



**2025 TYR Pro Swim Series
North Natomas Aquatic Center
Sacramento, CA
April 2-5, 2025 (Wed-Sat)**

The entry deadline for all participants is Noon Mountain Time on Tuesday, March 25, 2025 or until the entry cap is reached.

This event is sanctioned by USA Swimming

This meet may be capped at approximately 600 swimmers



Sacramento, CA

- USA Swimming will seek World Aquatics approval for this event as a qualifying event for the World Aquatics Championships Singapore 2025.
- All U.S. swimmers, coaches, and team staff must be 2025 Premium or Outreach members of USA Swimming and must be current in all required certifications and trainings.
- Athletes with one or more qualifying standards may enter through USA Swimming's Online Meet Entry System (hub.usaswimming.org/landing) beginning Tuesday, February 4, 2025, at 10:00 a.m. Mountain Time.
- The following athletes will be exempt from the entry cap and may enter any number of events until the entry deadline:
 - Any athlete, U.S. or foreign, who has achieved a World Aquatics "A" Time Standard from the 2025 World Championships (time standards can be found [here](#))
 - Any 2024-25 U.S. National Team Member
 - Any 2024-25 U.S. National Junior Team Member
- **Cap-exempt U.S. athletes only** will be allowed to enter one week prior to the published entry opening date (Tuesday, January 28, 2025, at 10:00 a.m. Mountain Time). Once the cap is reached exempt athletes will be permitted to enter the meet but will be subject to the late entry policy.
- The entry deadline for all participants is Noon. Mountain Time on Tuesday, March 25, 2025, **or until the entry cap is reached.**
- This event is open to foreign athletes and teams. All foreign athletes, coaches, and team staff will be subject to a \$35 Foreign Participant fee in addition to normal fees.
- There will be no refunds once entries are accepted. Entry questions can be directed to Katie Trace at ktrace@usaswimming.org.
- The qualification period is 24 months prior to the entry deadline. Entries are not accepted until they have been officially submitted in the OME system.

HOST North Natomas Aquatic Complex and DART Swimming

EVENT PERSONNEL	Referee:	Trish Martin	pksmartin13@gmail.com
	Admin Referee	Betsy Russell	betsy@byrussell.com
	Meet Director:	Jamie Kiarie	dartatdavis@hotmail.com

ABOUT THE VENUE The North Natomas Aquatic Center is located at 2601 New Market Drive, Sacramento, CA, 95835. Considered one of the top swimming competition venues in the country, the facility has hosted several USA Swimming National level meets, as well as local and regional competitions. The North Natomas Aquatic Center consists of an outdoor 50-meter, 8 lane competition pool with stadium seating for spectators, and a separate 25-yard warm-up pool. On-site parking, locker rooms, and support facilities are also located on the premises.

SCHEDULE	Wednesday:	5:00 p.m.
	Thu-Sat Prelims:	9:00 a.m.
	Thu-Sat Finals:	5:00 p.m.

Venue hours of operation will be Noon – 8:00 p.m. on Tuesday (LCM only) and 8:00 a.m. until one hour after the conclusion of the session on Wednesday (LCM only). The venue will be open 7:00 a.m. – one hour after the conclusion of finals on Thursday – Saturday.

Credentials can be picked up at the North Natomas Aquatic Center according to the following schedule:

Tuesday	Noon–6:30 p.m.
Wednesday	8:00 a.m.–Noon; 1:00 p.m.–End of Distance
Thursday-Saturday	7:30 a.m.–Noon; 3:00 p.m.–End of Finals

PARKING

Free parking is located on the premises.

TICKETS

Ticket information coming soon!

HOTELS

Hotel information coming soon!

EVENT ORDER

WOMEN'S EVENT #	TYR PRO SWIM SERIES SACRAMENTO, CA	MEN'S EVENT #
	Day 1	
1	800m Freestyle^	2
	Day 2	
3	200m Freestyle	4
5	100m Breaststroke	6
7	50m Backstroke*	8
9	100m Butterfly	10
11	400m Individual Medley	12
	Day 3	
13	200m Butterfly	14
15	50m Freestyle	16
17	100m Backstroke	18
19	200m Breaststroke	20
21	50m Butterfly*	22
23	400m Freestyle	24
	Day 4	
25	1500m Freestyle**	26
27	200m Individual Medley	28
29	200m Backstroke	30
31	50m Breaststroke*	32
33	100m Freestyle	34

^Will be swum fastest to slowest, alternating women and men as a Timed Final session.

*All athletes who have one or more Pro Swim Series qualifying standards will be eligible to enter up to two bonus 50s of stroke events (Butterfly, Backstroke, and/or Breaststroke). Entry times for the bonus events should be the swimmer's best 100 time.

**Only the fastest heat of the 1500 Freestyle events will swim in the Finals session. All other heats will swim slowest to fastest, alternating women and men beginning at a predetermined time, so the second fastest seeded heat of the Men's 1500 Freestyle concludes 75 minutes before the evening Finals session is scheduled to begin.

SAFE SPORT

The USA Swimming Safe Sport program is USA Swimming's comprehensive abuse prevention program dedicated to creating a healthy and positive environment free from abuse for all its members. Components of the program include, but are not limited to, providing education and training, enforcing policies (such as the Minor Athlete Abuse Prevention Policy), rules and best practice guidelines, promoting healthy boundaries and mandatory reporting of violations.

The Minor Athlete Abuse Prevention Policy (www.usaswimming.org/maapp) prohibits Adult Participants (as defined) from having one-on-one interactions with minor athletes which are not within an observable and interruptible distance from another adult. Adult Participants are required to abide by this policy in full during this meet.

Pursuant to USA Swimming Rules and Regulations and federal law, it is every member's responsibility to immediately (i.e., within 24 hours) report any incident of child abuse, including physical or sexual abuse, to law enforcement and the U.S. Center for SafeSport. Reporting must occur when an individual has firsthand knowledge of misconduct or where specific and credible information has been received from a victim or knowledgeable third party. A report to the U.S. Center for SafeSport may be made via telephone at 833-5US-SAFE (833-587-7233) or online at www.uscenterforsafesport.org/report-a-concern. Various state laws may also require reporting to law enforcement or to a designated child protection agency. For information on how to report other alleged violations, including without limitation, the USA Swimming Code of Conduct and the Minor Athlete Abuse Prevention Policy, please visit www.usaswimming.org/report.

All athletes age 18, or who turn 18 during the meet, must complete Athlete Protection Training in order to be a USA Swimming registered member in good standing by the first day of the meet. A member not in good standing will be prohibited from participating in the competition until such time as all membership requirements are completed. Times achieved by an athlete who turns age 18 on or during the meet, who competes in this USA Swimming sanctioned event without completing this membership requirement, will NOT count for qualification or recognition. This includes participation as a member of a relay. The requirement to complete Athlete Protection Training is an annual requirement. USA Swimming membership will be affected if a non-athlete member or adult athlete member does not renew Athlete Protection Training annually.

Each club is responsible for the conduct of its swimmers. Any person who, in the opinion of the Meet Referee, Meet Director or Meet Marshall, is harmful to others or to other's property may be required to leave the competition. No swimmer will be allowed access to the pool deck without a coach member present. If the home club coach is not planning to attend event, swimmer must designate a supervising coach. Arriving with fellow LSC club/coach is preferred. However, if a swimmer arrives without a coach, he/she must find a willing coach at the facility to sign supervision form before a credential can be issued.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. During warm-up sessions, athletes must enter the water feet-first, except in designated lanes and times. Violations may result in disqualification from next individual event or expulsion from the meet.

Deck changing is prohibited.

During the entire meet, use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks, while athletes are in vulnerable positions, and are not permitted in changing areas, rest rooms or locker rooms.

Use of audio or visual recording devices, including a cell phone, are not permitted behind the starting blocks during the entire meet and are not permitted in changing areas, rest rooms or locker rooms.

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.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership on the USA Swimming App. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

It is understood and agreed that USA Swimming, the Meet Hosts, Facility Owners, Officials, and the LSCs shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

SANCTION

This meet and any associated competitions and/or time trials are sanctioned by USA Swimming. If a USMS swimmer establishes a new Masters record, it is the responsibility of that swimmer to request all necessary information and signatures prior to the end of the session in which the performance occurred.

RULES

Unless otherwise noted herein, this meet shall be conducted in accordance with current USA Swimming Rules and Regulations. A Meet Committee consisting of at least one official, one coach, and one athlete will be appointed by the Meet Referee to review conflicts arising from administrative matters.

All U.S. athletes, coaches, and staff expecting to receive a deck pass should be prepared to show proof of current USA Swimming membership. Coaches must meet and have current certifications for all the requirements of coach membership including successfully passing the required background check and APT course.

TECHNICAL MEETING

There will be a virtual (Zoom-based) technical meeting on Tuesday, April 1 at 6:00 p.m. local time. Details will be sent to each coach. Coaches are encouraged to check the USA Swimming website for last-minute details about the event. Participating coaches and athletes are responsible for all information in this document, distributed at the technical meeting, and posted on the event website.

FORMAT

This meet will be conducted in LCM. All individual events except the 800/1500 freestyles will be conducted on a Preliminaries and Finals basis. At the Meet Referee's discretion, preliminary sessions may be conducted in flights. If preliminaries are flighted, information will be disseminated at or before the Technical Meeting. The top three heats of swimmers from preliminaries will advance to A, B, and C heats in the Finals. In the Finals, the B heat will swim first, followed by the A heat. After all the A and B Finals heats are completed, the C Final heats will swim.

DISTANCE FREESTYLE

The 800 and 1500 freestyle events will swim as timed finals. Positive check-in is required prior to the scratch deadlines to compete in the distance events. The distance freestyle events on day 1 will swim fastest to slowest, alternating women and men. On day four all but the fastest seeded heat in each gender of the distance freestyle events will swim slowest to fastest after the preliminary session, alternating women and men and scheduled to start so the second-fastest seeded heat of men finishes 75 minutes prior to the start of the finals session. The fastest seeded heat in each gender swimming in the finals session.

Any swimmer who qualifies for the Day Four distance freestyle event may request to swim in earlier heats if they have another event that day. If the swimmer only has the distance event on that day, they cannot choose to swim in the earlier heats and will be seeded according to their qualifying time.

Swimmers may qualify for the 800 and 1500 Freestyle events with either the 800/1500 Meter time standards or the 1000/1650 Yard time standards. The 1500M Freestyle and 800 Freestyle events shall be seeded in order of LCM, SCY, non-conforming LCM, and then non-conforming SCY.

BONUS EVENTS

All athletes who have one or more Pro Swim Series qualifying standards will be eligible to enter up to two bonus 50s of stroke events (Butterfly, Backstroke, and/or Breaststroke). Entry times for the bonus events should be the swimmer's best 100 time.

ENTRY LIMIT

Each swimmer may participate in a maximum of seven individual events per meet, with no more than three individual events per day including time trials.

LATE ENTRIES

If the entry cap has not been reached, any team or athlete missing the entry deadline will be permitted to enter through the Late Entry process, subject to the following requirements:

- Late entries must be submitted through the Online Meet Entry system (OME);
- These entries must be received no later than 11:59 p.m. Mountain Time on Sunday prior to the beginning of the meet.
- The team or athlete must pay a one-time processing fee of \$150 and pay entry fees of \$40 per event.

Any cap-exempt athlete missing the entry deadline will also be permitted to enter through the Late Entry process, regardless if the cap has been reached.

ENTRY FEES

Individual Events	\$20 per event
Bonus Events	\$20 per event
Coach Credential	\$20 per coach and team staff (\$25 if purchased on site)
Foreign Surcharge	\$35 per foreign athlete, coach, and team staff

SEEDING

Events shall be seeded in order of LCM followed by SCY.

SCORING & PRIZE MONEY

There will be no team or individual scoring at this competition. Prize money will be awarded for each individual event, including 50s of Stroke, according to the following:

- 1st Place - \$1,500
- 2nd Place - \$1,000
- 3rd Place - \$500

SCRATCHES

Scratches and positive check-in for Day 1 events are due to the Administrative Referee (betsy@byrussell.com) no later than 2:00 p.m. on Day 1 of the competition and may be submitted by email to Bob Matlack at Bob@swmeets.com. All subsequent day's events scratches are due 30 minutes after the start of the previous evening's finals. There is no penalty for failing to compete in a preliminary or timed final heat, except an individual event in which a swimmer has not scratched prior to the appropriate deadline will be counted toward that swimmer's three-event/day and seven-event/meet limit. A swimmer qualifying for an A, B, or C Final who fails to compete shall be barred from the remainder of the meet, unless excused by the Meet Referee.

TIME TRIALS

Time Trials may be offered between prelims and finals for all swimmers who enter and compete in the meet. Entry fees for time trials will be the same as the meet entry fees. A swimmer is limited to a maximum of two time trials during the course of the meet.

Time trials count toward a swimmer's individual event total for each day, but not the meet total. Athletes may need to provide their own lane timer and lap counter for time trial events.

FOREIGN ENTRIES

Foreign swimmers who are members of USA Swimming and are representing a USA Swimming member club may enter through the OME system.

Foreign individuals/teams who are not members of USA Swimming but are members of their respective World Aquatics federation may also enter using the OME system but must first send the following information to Katie Trace at ktrace@usaswimming.org.

- Team name
- Entry contact information
- First name
- Last name
- Work phone
- Email address
- List of qualified athletes with birthdates

Once this information is received by USA Swimming, access information and instructions on how to use the OME system will be sent.

Converted times will not be acceptable for entry. Proof of international entry times must be submitted to Katie Trace at ktrace@usaswimming.org.

A letter from the delegation's World Aquatics member federation must be submitted confirming that all members of the delegation are in good standing with the federation. All coach and staff members must be submitted through OME or by emailing Katie Trace at ktrace@usaswimming.org before the entry deadline. Foreign coaches and staff members that are not submitted before the entry deadline will not be able to obtain a deck pass on site.

There will be an additional \$35.00 fee assessed per participating foreign athlete, coach, and staff member.

CREDENTIALS

Deck access credentials for coaches, managers and team support shall be issued to those persons listed on the submitted team entry forms according to the following team size formula. Managers and Team Support personnel must be included in this formula and on the entry form to receive a credential. If athletes are scratched from the meet, teams may be asked to surrender Coach, Manager, or Team Support credentials in order to maintain compliance with the credential formula. Athletes entered in the meet will receive a deck pass credential as part of their entry fee. For clubs that wish to bring one certified massage therapist with their teams, a \$100 surcharge will apply if the massage therapist exceeds the deck pass credential formula below. These funds shall become the property of the meet host. All massage therapists must be non-athlete members of USA Swimming and will have limited access around the venue, including no hospitality access.

- 1-3 swimmers: 1 deck pass
- 4-6 swimmers; 2 deck passes
- 7-9 swimmers; 3 deck passes
- 10-14 swimmers; 4 deck passes
- 15-19 swimmers; 5 deck passes
- 20-24 swimmers; 6 deck passes
- 25-29 swimmers; 7 deck passes
- 30- 34 swimmers; 8 deck passes
- 35-39 swimmers; 9 deck passes
- 40 or more swimmers; 10 deck passes
- Unattached swimmers not with a team: 1 deck pass

BROADCAST STATEMENT

Any photographs, videotape or other audio and/or visual recordings of the event created by a spectator may be used solely for such spectator's personal non-commercial use, and may not be broadcast, published or disseminated, or used for any commercial purposes, without the prior written consent of USA Swimming.

IMAGE AUTHORIZATION

All participants agree to be filmed and photographed by the official photographer(s) and network(s) of USA Swimming under the conditions authored by USA Swimming, and allow event organizers the right to use names, pictures, likenesses, and biographical information before, during or after the period of participation in USA Swimming competitions to promote such competitions. All participants agree not to use or authorize use of pictures in the uniforms and equipment provided by USA Swimming for the purpose of trade, without the consent of USA Swimming. All participants agree not to use medals or photos, or portraits or films with the medals, which are received for performances in this competition, for the purpose of trade. Furthermore, participants agree to return these uniforms and equipment, bearing USA Swimming logos and marks, if and when requested.

SWIMMERS WITH DISABILITIES

Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the meet director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals.

DOPING CONTROL

The 2025 TYR Pro Swim Series meets are subject to Doping Control. All athletes at this competition are subject to drug testing conducted by the United States Anti-Doping Agency (USADA), WADA, and/or World Aquatics under the In- Competition Testing program. This section is intended to give an overview of the key points relevant to this program and the testing which will be conducted at the competitions governed by this booklet. Athletes should visit usada.org/athletes/antidoping101/ for important information that all athletes, coaches, and their parents must be aware of. Key details from that document are listed below. Athletes should check their medications prior to use and note that some medications may require approval that will take at least 30 days.

What substances are banned?

Per USADA: "As a signatory to the World Anti-Doping Code, USADA tests for substances and methods found on the World Anti- Doping Agency Prohibited List. It's important that athletes are aware of the substances and methods on the [Prohibited List](#) as an athlete is responsible for any prohibited substance found in their body, regardless of intent. It's also important to understand that certain substances are prohibited at all times, while others are prohibited only during competition. In some cases, a substance is only prohibited in a certain sport. Use the resources on this tab in conjunction with the next step about medication and the resources available pertaining to medication to determine whether or not a substance is prohibited." Read the summary of [Modifications for 2025](#).

What about medication?

Per USADA: "Athletes need to be aware of the prohibited status of any medication they are taking, whether it be an over-the-counter or prescription medication. The easiest way to understand your medication is to use USADA's [Global DRO](#) service, where generic and name brand products, or specific medications, can be searched. Results will yield information including the in- and out-of-competition status, any threshold information, as well as sport specific information for those substances prohibited only in certain sports. Athletes or their support team can also speak to an expert by phone during business hours [8am – 5pm Mountain Time Monday-Friday] by calling Athlete Express at 719.785.2000.

It's important to understand that Dietary Supplements are not medication. They are regulated and manufactured differently. For these reasons, USADA is unable to provide guidance on specific dietary supplement products. For more information visit [USADA's Supplement Connect](#).

Therapeutic Use Exemptions?

Per USADA: "In some situations, an athlete may have an illness or condition that requires the use of medication listed on the World Anti-Doping Agency's [Prohibited List](#). A Therapeutic Use Exemption or TUE provides permission for an athlete to have a prohibited substance in their body at the time of a drug test. The process for obtaining a TUE is thorough and balances the need to allow athletes access to critical medication while upholding clean athletes' rights to compete on a clean and level playing field. In some cases, the TUE requirements are different for national-level athletes vs. non-national level athletes. Athletes interested in obtaining a TUE should visit the [Therapeutic Use Exemption](#) page, where they can determine if they need a therapeutic use exemption, begin the application process, and find answers to the most frequently asked TUE questions."

Understand the Sample Collection Process:

Per USADA: "Athletes selected for testing are subject to both blood and urine testing. The processes are designed to be both effective in preserving the integrity of the sample, yet safe and comfortable for the athlete. Understanding the processes as well as an athlete's rights and responsibilities can help to make them less intimidating. There are additional considerations for minor athletes and disabled athletes. Learn more about the sample collection processes [here](#)." NOTE: Minor athletes should always have a representative with them in doping control.

Per established doping control testing protocol, a Witnessing Chaperone must directly observe an athlete providing a sample. The witnessing chaperone is always someone of the same gender as the athlete. To protect the rights of a minor athlete, someone must observe the witnessing chaperone observing the athlete as they provide a urine sample. That person cannot see the athlete – they can only see the witnessing chaperone watching the athlete. Per USADA's established protocol the athlete has the right to choose who will be in that role. In the event that a coach acts as an Athlete Representative for an athlete of the opposite gender, they may request that someone on USADA's crew observe the witnessing chaperone observing the athlete. Then the coach can be the athlete representative for the rest of the processing of the paperwork.

NCAA doping control rules are different than the rules for this meet. Be sure all athletes have checked their meds with USADA and understand this information.

Doping Control rule for athletes previously eligible for out of competition drug testing: Athletes who were previously eligible for out of competition (no-advance-notice) doping control and officially retired have a 6-month waiting period before they can compete (should they choose to return to competition) and must again be subject to out-of-competition testing during this reinstatement period. The athlete is not permitted to compete in any USA Swimming sanctioned events (local competitions all the way up through National competitions including meets with a dual sanction from Masters and USA Swimming) or World Aquatics sanctioned events. If you have an athlete in this situation, please email smichael@usaswimming.org immediately.



2025 TIME STANDARDS

TYR PRO SWIM SERIES - SACRAMENTO, CA

** Qualifying period is 24 months prior to the entry deadline*

WOMEN

MEN

SCY	LCM	EVENT	LCM	SCY
23.89	27.39	50 FR	24.59	21.29
51.89	59.29	100 FR	53.59	46.39
1:52.29	2:07.79	200 FR	1:57.79	1:41.59
5:02.59	4:28.79	400/500 FR	4:09.99	4:37.09
10:20.49	9:13.79	800/1000 FR	8:40.69	9:34.29
17:14.39	17:40.19	1500/1650 FR	16:38.99	16:05.49
57.09	1:06.79	100 BK	1:00.59	51.49
2:04.19	2:23.99	200 BK	2:11.89	1:52.79
1:05.49	1:15.99	100 BR	1:08.19	57.99
2:22.69	2:43.39	200 BR	2:29.09	2:07.99
56.59	1:04.69	100 FL	57.99	50.59
2:05.39	2:21.89	200 FL	2:10.19	1:53.69
2:06.39	2:26.19	200 IM	2:12.79	1:53.89
4:30.69	5:07.29	400 IM	4:42.39	4:06.99