Wolverine Aquatics Club
Cranberry Classic
November 13-15, 2026

SANCTION:
Held under USA Swimming-Sierra Nevada Swimming Sanction Number: SNS27-14 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 Wolverine Aquatics 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 next to the pool office. Coaches on duty to assist.
    - A dedicated phone/landline to 911 is located on the east side of the pool next to the pool office.
    - A first aid table will be available during all sessions.

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:
Sierra College Aquatics Complex - 5100 Sierra College Boulevard, Rocklin CA, 95677

DIRECTIONS:
Directions from Hwy 80: I-80 to Sierra College Blvd in Rocklin. Take exit 109 from I-80. Turn right onto Sierra College Blvd. Turn right onto Stadium Entrance. Parking garage will be on the left.

FACILITY:
Outdoor, surveyed, heated, 8 lane, 25-yard course available for competition. An additional six (6) lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available on Saturday and Sunday.

CERTIFICATION:
In accordance with USA-S Rule 202.4.11G, the Wolverine Aquatic Club Swim Team has verified and ensures that the swimming pool meets the required course dimensions. The competition course has a pool depth at the start end of 13' at 3'3.5" and 7' at 16'5" and at the turn end it is 13' at 3'3.5" and 7' at 16'5".

RESTRICTIONS

- Smoking and the use of other tobacco products are prohibited in all areas of the meet venue.
- The sale and use of alcoholic beverages are prohibited in all areas of the venue.
- Glass containers are not allowed in the facility.
- Dogs and other animals are prohibited on campus.
- Animals may not be left in cars on campus.
- No propane heaters allowed on campus.
- Destructive devices, including but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns, and blunt objects are strictly prohibited on campus. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from campus.
- Noncompliance may result in reporting to law enforcement authorities and ejection from campus. Law enforcement officers (LEO) are exempt per applicable laws.

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.

RULES:

- Current USA Swimming 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.
- Those entries in excess of the below limitations will not be refunded.
- 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 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.
- 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.
- Swimwear must conform to USA Swimming rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
- All Coaches and Deck Officials must present their current 2026 or 2027 USA Swimming Registration at sign-in.

SPECIAL RULES:

- Events are Women odd number and Men even numbers.
- All heats for all events will be seeded and swum fastest to slowest.
- Swimmers in next heat will wait behind the Timer and wait to be called to the starting block by the series of short whistles.

- Flyover starts may 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.
- All events will be deck seeded.

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 on the Tuesday before the first day of the Meet or when the Meet entries close, whichever is latest.* 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.

Day	Check-In	Volunteer Check-In	Warm-ups	Meet Start
Friday: Session 1 **11 - 18**	3:45 PM	4:45 PM	4:00 PM	5:00 PM
Saturday: Session 2 **13 and Up**	7:15 AM	8:45 AM	7:30 AM	9:00 AM
Saturday: Session 3 12 and Under	One (1) Hour before start of Session 3	One (1) Hour before the start of Session 3	Immediately upon conclusion of Session 2	One (1) hour after warm ups begin
Sunday: Session 4 **13 and Up**	7:15 AM	8:45 AM	7:30 AM	9:00 AM
Sunday: Session 5 **12 and Under**	One (1) Hour before start of Session 3	One (1) Hour before the start of Session 3	Immediately upon conclusion of Session 2	One (1) hour after warm ups begin

Warm-ups will close 10 minutes prior to the start of competition.

ENTRY FEES:

Event entry fees are $6 per event. A $14 participation splash fee will be charged for each swimmer.

- ONLINE ENTRIES: Online entries will be accepted through 11:59 PM on Thursday, November 5, 2026, or when sessions reach the 300-swimmer cap.

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.

- **No mail in entries will 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 seedtime will be accepted.
- NT (No time) Entries will not be accepted.
- All events are SHORT COURSE YARDS.
- Swimmers may compete in a maximum of (four) 4 events per age group session, (seven) 7 events maximum for meet. 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.
- If the meet entries do not cap at the close on Thursday, November 5, 2026, deck entries will be accepted.
- If events are required to be scratched on the day of this meet, then deck entries will not be accepted on that day.

DISTANCE EVENTS:

The 500-yard free and 400-yard IM will be swum in both prelims and finals. Heats will be swum fastest to slowest, alternating women then men. Swimmers shall provide their own Timers and Lap Counters. Lap counting devices will not be provided.

CHECK-IN:

- The meet will be deck seeded.
- Check-in will start at 3:00 PM on Friday, November 13, 2026, and 7:00 AM on Saturday and Sunday November 14 and 15, 2026.
- All swimmers must check-in prior to the close of their event. Check-in for the first four events each day 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.

AWARDS:

No awards will be given.

SNACK BAR & HOSPITALITY:

Hospitality will be provided for Coaches and Officials.

OFFICIALS:

Meet Referee:	Jason Shibata
Head Starter:	Jeff Jones
Admin Official	Olivia Wang
Meet Director:	Kainoa Pistorius kainoapistorius@yahoo.com

OFFICIALS' 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.

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, their 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. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time only" swimmers in all respects for that 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 Teams Swimmers Entered	Required Number of Officials
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	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 and receive a wrist band to wear during the meet. 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.* The Meet Referee will conduct a Coaches Meeting prior to the meet starting.

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.

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 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.)

*SNS will enforce all fines related to athlete registration and Coach registration.

SCHEDULE OF EVENTS- ALL EVENTS RUN FASTEST TO SLOWEST

Summary of Events

	• **Friday - Session 1 - 11-18**		
Women	Age Group	Event	Men
1	11/12	200 Butterfly	**2**
3	8-10	500 Freestyle	**4**
5	11 & Over	1650 Freestyle	**6**

	Saturday - Session 2 - 13 and Up		
Women	Age Group	Event	Men
7	13 & Up	200 Medley Relay	**8**
9	13 & Up	200 IM	**10**
11	13 & Up	100 Backstroke	**12**
13	13 & Up	100 Freestyle	**14**
15	13 & Up	200 Breaststroke	**16**
17	13 & Up	100 Butterfly	**18**
19	13 & Up	500 Freestyle	**20**

	Saturday - Session 3 - 12 and Under		
Women	Age Group	Event	Men
21	12 & Under	200 Medley Relay	**22**
23	12 & Under	100 IM	**24**
25	8 & Under	25 Freestyle	**26**
27	12 & Under	50 Backstroke	**28**
29	12 & Under	100 Freestyle	**30**
31	12 & Under	200 IM	**32**
33	8 & Under	25 Breaststroke	**34**
35	11-12	200 Backstroke	**36**
37	12 & Under	100 Breaststroke	**38**
39	12 & Under	50 Butterfly	**40**
41	11-12	500 Freestyle	**42**

	Sunday - Session 4 - 13 and Up		
Women	Age Group	Event	Men
43	13 & Up	200 Freestyle Relay	**44**
45	13 & Up	200 Freestyle	**46**
47	13 & Up	100 Breaststroke	**48**
49	13 & Up	200 Butterfly	**50**
51	13 & Up	200 Backstroke	**52**
53	13 & Up	50 Freestyle	**54**
55	13 & Up	400 IM	**56**

	Sunday - Session 5 - 12 and Under		
Women	Age Group	Event	Men
57	12 and Under	200 Freestyle Relay	**58**
59	12 & Under	200 Freestyle	**60**
61	8 & Under	25 Backstroke	**62**
63	12 & Under	50 Breaststroke	**64**
65	12 & Under	100 Butterfly	**66**
67	8 & Under	25 Butterfly	**68**
69	12 & Under	200 Breaststroke	**70**
71	12 & Under	100 Backstroke	**72**
73	12 & Under	50 Freestyle	**74**
75	11-12	400 IM	**76**