

# 2025 Oak Ridge Swimming Invitational

- Date:** Friday & Saturday, March 28 & 29, 2025
- Time:** **Swimming (Varsity)** will be held Friday afternoon. **Warm-up: 12:45pm. Competition starts at 2:30pm.**  
**Swimming (Frosh-Soph)** will be held on Saturday Morning. **Warm-up: 7:15 a.m. Competition starts 8:30 a.m.**  
**Finals Swimming (Frosh-Soph/Varsity). Warm-up: 12:30pm, Competition starts: 2:00pm**  
**Coaches Meeting:** 30 minutes prior to each session(under the scoreboard).
- Place:** CSD Swim Complex (across from Oakridge High School),  
1021 Harvard Way, El Dorado Hills, CA 95762
- Course:** 25 yard, outdoor heated 10 lane pool. 8 lanes will be used for competition. Colorado electronic timing system and Hytek Meet Manager computer scoring will be used. Two warm up and warm down lanes will be available throughout the competition.
- Format:** All swims will begin as preliminary events. Events will be swum slowest times to fast. Top 24 swimmers entered (by time) will be circle seeded. The top sixteen swimmers in the preliminary events for all divisions will advance to the finals Saturday afternoon.
- Fees:** \$550 per Swim Team (All four divisions)  
\$300 – 2 levels, one gender or 1 level boys and girls  
  
All fees are due to Kim Standal on the first day of the meet. Please make checks made payable to: “**ORHS Swimming**”, Mail to:  
**Jessica Womack, Assistant to Athletic Director**  
**Oak Ridge High School, 1120 Harvard Way, El Dorado Hills, Ca. 95762**
- Admittance:** A gate fee will be charged for all spectators.  
Adults – ages 13 and older - \$7  
Seniors - \$5  
Children (8-12) - \$2  
Students – FREE with student body ID
- Parking:** Parking is free both days. With school in session on Friday, parking may be limited. Please carpool and park legally on surrounding streets. Buses may drop off in the parking lot, but there will be no bus parking.
- Snack Bar:** A snack bar will be provided on deck on both days. Hospitality available for coaches throughout the meet and lunch will be provided for coaches both days

## Entries:

**Completed entries for swimmers are due by 5pm, March 25th.** No changes will be permitted after Wednesday, March 26th, except in the case of injury, family emergency, or academic conflict. In the

event a competitor needs to withdraw after March 26th, a team may substitute a competitor in the events originally entered, but may not select new or alternative events.

Entries may be submitted via Hytek entry file. All entries via Hytek or questions regarding entries should be emailed directly to Mark Tadayeski at [mtadayeski@comcast.net](mailto:mtadayeski@comcast.net).

1. A school may enter a maximum of:
  - a. **Four (4) entries in each relay event** (note: Teams can score in A and B Relays only). **All Relay Team entries are due 30 minutes prior to the start of each session. C & D Relays will compete in the prelim sessions. Both A and B Relays will compete as time finals on Saturday afternoon.**
  - b. **Teams can enter a full roster for both Frosh Soph and Varsity swimmers.**
  - c. **Teams can enter swimmers up to 6 swimmers in a given event with the exception of 50 free and 100 free are unlimited.**
2. A competitor shall be permitted to enter a **maximum of four events, no more than two of which may be individual events.**

#### **Scoring & Awards**

Points will be awarded for first through eighteenth place for both individual and relay events. Scoring for individual events will be 20-18-17-16-15-14-13-12-11, 10-8-7-6-5-4-3-2-1. Relays will score double points. A team trophy will be awarded to the first place teams for Girls and Boys in each division

**Coaches Area:** Coaches tables will be provided on either side of the competition pool. Please make accommodations to bring your own Team canopies.

**Spectators:** Bleachers are provided for spectators on a first come basis. No athletes or coaches are permitted in the bleacher area.

**Team Areas:** There are a number of Team area locations in and around the pool. Additional Team areas are outside the front gate in the common area.

#### **Hotels:**

**El Dorado Hills – Holiday Express – 5 minutes from pool**

**Folsom – Hampton Inn – 10 minutes from pool**

**Folsom – Fairfield Inn and Suites – 10 minutes from pool**

**Folsom – Courtyard Marriott – 10 minutes from pool**

#### **Restaurants: (within 10 minutes of pool)**

**Sourdough & Co. - Lazy Dog - IHOP - Chicago Fire - BJ's - Casa Ramos - Red Robin - Beach Hut Deli - Jacks Urban Eats - Olive Garden**

**Order of Events:**

Event #	Division	Gender	Description	Prelim Competition
*1	Frosh-Soph	Female	200 Medley Relay	A&B Timed Finals
*2	Frosh-Soph	Male	200 Medley Relay	A&B Timed Finals
*3	Varsity	Female	200 Medley Relay	A&B Timed Finals
*4	Varsity	Male	200 Medley Relay	A&B Timed Finals
5	Frosh-Soph	Female	200 Freestyle	Saturday Morning
6	Frosh-Soph	Male	200 Freestyle	Saturday Morning
7	Varsity	Female	200 Freestyle	Friday afternoon
8	Varsity	Male	200 Freestyle	Friday afternoon
9	Frosh-Soph	Female	200 Individual Medley	Saturday Morning
10	Frosh-Soph	Male	200 Individual Medley	Saturday Morning
11	Varsity	Female	200 Individual Medley	Friday afternoon
12	Varsity	Male	200 Individual Medley	Friday afternoon
13	Frosh-Soph	Female	50 Freestyle	Saturday Morning
14	Frosh-Soph	Male	50 Freestyle	Saturday Morning
15	Varsity	Female	50 Freestyle	Friday afternoon
16	Varsity	Male	50 Freestyle	Friday afternoon
			5-10 Minute Break	
17	Frosh-Soph	Female	100 Butterfly	Saturday Morning
18	Frosh-Soph	Male	100 Butterfly	Saturday Morning
19	Varsity	Female	100 Butterfly	Friday afternoon
20	Varsity	Male	100 Butterfly	Friday afternoon
21	Frosh-Soph	Female	100 Freestyle	Saturday Morning
22	Frosh-Soph	Male	100 Freestyle	Saturday Morning
23	Varsity	Female	100 Freestyle	Friday afternoon
24	Varsity	Male	100 Freestyle	Friday afternoon
25	Frosh-Soph	Female	500 Freestyle	Saturday Morning
26	Frosh-Soph	Male	500 Freestyle	Saturday Morning
27	Varsity	Female	500 Freestyle	Friday afternoon
28	Varsity	Male	500 Freestyle	Friday afternoon
			5-10 Minute Break	
*29	Frosh-Soph	Female	200 Freestyle Relay	A&B Timed Finals
*30	Frosh-Soph	Male	200 Freestyle Relay	A&B Timed Finals
*31	Varsity	Female	200 Freestyle Relay	A&B Timed Finals
*32	Varsity	Male	200 Freestyle Relay	A&B Timed Finals
33	Frosh-Soph	Female	100 Backstroke	Saturday Morning

34	Frosh-Soph	Male	100 Backstroke	Saturday Morning
35	Varsity	Female	100 Backstroke	Friday afternoon
36	Varsity	Male	100 Backstroke	Friday afternoon
37	Frosh-Soph	Female	100 Breaststroke	Saturday Morning
38	Frosh-Soph	Male	100 Breaststroke	Saturday Morning
39	Varsity	Female	100 Breaststroke	Friday afternoon
40	Varsity	Male	100 Breaststroke	Friday afternoon
*41	Frosh-Soph	Female	400 Freestyle Relay	A&B Timed Finals
*42	Frosh-Soph	Male	400 Freestyle Relay	A&B Timed Finals
*43	Varsity	Female	400 Freestyle Relay	A&B Timed Finals
*44	Varsity	Male	400 Freestyle Relay	A&B Timed Finals

