



“CCA SPOOK-TACULAR” AGO Swim Meet

Hosted by:

California Capital Aquatics -Roseville October 3-5, 2025

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS26-08

According to 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.”

According to 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, both for forward starts and backstroke starts including backstroke starts using a ledge or they must start each race from within the water. 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.”

LOCATION: **Roseville Aquatics Complex** (3051 Woodcreek Oaks Blvd., Roseville, CA 95747). Traveling on I-80, Take Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right-hand side.

PARKING: Parking is free all three days. If overflow parking is needed, please park in the Woodcreek High School parking lot, South of the pool or at the Roseville Sports Center North of the pool.

Please check the times below – This is a *SPLIT-SESSION FORMAT*

TIMES: **Friday:** Warm-ups begin at 4:30 PM; the meet will begin at 5:30 PM.

Sat & Sun: **AM Session:** Warm-ups will begin at 7:30 AM.
Meet will begin at 9:00 AM
PM Session: Warm-up may start at the completion of the AM Session.
PM Session: Will begin no earlier than 1 hour after the estimated time of the completion of the AM Sessions.

WARM-UP RULES: The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- Lifeguards shall be on the pool deck during the entire warm up period.
- 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.
- 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. Coaches will coach from the deck only and not enter the pool during any athlete warm-up period.



- 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 & other devices are not allowed during warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.
- During the last 20 minutes of the 12 and under session warm-ups, specific lanes will be dedicated to 8 & under swimmers ONLY.

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 arranging 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 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.

FACILITY:

An outdoor, heated 16-lane, 25-yard pool with locker rooms and rest areas. An additional outdoor, heated 5-lane 25-yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. Colorado Backstroke Start Devices may also be available. Coaches are required to have their athletes certified in backstroke device starts in order to use the devices. The competition course has been surveyed in accordance with 104.2.2C(4). In accordance with 202.4.11C, the 25-yard competition course has a pool depth at the start end of 7ft. to 13ft at 3' 3½" and 7ft. to 13ft at 16'5." The pool depth on the turn end of the pool is 7ft. to 13ft at 3' 3½" and 7ft. to 13ft at 16'5." As the pool is configured for short course, the pool depths will vary as the pool gets deeper. California Capital Aquatics ensures that the swimming pool meets the required course dimensions.

Two 8 lane racing courses may be used. The Odd course will be on the West end and Even course on the East end (scoreboard). Warm up/cool down during completion will only be allowed in the additional lower outdoor 5-lane heated pool.

RULES:

2025 USA Swimming and Sierra Nevada Swimming rules will apply. A USAS registered Coach must supervise all warm-ups. If you do not have a USAS registered Coach at the meet, report to the Deck Referee for lane and Coach Assignment. All Coaches will be required to present evidence of their 2025 or 2026 USAS Coach Membership to the Clerk of Course at the beginning of the meet.

NT or No Official Time Entries will be accepted and submitted Estimated Times will **NOT** be required if a swimmer has no official times.

SAFE SPORT:

According to USA Swimming Rule 202.4.11H: Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms. Sierra Nevada Swimming and California Capital Aquatics 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 anytime."

For the safety of the Athletes and according to 202.4.11I, "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.

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.

According to 202.4.11N, lifeguards, an AED and First Aid supplies will be available.

According to 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

CLOSED DECK:

Access behind the starting blocks (North side of the pool) will be CLOSED and only open to Athletes, Officials, Coaches, Volunteers, and Timers. All events will begin from the North side of the pool. Timers will be moved for the 25- yard events to the SOUTH side of the pool (bleacher side) for those events. The coaching tents will be placed along the course on the EAST and WEST sides of the pool- the Coaching tent area is closed to Spectators. Spectators in any closed area will be asked to leave promptly.

SPECTATORS:

The bleachers will be for spectators only. No team set up in the bleachers.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers will be allowed to check-in and compete. Note that Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet. Properly registered 19-over swimmers may enter 13-18 events. 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 - 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.



- CHECK-IN:** Each session will require Athlete check-in. All Swimmers must check-in with the Clerk of Course at least 45 minutes prior to the start of their session. Athletes that do not check in will be scratched from all their entered events in that session, **ALL events will be swum fastest to slowest.**
- ENTRIES:** On-line entries, enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using the Swim Connection secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is separate from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected using this system are completely voluntary.
Team entries using a Hy-Tek file will be available as well. Teams using this method will bring a single Team *check for their entries made out to California Capital Aquatics.*
Online entries must be received before 11:59 PM on Thursday, September 25th
- ENTRY FEES:** **\$5.00 PER INDIVIDUAL ENTRY + \$14.00 pool surcharge per swimmer** to help cover the cost of the pool. No refunds (Fees or surcharge) will be given once entries are submitted. If LATE entries are accepted by the **Meet Director they will be \$10.00 per event plus \$30.00 pool surcharge.**
Make checks payable to: "CALIFORNIA CAPITAL AQUATICS" or "CCA"
- ENTRY LIMITS:** The Max entries for Friday is one (1) event. Saturday and Sunday Athletes are limited to four (4) events. Entries in excess of (4) per day will not be refunded. Should 8 & under or 12 & under events on any day be estimated to last longer than 4 hours, swimmers may be required to scratch down. If events are required to be scratched on any day, then deck entries will not be accepted on that day. The meet will be capped as follows:

Friday: When the session reaches an estimated timeline of 2 hours and 30 minutes.
Saturday & Sunday: When the session reaches an estimated timeline of 4 hours.
- LATE ENTRIES:** LATE entries will only be accepted prior to the start of the Saturday and Sunday sessions if the Meet Director and Meet Referee determine that the 12 & under events can each be completed within four hours during that session. Late entries for 13 & over will be at the discretion of the Meet Director. Deck entries will be swum for time only and will not be awarded.
- AWARDS:** Swimmers 12 & Under will be awarded ribbons for 1st through 8th place.
Swimmers in the 13-18 age group will not receive those previously described awards.

Heat Winners will be awarded at the conclusion of their race.

All awards must be picked up by the conclusion of the swim meet. Awards will not be mailed out.

The winner of the **Boys 15-16 200 Free event** will be presented with the **Greg Connolly Award** for achievement, in memory of Greg Connolly. **This award will be presented immediately following the event.**
- ADMISSION:** Admission is free.



RESTRICTIONS:

E-Z up set-up will not be allowed before 4:00 PM on Friday October 3, 2025. No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. 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. **EZ Ups can stay up if they are anchored to the ground with weights or buckets of water. ABSOLUTELY NO SPIKES, TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.** No propane heaters allowed within the facility. The Warm-Up pool is to be used for **ATHLETE LAP SWIMMING ONLY.** No playing will be allowed in the beach entry area of the pool.

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.

1. Exceptions for the foregoing restriction are only for Junior nationals, U.S. Open, National championships, and Olympic Trials.

2. 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.)

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. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will each be fined \$100.

OFFICIALS:

Meet Referee: Scott Hastings (scottlhastings@gmail.com)

Head Starter: Blake Cunningham

Admin. Official: Jason Shibata

Meet Director: Sami Waheed (meetdirectorCCA@gmail.com)

MINIMUM OFFICIALS RULE:

All Deck Officials must be registered with USA Swimming for 2025 or 2026 and must have passed the background check, athlete protection training and 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 these conditions have been met. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

Officials dress will be white polo shirts, navy-blue pants/shorts/skirts and white socks and tennis shoes. For wet or cold conditions, boots and parkas will be allowed.

To show support for Breast Cancer Awareness Month, we encourage Officials serving on Saturday, October 4th to wear a PINK SHIRT. All other Official dress is to remain as stated above.

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent that Team during the conduct of the meet. An Officials' meeting will begin 30 minutes prior to the start of each session. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time only" swimmers in all respects for that session.



OFFICIALS' REQUIREMENT

Number of Team's swimmers submitting entries in each meet session:	Number of trained and carded Officials required per team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

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] 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.

DISTANCE EVENTS: For the 400 IM, 500 Free and 1650 Free swimmers will need to provide their own Timers and Lap Counters for the events (all ages). CCA will have lap counting devices to use if needed. The 1650 Free heats will be swum fastest to slowest, alternating women's heat/ men's heat.

For Special Hotel Rates & Packages Available For Spook-tacular Weekend.

Courtesy of Placer Valley Tourism:

<https://www.placertourism.com/events/cca-spooktacular-swim-meet-2025/>

Online survey: <https://forms.gle/dQ8ugt3j5HSoF8LW7>

SUMMARY OF EVENTS

Day	8 - Under	10 - Under	11 - 12	13 -over
Friday		500 Free	200 Fly 1650 Free	1650 Free
Saturday	25 Free 25 Breast	100 IM, 200 IM 50 Back 100 Free 100 Breast 50 Fly	100 IM, 200 IM 50 Back 100 Free 200 Back 100 Breast 50 Fly 500 Free	200 IM 100 Back 100 Free 200 Breast 100 Fly 500 Free
Sunday	25 Back 25 Fly	200 Free 50 Breast 100 Fly 100 Back 50 Free	200 Free 50 Breast 100 Fly 200 Breast 100 Back 50 Free 400 IM	200 Free 100 Breast 200 Fly 200 Back 50 Free 400 IM



Please note: All events will be swum fastest to slowest.

Friday October 3				Saturday October 4 - AM Session				Sunday October 5 - AM Session			
G	Group	Event	B	G	Group	Event	B	G	Group	Event	B
1	11 – 12	200 Fly	2	7	12 & Un	100 IM	8	39	12 & Un	200 Free	40
3	10 & Un	500 Free	4	9	8 & Un	25 Free	10	41	8 & Un	25 Back	42
5	11 & Up	1650 Free	6	11	12 & Un	50 Back	12	43	12 & Un	50 Breast	44
				13	12 & Un	100 Free	14	45	12 & Un	100 Fly	46
				15	12 & Un	200 IM	16	47	8 & Un	25 Fly	48
				17	8 & Un	25 Breast	18	49	11 – 12	200 Breast	50
				19	11 – 12	200 Back	20	51	12 & Un	100 Back	52
				21	12 & Un	100 Breast	22	53	12 & Un	50 Free	54
				23	12 & Un	50 Fly	24	55	11 – 12	400 IM	56
				25	11 – 12	500 Free	26				
				Saturday October 4- PM Session				Sunday October 5 - PM Session			
G	Group	Event	B	G	Group	Event	B	G	Group	Event	B
				27	13 & Up	200 IM	28	57	13 & Up	200 Free	58
				29	13 & Up	100 Back	30	59	13 & Up	100 Breast	60
				31	13 & Up	100 Free	32	61	13 & Up	200 Fly	62
				33	13 & Up	200 Breast	34	63	13 & Up	200 Back	64
				35	13 & Up	100 Fly	36	65	13 & Up	50 Free	66
				37	13 & Up	500 Free	38	67	13 & Up	400 IM	68

* 6 & Under swimmers swimming in 8 & Under events will be awarded separately.

* 6 & Under, 8 & Under, 9-10 and 11-12 swimmers in 12 & Under events will be awarded separately.

*1650 Free event is open to 11 & Up swimmers and will be awarded separately.

