to enter this meet and is offered as a convenience. Check http://www.fastswims.com for session open or closed status. Online entries will be accepted through Thursday, October 29, 2026, at 11:59 PM.

OPTION #2 FOR ENTRIES: Mailed entries use a SAMMS Consolidated Entry Card. Entry cards must be FILLED out and legible. The entry card may be reproduced. The swim meet entry card is available from the Sierra Nevada Swimming website. Entries must be received in hand (postmarks not acceptable) on or before Thursday, October 29, 2026. Absolutely no late, or telephone entries will be accepted. There are no refunds.

OPTION #3 FOR ENTRIES: Using a USA Swimming approved electronic file (Hy-Tek Team Manager) with a signed hard copy listing a contact person and phone number. Entries must be received (postmarks not accepted) on or before Thursday, October 29, 2026. No late entries or telephone entries will be accepted. There are no refunds.

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 NOT BE ACCEPTED for swimmers in any event they have not swum before. Open 1650 Freestyle (Silver Dollar Mile) is limited to 24 entries (four heats) and will require a qualifying time of Girls 25:07.39, Boys 24:27.69. Coach verified.

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.

ENTRY FEES: $8.00 per individual event (includes $0.50 for SNS, $1.00 for Age Group Travel Fund and $0.75 for Senior Travel Fund). In addition, there is a $18.00 pool surcharge per swimmer to help cover the cost of the pool.

If paying by check, make checks payable to Redding Swim Team and mail to:

Redding Swim Team P.O. Box 992112 Redding, CA 96099-2112

Phone Number (530) 246-2666

ADMISSION: Free.
PARKING: Shasta College does not charge for parking on weekends.
AWARDS: Heat winners will receive an unofficial Rock the Knight glow-in-the-dark guitar pick. Top girl and top boy in the 1650 Freestyle (Silver Dollar Mile) will receive an authentic silver dollar.

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 provided to all Timers.

Available Events Per Age Group

Saturday's Events

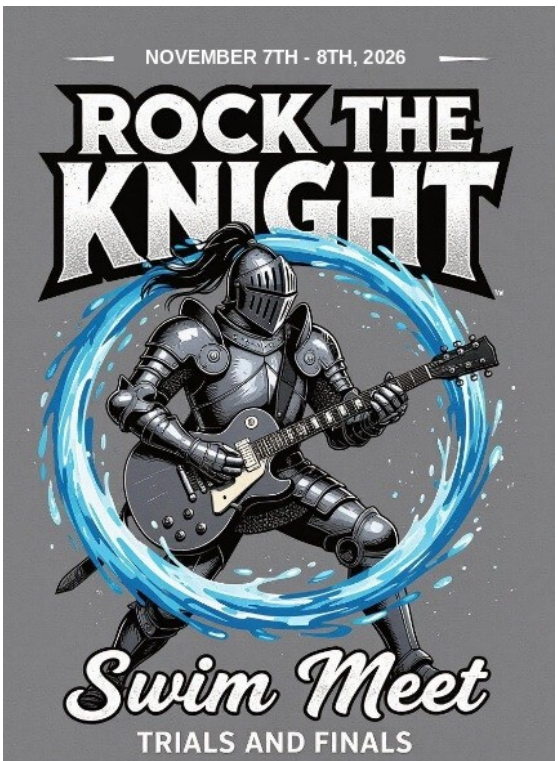
8&un	9-10	11-12	13 & over

100 Freestyle 50 Breaststroke 50 Backstroke 25 Butterfly 100 IM	200 Freestyle 100 Backstroke 50 Breaststroke 100 Butterfly 100 IM 50 Freestyle	200 Freestyle 200 Breaststroke 100 Backstroke 50 Breaststroke 100 Butterfly 100 IM 50 Freestyle 1650 Freestyle (Silver Dollar Mile)	200 Freestyle 200 Breaststroke 100 Backstroke 50 Breaststroke 100 Butterfly 50 Freestyle 1650 Freestyle (Silver Dollar Mile)

Sunday's Events

8&un 25 Backstroke 25 Freestyle 25 Breaststroke 50 Freestyle 50 Butterfly	9-10 50 Backstroke 100 Breaststroke 100 Freestyle 50 Butterfly	11-12 200 Butterfly 50 Backstroke 500 Freestyle 200 Backstroke 100 Breaststroke 100 Freestyle 200 IM 50 Butterfly	13 & over 200 Butterfly 50 Backstroke 500 Freestyle 200 Backstroke 100 Breaststroke 100 Freestyle 200 IM 50 Butterfly

Women	Saturday	Men
1	9 & over 200 Freestyle	2
3	8 & under 100 Freestyle	4
5	11 & over 200 Breaststroke	6
7	8 & under 50 Breaststroke	8
9	9 & over 100 Backstroke	10
11	8 & under 50 Backstroke	12
13	9 & over 50 Breaststroke	14
15	9 & over 100 Butterfly	16
17	8 & under 25 Butterfly	18



19	12 & under 100 IM	20
21	9 & over 50 Freestyle	22
23	Open 1650 Freestyle (Silver Dollar Mile)	24
Women	Sunday	Men
25	11 & over 200 Butterfly	26
27	8 & under 25 Backstroke	28
29	9 & over 50 Backstroke	30
31	11 & over 500 Freestyle	32
33	8 & under 25 Freestyle	34
35	11 & over 200 Backstroke	36
37	9 & over 100 Breaststroke	38
39	8 & under 25 Breaststroke	40
41	8 & under 50 Freestyle	42
43	9 & over 100 Freestyle	44
45	11 & over 200 IM	46
47	8 & under 50 Butterfly	48
49	9 & over 50 Butterfly	50

12 & under 100 IM: 8 & under swimmers in this event compete as timed finals only. 9–12 swimmers in this event will swim prelims and finals.

Qualifying Times For 1650 Freestyle (Silver Dollar Mile): Girls 25:07.39 BOYS 24:27.69. Coach verified. Limited to 24 entries (four heats).

+1650 Freestyle (Silver Dollar Mile) will be swum as a timed final, following a break after the 50 Freestyle in the preliminary session. Limited to 24 entries (four heats).

Note: Redding Swim Team will provide lap counters for the 1650 Freestyle (Silver Dollar Mile).

HOTEL BLOCK:

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