



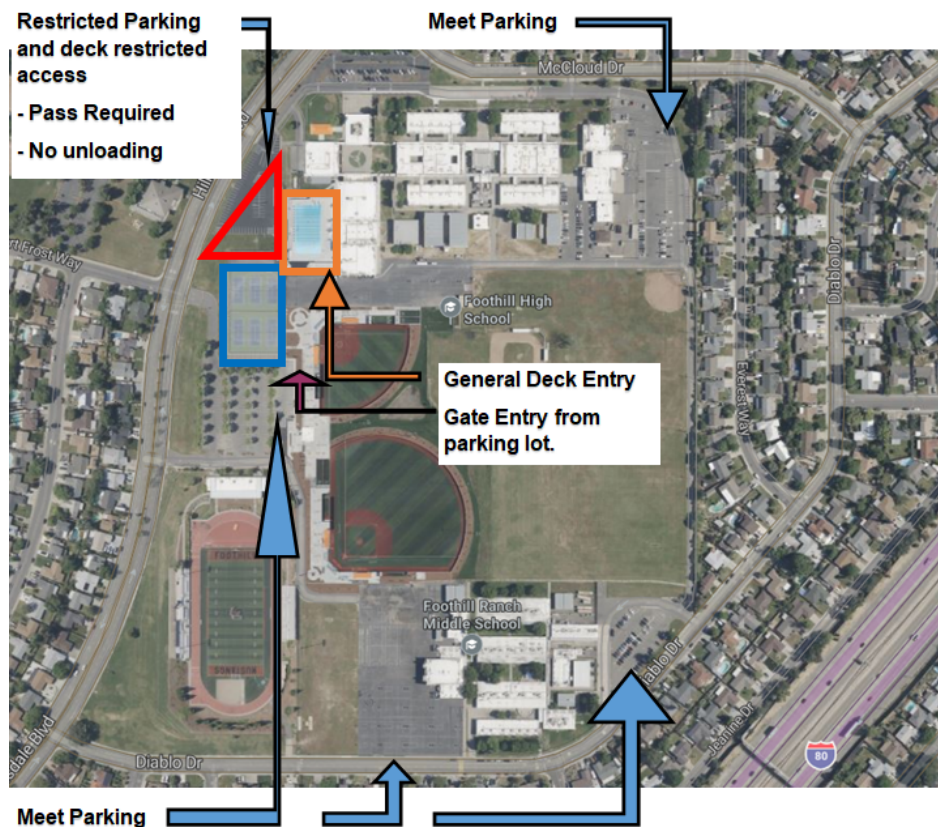
♀ Gold Rush Championships 2025 – Quick Guide

Location

Foothill High School 5000 McCloud Dr, Sacramento, CA 95842

Parking

- **Reserved Lot (nearest pool):** Champs or accessible permits only. No permit? Expect to move or be towed
- **General Parking:** Surrounding lots and neighborhood areas. Respect signage and driveways
- **No Unloading Zone:** Unless assisting someone with a physical impairment—park first, then unload





♀ Pool Information

- 10-lane competition pool with Time Drops timing system
- Warm-up/ Warm Down lanes (2 lanes monitored by volunteers (NOT for play))
- Cooling room available during extreme heat



♂ Deck & Spectator Guidelines

- Bleachers available during swimmer's race—no camping out – please return to team area after your swimmer's race to ensure viewing space for other spectators
- Deck access restricted to volunteers during assigned shifts
- Access to restricted deck areas requires deck pass or volunteer sticker
- Deck marshals monitor entrances—be courteous
- Return to team area after shift



Team Areas

- Preassigned locations—camp only in your designated space
- Keep pathways clear at all times

Officiating

Meet Referee: Andrew Mock (Rio Del Oro)

- USA Swimming Certified for Stroke and Turn
- Enforces NCSL rules fairly and consistently
- Ensure swimmer eligibility, suit compliance, and race integrity
- Suit Policy: Team swimsuits and all FINA-stamped suits are acceptable. Unstamped tech suits must be approved by Meet Referee before use. Bring suit for to Meet Referee for approval—not worn – prior to meet.

Volunteering

- Check in with team volunteer coordinator before your shift
- Wear volunteer sticker to access the deck
- Volunteers must be “tagged out” before leaving
- Arrive on time—honor your commitment to fellow volunteers

Ready Bench Procedures

- ALL swimmers (including relays) must use Ready Bench
 - **13-18 year old** swimmers **must check in** at the **ready bench** prior to reporting to the blocks
- **NO parents** or siblings allowed in the ready bench area
- Cell phones must be left in tents
- Mark arm for faster processing:
 - **Saturday:** RIGHT forearm, Right Shoulder
 - **Sunday:** LEFT forearm, Left Shoulder
 - Format:
 - Name on shoulder with age group
 - **SMITH, J 9/10**
 - Event/Heat/Name on Forearm
 - **12/2/3** (event/heat/lane)
- Official team parents and Ready Bench volunteers only permitted in area
- Ready Bench Volunteers will escort swimmers to correct lanes



Warm-Up Lane Rules

- No diving, flipping, rope hanging, or swimming across lanes
- Feet-first entry only
- Only team-registered swimmers (Rio, Laguna Creek, Gold River and Del Norte) allowed

Meet Format & Finals

Meet Schedule Overview:

- Final meet program (including timeline and psych sheet) will be available Friday, July 25
- Meet schedule included with Meet Guide (sent Thursday prior to event)

Saturday:

- 100 IM, Short Free, Backstroke
- Parent Relay during 40-min break
- Finals warm-up & finals races
- 6U Free Relay
- 6U Awards Ceremony
- Medley Relay

Sunday:

- Long Free, Breaststroke, Butterfly
- Coaches Relay during break
- Finals & Freestyle Relays
- Tear Down
- Awards Ceremony (after breakdown)

Finals Info:

- Top 10 swimmers in each event race in Finals
- 2 alternates must report with Meet Referee prior to race
- No-show without prior scratch = removal from all finals that day

Circle Seeding (Top 3 Heats):

- Each heat seeded using submitted times, following NCSL pattern
- Fastest heats appear last in each event



- Last 3 preliminary heats for each event are circle seeded.

Event Tracking & Results





Meet Mobile and Time Drops App:

- Search: “2025 Goldrush Champs”
- PIN for Time Drops: 0726
- Shows heat/lane assignments & unofficial results
- Scores posted in real time but subject to DQ verification
- Final results will be printed & posted



Scoreboard Note:

- Scoreboard and Time Drops show unofficial results
- Expect minor variation in posted vs official times

Photography Rules & Social Media

-  **Designated Team Photographers Only** allowed on deck
-  No photos/videos allowed of swimmers on blocks or during starts
-  Timer volunteers must keep phones away during shifts
-  Social media use should respect privacy—avoid capturing other children

Vendor Village

-  **Championship Apparel** T-shirts available at merchandise tent—accepts cash and card.
-  **Other Vendors** On the black top—selling swim gear (Jolyn -Saturday only), pizza, tacos, snacks, dessert & more.

What NOT to Bring

- Glass containers
- Pets
- Noise makers (especially during race starts)
- No alcohol
- Valuables (keep them secure or leave them at home!)



Who to Contact with Questions

Team Parent Board Members & NCSL League Representatives are your go-to contacts throughout the weekend. Do not contact coaches or meet officials directly—route concerns through your league rep.

Meet Conduct Reminder

All rules protect swimmer safety and ensure smooth operations. Disrespecting volunteers or staff may result in removal by **Meet Director, Ingrid Mock**. Let's show great sportsmanship and make Gold Rush 2025 Championships unforgettable!