



Bud Meyer Memorial Swim Meet

Hosted by:

Rio del Oro Rapids
January 23-25, 2026



Enter online at: <https://ome.fastswims.com/meets>

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction #SNS26-23.

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."

NOTICE:

By entering this meet, the athlete, or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. The results of this meet will be posted in real time on Meet Mobile.

LOCATION:

Rio Del Oro Sports Club, 119 Scripps Drive, Sacramento, CA 95825. Directions from Downtown Sacramento: Take Highway 50 east to Howe Avenue. Turn left/north onto Howe Avenue, travel 1.2 miles to American River Drive. Turn right onto American River Drive, then take first left onto Scripps Drive. Parking in the main parking lot is reserved for Rio Del Oro Racquet Club Members. Swim meet parking will be available on Scripps Drive and in neighboring parking lots. Attendants will be on duty to direct swim meet participants.

FACILITIES:

The meet will be conducted in a surveyed 25-yard heated pool with up to 8 lanes available for competition. An additional 6 lane pool and 2 lane pool will be available for warm-up/cool down throughout the competition. The Rio del Oro Rapids ensures that the swimming pool meets the required course dimensions.

CERTIFICATION:

In accordance with Article 202.4.11C, the competition course has a pool depth of 6' 6" at 3' 3.5" and 6' 2" at 16' 5" at the start end. At the turn end it is 3' 7" at 3' 3.5" and 4' 3" at 16' 5."

SAFE SPORT:

Pursuant to USA-S Rule 202.4.11H 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 Rio del Oro Rapids Swim Team 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.

Pursuant to USA-S Rule 202.4.11 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.

Pursuant to 102.10, there shall be a minimum of one male and one female marshal present.

Pursuant to 202.4.11N, AED is located at the front desk on the east side of the club. Coaches and authorized club personnel on duty to assist. A landline phone is also available at the front desk to call 911.

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.

- WARM-UP RULES:** The following rules apply to the warmup 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 50's (Usually lanes 1 & 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 7).
 - 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. The use of hand-paddles at any time during which touch pads are installed is forbidden.

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. 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. 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.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these 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
- Those entries more than the entry limits will not be refunded (unless mandatory scratch down as discussed below).
- All events are Short Course Yards 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 seedtime will be accepted.
- NT (No Time) entries 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.
- Also, in accordance with USA-S Rule 202.4.11D 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.

- SPECIAL RULES:** All heats for all events will be seeded fastest to slowest. 400-yard IM, 500-yard Freestyle and 1650- yard Freestyle may be swum alternating women and men. Swimmers in long freestyle races (500-yard Freestyle and 1650-yard Freestyle) will be required to provide their own Timers and Lap Counters. Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge. Lap counting devices will be available.

TIMES:	Warmups	Meet Begins
Friday	3:45 PM	5:00 PM
Saturday	7:30 AM	9:00 AM
Sunday	7:30 AM	9:00 AM

An Officials' Meeting will be held 30 minutes before the start of each session.

- ELIGIBILITY:** All current members of USA Swimming are eligible to enter this meet. 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 SNS 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.

According to 302.3 in the current Rulebook and in effect now — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

It is up to 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

**ENTRY LIMITS &
SCRATCH DOWN:**

- The meet will be capped at 48 swimmers for Friday, and 325 swimmers for Saturday and Sunday or when it is estimated sessions with swimmers 12 & under will exceed 4 hours. Swimmers are limited to a maximum of 4 events per day and 9 events for the entire meet.
- 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.
- The Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.

ENTRY FEES:

\$6.00 per individual event for all entries plus a \$12.00 per swimmer surcharge. Entry fees are non-refundable except in the event of a required scratch down.

ENTRIES:

ONLINE ENTRIES: Online entries will be accepted through **11:59 PM on Thursday, January 15, 2026**. 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.

DECK ENTRIES: Deck entries will be accepted if the entry limit has not been met and the timeline remains under 4 hours.

CHECK-IN: The meet will be deck seeded; check-in required. Check-in for the first four events of each day will close 30 minutes before the scheduled start of the meet. Swimmers must check in for the later events at least 45 minutes prior to the estimated start of each event.

AWARDS: Ribbons will be awarded 1st - 8th place for individual events for 12 and under swimmers. Awards not picked up will not be mailed.

ADMISSION: Free. The meet will be available on Meet Mobile.

SNACK BAR & HOSPITALITY: A snack bar will be available. Breakfast/lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS:

Meet Referee: Scott Hastings (Scottlhastings@gmail.com)
Head Starter: Bill Rose
Admin Official: Hope Gawlick
Meet Director: Richard Levin (coachrichard@riorapids.com)

All working Officials must have passed the background check, athlete protection training, and the Concussion Course mandated by USA Swimming as well as the California required Mandatory Reporting: Understanding Your Responsibility. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. Please have your USA swimming membership on your phone. All Officials must wear their Officials' credentials visibly while working on deck.

OFFICIAL'S DRESS: 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.

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. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will be each fined \$100.

MINIMUM OFFICIALS RULE: Each Team shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

Number of a Team's swimmers entered in meet	Number of trained and carded Officials required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of entries against the number of Officials present representing each Team. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time-only swimmers" in all aspects of that session, and their swimmers will not receive awards.

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] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams.

TIMERS: The timing system is a Colorado Timing System with three plungers and one stopwatch per lane.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited at the Rio Del Oro Racquet Club facility. 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 meet 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.

1) A Technical Suit is one that has the following components:

- a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
- b. Any suit with woven fabric extending 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.)

ORDER OF EVENTS

Friday			
Event #		Age Group	Event
Session 1			
G	B		
1	2	11&up	1650 Free

Saturday				Sunday			
Event #		Age Group	Event	Event #		Age Group	Event
Session 2				Session 3			
G	B			G	B		
3	4	Open	200 IM	29	30	12 & Un	100 BACK
5	6	12 & Un	100 IM	31	32	8 & Un	25 BACK
7	8	8 & Un	25 FREE	33	34	Open	50 FREE
9	10	Open	50 BACK	35	36	11 & Up	200 BACK
11	12	13 & Up	100 FREE	37	38	12 & Un	50 BREAST
13	14	12 & Un	100 FREE	39	40	Open	200 FREE
15	16	11 & Up	200 BREAST	41	42	8 & Un	25 FLY
17	18	8 & Un	25 BREAST	43	44	11 & Up	200 FLY
19	20	Open	50 FLY	45	46	12 & Un	100 BREAST
21	22	13 & Up	100 BACK	47	48	13 & Up	100 BREAST
23	24	12 & Un	100 FLY	49	50	11 & Up	400 IM
25	26	13 & Up	100 FLY				
27	28	OPEN	500 FREE				