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INTRODUCTION

Welcome to the Folsom Sea Otter Swim team. We are a non-profit, recreational parent run swim team. Our team has approximately 300 swimmers ranging in age from 4 to 18 years.

We participate in the Suburban Swim League, which consists of seven swim teams, including 1,500 swimmers. May 31 through July we swim six dual meets. At the end of July, all seven teams compete in a three-day championship swim meet at Sierra College.

PHILOSOPHY

The philosophy of the Folsom Swim Club is to provide a positive, team oriented, learning environment where each swimmer can achieve their potential by developing and refining necessary skills while having fun. The coaching staff, Board of Directors, and parents combine their efforts to ensure a quality, competitive/recreational program, with regard for good sportsmanship. The Board of Directors will assume the responsibility of establishing and upholding the team bylaws to ensure a positive and rewarding experience for swimmers, coaching staff and parents.

MEMBERSHIP

In accordance with Team and League bylaws, any resident of the Folsom area who has not reached their 19th birthday by June 15th, and who maintains a recreational swimmer status, as follows, is eligible for the team. Any returning FSO swimmer or new swimmer swimming year round, must be “out of the water” by January 31, 2008. **Swimming for a high school team does not affect recreational swimmer status.**

REGISTRATION

Swimmers will register on-line this year. You must go to our website at www.folsomseaotters.com and click on registration. Read the information about registration and instructions for registering on-line. There will be a link to click on at the end to go to our on-line registration site.

Returning swimmers: Swimmers with returning swimmer status that are on the official team roster at the end of the previous season will have priority to register beginning March 2, 2009. Open registration begins March 16, 2009. Siblings who are new swimmers to the team will also be allowed to register during priority registration.

Returning swimmer status – To have the honor of returning swimmer status the family must have completed the required volunteer hours and the swimmer competed in at least 4 meets. Building a strong swim team requires committed swimmers and committed parents.

New Swimmers: All new swimmers will be allowed to register utilizing our on-line system as long as there are available spots. New swimmers may start registering March 16, 2009. All new swimmers including swimmers on the waitlist are required to pass the Water Safety Check in order to secure a spot on the 2009 swim team. All new swimmers who are registered and pass the Water Safety Check will receive a spot on the swim team. If you wait until the Water Safety Check night to register and pass the water safety test, you will ONLY receive a spot if there are spots left. Our team generally fills up quickly; therefore, we encourage you to sign up before then. Please be aware that we will charge a processing fee of \$50 for registered swimmers who do not pass the Water Safety Check, so only sign up if you are sure your child will pass. Also, FSO is a swim team and is not intended for swim lessons or as a swim camp.

Waitlist Swimmers: Swimmers who tried to sign up on-line and were denied due to an age group being full may sign up for our waitlist. We need you to send us an email letting us know that this occurred as soon as possible. We keep track of all swimmers who are placed on the waitlist in the order that their email is received. We will notify you as soon as a spot opens up in your age group. If you are a new swimmer, you must also pass the Water Safety Check. If you do not come to the Water Safety Check, you will not receive a spot on the team.

Water Safety Check: We need ALL new swimmers, including siblings of returning swimmers, to come to the Water Safety Check to make sure they can swim 25 yards (1 length across the pool) in under 2 minutes unassisted. This is very important! We do not accept swimmers who are not ready. It is a safety concern. We want all swimmers to be safe in our pool at all times. Please come to the Folsom Aquatic Center on April 14, 2009 from 6:00-8:00 to swim across the pool for our coaches. Swimmers will be allowed to rest on the lane ropes, but will not be allowed to pull themselves along and must finish in under 2 minutes. The pool is heated so the Water Safety Check will take place rain or shine. Please bring goggles, a towel, and some warm clothes to change into afterwards.

TEAM COMMUNICATION

The main form of communication is by list serve email. This means that the weekly newsletter, bulletins and announcements are sent out in bulk. Some software blocks emails of this nature. You will need to check your software to determine how to allow email from folsomseaotters@gmail.com to get through. If you are not receiving notices from the swim team, contact us at the above e-mail address and we will attempt to resolve. If you are receiving email at a company address it may not come through. HP addresses usually bounce back the emails.

2008 FSO BOARD MEMBERS

President –Rick Jesse

Vice President –Kevin Peterson

Recording Secretary –Sherryl Abramson

Registrar –Julie Dunn

Correspondence Secretary –Cassandra Whetstone

Activity Director –Maritza Karp

Meet Computer Operations –Karen Fulkerson

Meet Deck Operations –Mark Menz

Volunteer Coordinator –Lisa Blake

League Rep –Jeff Cryder

Fundraising Chair –Melanie Roehrs

Coach Coordinator –Tim McCormick

Treasurer –Andrea Runyan

TEAM RULES AND CODE OF CONDUCT

All organizations need rules and procedures for success of the participants. The Folsom Sea Otters (FSO) has adopted these rules to keep our organization fair, safe and enjoyable for all its members. Violation of the TEAM RULES AND CODE OF CONDUCT will result in disciplinary actions. **TEAM RULES AND CODE OF CONDUCT applies to all swimmers and their families.**

1. Treat all other swimmers, coaches, officials, parents and visitors with respect and courtesy.
2. No swimmer is allowed in the water unless a coach is on duty and directs the swimmer into the water.
3. All swimmers are to be on time for their set practice (this is to prevent practice interruptions) with required equipment.

4. All swimmers for that practice are to remain in the pool unless directed by the coaches.
5. **Parents, and all others, during workouts, are to stay away from the pool and to refrain from conversation with swimmers and coaches.** This is to ensure the safety and fairness to the swimmers and coaches. Being disruptive will result in removal from the pool deck.
6. Walk on the pool deck at all times, absolutely **NO RUNNING**.
7. Horseplay, rowdy behavior, profanity, harassment towards others or any inappropriate activity will not be tolerated. When you represent the Folsom Sea Otters, you will maintain a high level of FSO Code of Conduct.
8. Misuse or mistreatment of team equipment or pool facilities will not be tolerated. Willful damage will be the responsibility of the swimmer and the swimmer's family.
9. Every swimmer and their family will support and practice good sportsmanship, team spirit and cooperation.
10. Siblings are not allowed to wait unattended for a swimmer. There is no deck supervision for children not participating in practice.
11. Swimmers 8 and under must have a parent or responsible adult present during practice.
12. When picking up a swimmer from practice it is best to park in a designated spot, walk in and escort your swimmer back to the car. Having children wait outside the facility is not recommended. The City of Folsom has notified us that cars left unattended at the curb in front of the facility will be ticketed or towed. They may also post signs that it is a no stopping zone.
13. To swim in a meet, swimmer must sign up on-line, in advance of the deadline, on the team website. You must check yes or no and also indicate your parent volunteer selection. The deadline is Friday, **one week** before the meet unless otherwise specified.
14. All Parent/guardians will participate in the required FSO Service Hours. Failure to participate may impact their swimmers ability to participate in future meets and returning swimmer status.

A team rule violation by a swimmer may require the FSO Board to review the violation, (if appropriate), or the coach to discuss the violation with the swimmer and parent. It will be the coach's/FSO Board's discretion whether appropriate action consists of:

1. A verbal warning and/or removal of the swimmer from the water for a determined amount of time.
2. A written warning and/or removal of the swimmer from the pool for a determined amount of time.
3. Dependent on the severity of the violation, the FSO Board and the coaches may require a meeting with swimmer and their parent/guardian to resolve the issue. Swimmers that continue to violate the Team Rules or become a disciplinary problem will result in the FSO Board handling the situation with the swimmer and/or family. Individual circumstances will determine if a swimmer should be placed on a probationary status.

Probation: Probation will consist of a four-week period during which the swimmer will be able to continue with their practices and team functions, with the understanding that their behavior will determine their future with the team. If another violation occurs while on probation, the following consequences will be applied:

First Offense: Will result in a two-week parental attendance period at all team functions (practices, meets, etc.) to ensure swimmer's behavior is deemed safe. Failure by the swimmer or guardians will result in suspension or removal. The coaches will assist the FSO Board in determining the swimmer's probationary status for continued probation, if applicable.

Second Offense: Will result in team suspension for a length of at least two weeks. Suspension will prohibit the swimmer from attending any team functions, private or open to the public.

Third Offense: Will result in a permanent suspension of all team activities. Said swimmer will not be allowed in team areas during any team-sponsored activities. Any permanent suspension during the first two weeks of the season will result in a 50% refund of registration fees. Any such suspension after the two-week period will result in a non-refund of any registration fees.

Depending upon the severity of the rule infraction, a swimmer may be suspended without being placed on probation by a decision of the FSO BOARD.

The Folsom Sea Otters Swim Team reserves the right to suspend a swimmer temporarily or permanently, dependent on the violation. This in part is to ensure the safety of the team.

SWIMMER'S RESPONSIBILITIES

1. Be familiar with and adhere to the Team Rules and Code of Conduct.
2. Attend assigned practice sessions on a regular basis (minimum of 3 sessions per week unless cleared by the coaching staff).

3. **Attend as many meets as possible and support the team by attending Championships.**
4. Sign up for a meet by the posted deadline, or you will not be able to attend a meet that you signed up for.
5. Notify the Head Coach (fsocoaching@gmail.com) as soon as possible if you will not be able to attend a meet that you signed up for.
6. Team swimsuits and caps are required to be worn by all swimmers at all swim meets.
7. Swimmers with long hair must wear swim caps.
8. Do not “horseplay” or use profanity or other inappropriate language.
9. Support and practice good sportsmanship and team spirit.
10. Respect the rights of other swimmers, parents, coaches and meet officials.
11. Help in setting up and putting away all equipment when asked by a coach or team and take anything you brought to the pool away with you.
12. HAVE FUN!!!!

PARENT’S RESPONSIBILITIES

1. Be familiar with and adhere to Team Rules and Code of Conduct as outlined in the FSO Handbook (some of which is repeated below).
2. **Read the Team By-Laws. Many questions will be answered.**
3. Complete volunteer hours as assigned. Notify volunteer coordinator if changes are necessary.
4. Support the coaches and team with a positive attitude.
5. Read all team communications including, but not limited to, the FSO Handbook, bulletin boards, team e-mail, and the weekly Ottergram.
6. Take responsibility for the conduct and discipline of your children at practice and meets. Support and disciplinary action necessary by the coaches or the team officials.
7. Refrain from using profanity or other inappropriate language.
8. Familiarize yourself with the rules regarding citations and probation.
9. Parents are welcome to **observe** practice; however, they must refrain from disturbing the swimmers and the coaches during practice. If, for some reason, you must communicate with your child, do so through the coach.
10. Make sure your child has signed up prior to deadlines for meets he/she wishes to participate in.
11. Notify the Head Coach(fsocoaching@gmail.com), as soon as possible, if your child cannot attend a meet he/she is scheduled to swim or has to leave early. Make sure your swimmers make it to the ready bench (for younger swimmers) or the blocks before each of their heats during the meet.

Drop Policy 2009

Drop Policy

Swimmers who decide to leave the Folsom Sea Otters and provide written notice to the Folsom Sea Otter Board prior to May 1, 2009, shall receive a 50% refund of their registration fee. Families with multiple swimmers will receive a 50% refund of the lowest swimmer registration fee. If the swimmer that is leaving is 15 or older, the 50% refund will apply to their registration fee.

New swimmers who do not pass the Water Safety Check will receive a full refund of their registration fee, less a \$50 processing fee.

No refunds will be given after May 1, 2009.

2009 SEASON CALENDAR

The 2009 will be posted on our website: www.folsomseaotters.com.

PRACTICE SCHEDULES

Please be on time to all practices, be prepared to swim with swimsuits on, goggles, swim cap (if appropriate), water bottle and towel. Swimmers should wear warm clothing over their suits for when they are "on deck" during part of the practice.

From April 27 to May 29 all practices will be held in the evening.

Practice Times: TBA

Beginning June 1 until July 24, our practices move to the mornings.

Note: Swimmers attending private school or summer school may see the coach about the option of attending evening practice while their school is in session.

Practice Times: TBA

SWIMMER'S JARGON – TERMINOLOGY

Swimmers' Lounge/Team Area: The designated area where swimmers gather during a meeting. Having all swimmers stay in the lounge/team area assures us they are available when their races are called.

Seeding: The placing of swimmers in heats according to **qualifying times**. At Time Trials, swimmers will get their first official times.

Heat: Each race within an event. For example, there could be four heats in the girls, age 9-10, freestyle event.

Event: Every swim meet follows the same event schedule with 95 events. Each event can have up to four heats.

Official Heat: The first heat of any event; this is the only heat in which points are awarded to the team; first place (5 points), second place (3 points), third place (1 point).

Scratch: A swimmer who was officially entered in an event, but who has been deleted due to injury, sickness, or no-show.

Lane Slip: When a swimmer signs in the morning of the swim meet, he/she will receive a lane slip that identifies swimmers events/heat and lane assignments for that day. A swimmers official time for an event is recorded on the lane slip.

Medley: A race in which all four strokes are swam.

Medley Relay: BACK – BREAST – FLY – FREE (event 12-21/ 7 and older)

Individual Medley: FLY – BACK- BREAST – FREE (event 1-10/9 and older)

Relays: A relay race; it may be either a freestyle relay or a medley relay.

Champs: Championships. The season's last swim meet, and during which swimmers from all seven Suburban Swim League teams compete. Champs will be held the last weekend in July. It is the League's belief that all swimmers should participate, regardless of swimming proficiency. Because the heats are seeded, each swimmer will be assigned to heats against swimmers of similar ability. It is a fun event in the spirit of competition and good sportsmanship where many swimmers beat their best times.

DUAL MEETS

1. A swim meet in which two teams compete. The Sea Otters swim six dual swim meets starting in June.
2. Each team may have no more than five entries/swimmers per official heat (first heat in each event) individual and relay events.
3. All members of the swim team, according to age group and gender, will swim in at least two events (individual and/or relay) per swim meet. Current league rules state that a swimmer may enter three individual events, but a swimmer is considered as having entered an event only if he/she competes in the official heat. A swimmer may enter in a fourth event, providing all swimmers in his/her age group have also competed in three first heat events.
4. The coaches will place swimmers in events so as to best help the swimmers and the team.
5. In the "6 and under" coed relay event, the team may consist of any combination of girl or boy swimmers.
6. To participate in a meet the swimmer must sign up one week before the meet on the meet sign up sheet.
7. **Parents must volunteer for one shift for each meet their children swim in.**

CHAMPIONSHIP MEET

The Championship (Champs) meet is the last swim meet of the season that all of our swimmers can enter. It involves competition among all seven teams. In order to qualify to swim at Champs, a swimmer must participate in a minimum of three dual league meets, during the current season. A waiver from this requirement is available for medical reasons or other hardships. The League does not consider other athletic team commitments to be grounds for a waiver.

1. Each member of the Sea Otters may enter up to five individual events. Individual entries are the choice of each swimmer. The team covers fees for Championships.

2. **Championship sign ups are due by June 30th. No late sign ups or changes will be accepted.**
3. The Sea Otters can enter two relay teams per age group, for each of the boy and girl categories, in both medley relay and freestyle relay. Relay teams will be determined by the coaches according to times and performance capabilities. Being on a relay team is an honor and the swimmer is responsible for checking if they are on a relay team and being present for the relay.

VOLUNTEERING

Parental participation makes the recreational swim season function. Without it, swimmers cannot compete. Each family is required to work at every meet their swimmer attends for a minimum of 20 hours per season. Additional volunteering is required at the Championship meet. During registration you selected volunteer jobs. These jobs will be assigned at the beginning of the season and each family will receive a schedule. If you will miss a meet it will be your responsibility to find someone to cover your shift. The volunteer coordinator needs to be notified of any changes.

Some families may complete their volunteer hours at other times, other than meets. Here are some examples:

- Become a Board Member or Chairperson
- Volunteer for FAA Fireworks booth
- Work team activities such as Swim-a-Thon, Pancake Breakfast, Carbo Night

The various volunteer choices are described below and require little or no expertise.

Setup & Tear Down:

To run a swim meet there is equipment that needs to be put in place before the meet and then taken down after the meet. **Setup:** Sets up tables and folding chairs where needed and places EZ-Up shade covers. Puts lane lines into the pool (if not already there), and sets up backstroke flags and poles, along with the false start rope. Once everything is in place, you can sit back, watch the meet, and relax. At the end of the meet, the **Tear-Down** volunteers take everything down. **Each family will be assigned one meet that they must stay for tear down. This will be done alphabetically so you will know ahead of time and can plan accordingly. Families with only 6&under swimmers will be exempt.**

Announcer: (1-2 per meet) Informs all swimmers which events are coming up, and introduces swimmers as a race is underway. Reports scores and any other announcements that need to be made during the meet. A strong, clear voice is preferred, and it helps if you can pronounce unique names!

Hospitality: (2 per shift, total 4 per meet) Provides refreshments to volunteers, coaches and S&T judges.

Meet Director: (2 per shift) Responsible for monitoring starting blocks, checking swimmers against meet sheets and signal starter to begin.

Snack Bar: (4 per shift, 12 total) Sells food at the snack bar. Helps to set up snack bar before meet and put everything away after the meet.

Ready Bench Volunteers: (6 per shift/total 12 per meet) Checks in swimmers prior to each event, organizes swimmers by event/heat and lane. Helps younger swimmers to correct block. Helps with relay teams, guides younger swimmers to correct end of pool.

Ribbon Writer: (3 per meet) Verifies that the computer-generated labels are correct, applies them to the appropriate ribbon (based on 1st place, 2nd place, etc.) and files them in the team boxes for the swimmers to pick up later. May also assist the computer operators. Keeps an inventory and orders as needed.

Runners: (3 per shift) one picks up DQ slips from Stroke and Turn Judges and turns them into League Representative. The others are responsible for using the bullhorn to announce events being called on deck. Swimmers report to the deck area 3 events ahead on the one they are swimming in. One runner will assist the computer operations by posting changes to the meet and results.

Starter: (1-2 per meet) Directs the swimmers on the blocks as to the stroke and distance for the specific event, and uses the electronic starting system to begin each race. A strong, clear voice is preferred. This position requires attending a clinic and league certification.

Stroke & Turn Judges: (4 per shift, 8 total per meet) Stroke and Turn judges are required to attend a clinic. The S&T Judges judge the swimmers during the events. He/she has the authority to disqualify those swimmers who do not perform said strokes, kicks, starts and turns according to the league current USA Swimming rules rules.

Head Timer: (holds the position all season) Times every event in case the Colorado System timer fails to work. Assigns timers to lanes.

Timer: (15 at each home meet, away meet- depends on number of lanes) Times each event. Usually, there are three timers assigned to each lane. One timer times each event with a stop watch, one timer writes the swimmer's time on the

lane slip (or equivalent), and the third timer verifies that the swimmer who is swimming is the same swimmer on the lane slip. All three timers also clock each event with a computer push button that is tied to the Colorado System Timer.

SWIM MEET TIME TABLE

7:00 – 7:15 AM	Swimmers check in, pick up nametag and lane slip
7:15 – 7:30 AM	Team Scratches*
7:20 – 7:40 AM	Home Team Warm-up period
7:40 – 8:00 AM	Visiting Team Warm-up period
8:00 – 1:30 PM	Swim Meet (end times may vary)

These times can vary, this is a typical schedule, and we will communicate times for each meet beforehand.

*TEAM SCRATCHES: In the Suburban Swim League, once changes are made in the scratch session, no further substitutions are allowed, except in the case of illness or injury. Consequently, if you do not arrive at the meet on time, the coaches have no alternative but to scratch you from the meet. Remember: If you scratch, you pay a fine. (See “Scratches” below)

WHAT DO WE BRING TO A MEET

1. Team swim suit
2. Team swim cap (extra one is nice to have on hand)**
3. Goggles (nice to have a backup or two)
4. Towel (more than one is nice if the weather is cool)
5. Sandals or shoes
6. Sunscreen (the more the better)
7. Sweats or parka (mornings can be colddddddddd)
8. Sunglasses
9. Hat
10. Sleeping bag, small tent, folding chairs
11. Quiet games, cards, books
12. Money for snack bar. (It is a fundraiser at home meets) Or pack some nutritious drinks and snacks

**Please have your swimmers remove their swim caps after their event (especially on a hot day); otherwise, the heat will cook their little heads!

WE’RE HERE, WHAT DO WE DO NOW?

SIGN IN: There will be a sign-in table at each meet. Home meets sign-in is in the classroom.

1. Check-in for your volunteer hours and receive your nametag.
2. Sign in your swimmer. Sign-ins are done by age and gender.
3. Once your swimmer has been signed in at the venue you can view the computer-generated list of the events in which he/she is to swim that will be posted outside the classroom. There may be instances when, due to scratches, the swimmer's events are changed (please see "scratches" and "changes" below).

PROCEED TO LOUNGE AREA: There is a designated "lounge area" for each team. This is where the swimmers and their families wait and rest between events.

1. This is an **area that each family "sets up camp"** for the day with their tents, chairs, ice chests, blankets, games, etc. This is a great meeting place for families and friends.
2. It is important for swimmers to stay in this area as much as possible when they are not swimming or cheering for teammates. It is easier to find stray swimmers.
3. You can chose to sit in the stands but we are not allowed to set up on the pool deck area.

SCRATCHES: Swimmers who have signed up for a meet but have not checked in by the specified time, will be considered "scratched" from the meet. Parents and swimmers must check for changes (see CHANGES) throughout the day.

If your swimmer cannot make a meet that he/she has signed up for, **you MUST call the FSO Hotline (484-5777)** no later than 6:30 am the morning of the meet.

Each meet is drawn up the week before. If a swimmer does not show, the meet changes. This results in delays in the meets and a lot of extra work for our coaches and coach coordinator who should be on the deck with our Swimmers. We realize that kids get sick and emergencies come up. If something comes up and your child cannot make the meet, you must call the FSO Hotline (this Hotline is available 24 hours a day, if your child is sick in the middle of the night, call right then and scratch him/her; this is considered and "excused scratch" and you will not be fined). If something comes up two days before the meet, call the Hotline; this is considered an "excused scratch". Having another parent tell the coach or a board member is not acceptable, leaving a note for the coach or board member is not acceptable, please call the Hotline.

CHANGES:

Changes in a meet are bound to happen; Swimmers get sick, injured, etc. It is the responsibility of the parent and swimmer to check for changes throughout the day. Changes will be posted in a designated area on the official meet sheet. At home meets this is usually the Marlin shed.

VOLUNTEERING:

- There may be a short meeting in the morning regarding the job you volunteered for. Please listen for the announcement and attend the meeting.
- Please report to your job on time.
- Please sign in when you report to your job; this way we will be able to ensure everyone is showing up to their assigned job.

BE READY FOR YOUR EVENT:

Swimmers and their parents need to listen for the announcement of the current event being called to the deck. If your swimmer is 8 years old or under, please make sure to help them to the ready bench two events before their race. Parents are not allowed to stand at the blocks. **It is the swimmers responsibility to be at the blocks for their assigned race or ready bench for the younger swimmers. Please don't rely on the announcing system because you cannot always hear it when there is a lot of background noise.** Check the meet frequently.

CHEERING AND GOOD SPORTSMANSHIP:

By all means swimmers and parents please cheer for our team! SEA OTTERS SWIM FASTER IF THEIR TEAMMATES ROOT FOR THEM! Always show good sportsmanship to the other team. Swimmers should wait at end of their lane and shake hands with the swimmers on either side of them.

THE MEET IS OVER:

Before leaving the pool at the end of the meet, please clean up around the lounge area by putting all garbage in the appropriate receptacle. Make sure to stay for tear down if it is your assigned meet.

MEET EVENTS:

EVENT	GIRLS	AGE GROUP	DISTANCE	STROKE	BOYS	EVENT
1	GIRLS	9-10	100 Yards	Ind. Medley	BOYS	2
3	GIRLS	11-12	100 Yards	Ind. Medley	BOYS	4
5	GIRLS	13-14	100 Yards	Ind. Medley	BOYS	6
7	GIRLS	15-16	100 Yards	Ind. Medley	BOYS	8
9	GIRLS	17-18	100 Yards	Ind. Medley	BOYS	10
11	CO-ED	6 & Under	100 Yards	Free Relay		
12	GIRLS	7-8	100 Yards	Med. Relay	BOYS	13
14	GIRLS	9-10	100 Yards	Med. Relay	BOYS	15
16	GIRLS	11-12	200 Yards	Med. Relay	BOYS	17
18	GIRLS	13-14	200 Yards	Med. Relay	BOYS	19
20	GIRLS	15-18	200 Yards	Med. Relay	BOYS	21
22	GIRLS	6 & Under	25 Yards	Freestyle	BOYS	23
24	GIRLS	7-8	25 Yards	Freestyle	BOYS	25
26	GIRLS	9-10	25 Yards	Freestyle	BOYS	27
28	GIRLS	11-12	50 Yards	Freestyle	BOYS	29
30	GIRLS	13-14	50 Yards	Freestyle	BOYS	31
32	GIRLS	15-16	50 Yards	Freestyle	BOYS	33
34	GIRLS	17-18	50 Yards	Freestyle	BOYS	35
36	GIRLS	7-8	50 Yards	Long Free	BOYS	37
38	GIRLS	9-10	50 Yards	Long Free	BOYS	39
40	GIRLS	11-12	100 Yards	Long Free	BOYS	41
42	GIRLS	13-14	100 Yards	Long Free	BOYS	43
44	GIRLS	15-16	100 yards	Long Free	BOYS	45
46	GIRLS	17-18	100 Yards	Long Free	BOYS	47
48	GIRLS	6 & Under	25 Yards	Back	BOYS	49
50	GIRLS	7-8	25 Yards	Back	BOYS	51
52	GIRLS	9-10	25 Yards	Back	BOYS	53
54	GIRLS	11-12	50 Yards	Back	BOYS	55
56	GIRLS	13-14	50 Yards	Back	BOYS	57
58	GIRLS	15-16	100 Yards	Back	BOYS	59
60	GIRLS	17-18	100 Yards	Back	BOYS	61
62	GIRLS	7-8	25 Yards	Breast	BOYS	63
64	GIRLS	9-10	25 Yards	Breast	BOYS	65
66	GIRLS	11-12	50 Yards	Breast	BOYS	67
68	GIRLS	13-14	50 Yards	Breast	BOYS	69
70	GIRLS	15-16	100 Yards	Breast	BOYS	71
72	GIRLS	17-18	100 Yards	Breast	BOYS	73
74	GIRLS	7-8	25 Yards	Butterfly	BOYS	75
76	GIRLS	9-10	25 Yards	Butterfly	BOYS	77
78	GIRLS	11-12	50 Yards	Butterfly	BOYS	79
80	GIRLS	13-14	50 Yards	Butterfly	BOYS	81
82	GIRLS	15-16	50 Yards	Butterfly	BOYS	83
84	GIRLS	17-18	50 Yards	Butterfly	BOYS	85
86	GIRLS	7-8	100 Yards	Free Relay	BOYS	87
88	GIRLS	9-10	200 Yards	Free Relay	BOYS	89
90	GIRLS	11-12	200 Yards	Free Relay	BOYS	91
92	GIRLS	13-14	200 Yards	Free Relay	BOYS	93
94	GIRLS	15-18	200 Yards	Free Relay	BOYS	95

Driving Directions

(Estimated Travels Times are from Aquatic Center)

Broadstone

820 Halidon Way, Folsom

10 minutes travel time

From East Bidwell, turn right onto Oak Ave Pkwy. Turn left onto Halidon Way. The Broadstone Raquet Club is on the left side.

College Greens

2707 Notre Dame Drive, Sacramento

30 minutes travel time

Take HWY 50 West to Watt Avenue and exit towards Watt Avenue South. Merge onto Watt Avenue. Turn right onto Folsom Blvd. Turn right onto Julliard. Turn right onto Notre Dame Dr.

El Dorado Hills

1021 Harvard Way, El Dorado Hills

15 minutes travel time

Take HWY 50 East to El Dorado Hills exit. Merge onto El Dorado Hills. Turn right onto Harvard Way. Make a U-turn at Tah-Nee Way.

Loomis Dolphins (at Del Oro High School)

3301 Taylor Road, Loomis

25 minutes travel time

Take Folsom-Auburn Rd to Douglas Blvd. Turn left onto Douglas Blvd. Turn right onto Sierra College Blvd. Turn right onto Taylor Rd.

Park Terrace

5500 Parkfield Court, Sacramento

35 minutes travel time

Take I-5 south the to Seamus Ave. exit towards Fruitridge road. Turn left onto Seamus Ave. Turn left onto Parkfield Court. PLEASE DO NOT PARK IN NEIGHBOR'S DRIVEWAYS.

Sierra College

5000 Rocklin Road, Rocklin

20 minutes travel time

Take Folsom-Auburn Rd to Douglas Blvd. Turn left onto Douglas Blvd. Turn right onto Sierra College Blvd. Turn left onto Rocklin Rd.

Sierra Sharks (at Ponderosa High School)

3661 Ponderosa Road., Shingle Springs

20 minutes travel time

Take HWY 50 East to Ponderosa Rd. exit. Turn left onto Ponderosa Rd. The high school will be on the right.