

Rio Americano High School Spring Invitational 2025

LOCATION: Rio Americano High School. 4540 Americano River Drive Sacramento, CA. 95864.

DATE: March 21st and 22nd 2025

TIME:

- **Friday:** Open warm-up 10am to Noon. **Meet Start time: Noon**
- **Saturday:** Open warm-up 7a.m. to 9. **Meet Start time: 9 a.m.**
- ***Warm-ups must be supervised by a coach.***

Fee: \$300 for each high school swimming boys and girls. \$150 for each high school swimming boys or girls only. Make checks payable to **RAAB**.

FACILITY: Outdoor, 8-lane, 25-yard course with Colorado Timing and an 8-lane scoreboard.

SNACKBAR: A snack bar will be open during the meet.

Programs: A meet program will be available for purchase.

FORMAT: Timed finals. We will run 8 lanes and provide opportunities for a **15 minute warm-up/down break. We will take a 15 minute break as follows:**

- **Friday: After events 4 and 8**
- **Saturday: After events 24, 32 & 40**

RULES: The Rio Americano High School Spring Invitational will be conducted under the Sacramento Section rules and the National Federation of HS Athletics.

DIVISIONS: There will be both frosh/soph boys and girls divisions along with varsity boys and girls.

CHECK-IN: The meet is pre-seeded and checking in is not required.

Entry Limits:

- **Each swimmer may compete in 1 individual and 1 relay Friday & 2 individuals and 2 relays Saturday.**
- **Enter A & B relays only. Other relay submissions will be scratched.**
- **Only 3 Entries per team in each division for the 200 IM and 200 Freestyle.**
- **Only 3 Entries per team in each division for the 500 Freestyle and please use the following time standards for the 500 freestyle:**
 - **Time Standard for F/S Girls: 6:45**
 - **Time Standard for F/S Boys: 6:10**
 - **Time Standard for Varsity Girls: 6:00**
 - **Time Standard for Varsity Boys: 5:20**

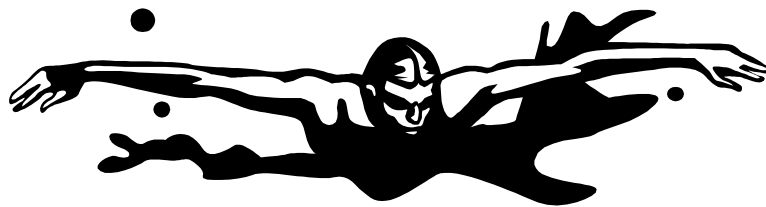
Rio Americano High School Spring Invitational 2025

ENTRIES: Complete attached entry form **-OR-** use Hytek Team Manager/Team Unify. Send completed entries to coachrichard@riorapids.com. Entries need to be received by **Sunday, March 16th ~ 2025.**

Scoring: *Team's can score only 4 swimmers in each event, 3 in the 200's and 500.* The top 16 times will score in an event. **Only the "A" relay for each school will score.** Scoring will be calculated as follows:

- ❖ **Individual Scoring:** 1st through 16th : 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- ❖ **Relay Scoring:** 1st through 16th : 40-34-32-30-28-26-24-22-20-18-16-14-12-10-8-6

F/S Girls	F/S Boys	Events	Var Girls	Var Boys
		<i>Friday Events</i>		
1	2	200 IM	3	4
5	6	50 Free	7	8
9	10	500 Free	11	12
13	14	400 Free Relay	15	16
		<i>Saturday Events</i>		
17	18	200 Medley Relay	19	20
21	22	100 Fly	23	24
25	26	200 Free	27	28
29	30	100 Free	31	32
33	34	100 Back	35	36
37	38	100 Breast	39	40
41	42	200 Free Relay	43	44



Rio Americano High School Spring Invitational 2025

Entry form

[illegible]