Elk Grove Aquatics Club
2026 Matt Casto Memorial
December 06, 2026

SANCTION: SNS27-16

Held under USA Swimming/Sierra Nevada Swimming Sanction **#SNSNS27-16** . 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.” Note: This meet is on a Sunday, December 6th 2026.

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 (EGAC): 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 **SINGLE SESSION** meet.

Check-In	Warm-ups	Meet Start
8:15 AM	8:30 AM	10:00 AM

Check-in for *ALL events of the session* will close a half-an-hour before the scheduled start of the session.

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:

Outdoor surveyed heated 25-yard by 50-meter pool. Eight (8) Short Course lanes will be used for competition. An additional 6 lane yard warm-up pool may be available for warm-ups. A Colorado Starting, Timing, and Scoreboard system will be used. The host will ensure the required course dimensions.

The water depth of the pool, measured in accordance with *Rule 202.4.11C* is as follows:

In accordance with USA-S Rule 202.4.11C, the 25-yard competition course has a pool depth at the start end, at 3'3.5", of 7ft to 12ft and at 16'5" a depth of 7ft to 12ft. At the turn end, at 3'3.5", a depth of 7ft to12 ft., and at 16'5" a depth of 7' to 12'. 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 12ft. at 3' 3.5" and 7ft to 12ft at 16' 5" at the start end. At the turn end the measurement of the warm-up area/lanes is 7ft to 12ft at 3' 3.5" and 7ft. to 12ft at 16' 5.

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 short course and timed finals.
- 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. 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.
- **The meet will be capped at 350 swimmers.**

WARM-UP RULES:

The following rules apply to the warm-up 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.
- 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 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.
- 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.

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

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 sessions with swimmers 12 & Under will exceed 4 hours.

- If a swimmer is registered for more than **4 individual events**, 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 **$8.00 per swimmer per event** plus a **$20.00 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 be allowed at the discretion of Meet Director and Meet Referee if the swimmer entry cap is not reached by the entry deadline.

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. **Online entries will be accepted through 11/30/2026 11:59pm. Meet entries will be capped at 350 swimmers.**

ADMISSION:

Admission to the facility is free.

OFFICIALS:

Meet Referee:	Ken Paquette
Head Starter:	Bill Rose
Admin Official:	Hope Gawlick
Entries Admin/Computer Opps:	TJ Kay - clmair2fly@yahoo.com
Meet Director:	Troy Nissen - 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 each 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:

Head 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. 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. 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 (8 lanes) for the session. This number will be rounded to the nearest whole number. Assignments will be sent to participating Teams. Please note that the Admin Official and Meet Director may adjust the number of lanes and timing chairs to ensure that the 12 and under swimmers' session is completed in under 4 hours. There will be two timing chairs, two buttons, and one stopwatch per racing lane.

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 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**

AWARDS

No event awards will be given. Heat winners will earn a Gator prize to be retrieved upon completion of their race.

SNACK BAR & HOSPITALITY:

A basic snack bar will be available with limited snacks and drinks for purchase. Breakfast, lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

ORDER of EVENTS on FINAL PAGE

Order of Events			
Girl	**Boys**	**Age**	**Event**
1	2	***11 & Over***	400 IM
3	4	***9 & Over***	200 IM
5	6	***Open***	100 IM
7	8	***9 & Over***	200 Free
9	10	***11 & Over***	200 Fly
11	12	***Open***	100 Fly
13	14	***Open***	50 Fly
15	16	***10 & Under***	25 Fly
17	18	***11 & Over***	200 back
19	20	***Open***	100 Back
21	22	***Open***	50 Back
23	24	***10 & Under***	25 Back
25	26	***11 & Over***	200 Breast
27	28	***Open***	100 Breast
29	30	***Open***	50 Breast
31	32	***10 & Under***	25 Breast
33	34	***Open***	100 Free
35	36	***Open***	50 Free
37	38	***10 & Under***	25 Free