



Fulton El Camino Stingrays
Gold River Stingrays
Rocklin Wave
Sac Town Tsunami
Sunrise Sharks

July 25 & 26, 2026

Eureka Conference Championship Meet Information

American River College
4700 College Oak Drive
Sacramento, CA 95841

Friday Setup

- 4:00pm – 6:00pm Deck
- 6:00pm – 7:00pm Team Area

Absolutely **NO TEAM AREA** setup until deck is complete AND Meet Director has given the okay. Anyone setting up in the team area before the okay has been given will be asked to remove their belongings. Setup closes at 7pm, you must be out of the facility by 7pm and there will be no admittance after 7pm, this will be enforced by security. If you miss team setup, you will have to wait until Saturday morning. Please be respectful of campus police, security and all facility staff.

Saturday & Sunday

- 6:30am - Swimmer Checkin
- 7:00-7:15am - Scratch Meeting, if using SwimTopia, submit by 7:15am
- 7:00am-8:10am - Team Warmups, teams will be assigned lanes at 35 minute time frames, pool is cleared and closed deck enforced at conclusion of team warmups.
- 7:25am – Meeting of Meet Ref & League Reps from each team
- 8am – Timer & Officials Meeting
- 8:25am – National Anthem
- 8:30am – Meet Begins

Additional Scheduling

- One hour break at end of prelims to get finals setup, volunteers back in place within 55 minutes

Saturday:

- *Team Warmup Schedule:*
7am-7:35am FEC-lanes 1-5, SUN-lanes 6-10
7:35am-8:10am GR-lanes 1-3, ROC-lanes 4-7, ST-lanes 8-10
- Parent Relay 1-2 relays per team-up to 8 swimmers per team, 200 free. Towards the end of break, with time to warm up before relay starts. Parent relay lane assignment are Fulton El Camino lanes 1 & 2 – Gold River lanes 3 & 4 – Rocklin lanes 5 & 6 – Sac Town lanes 7 & 8 – Sunrise lanes 9 & 10
- Coffee Crew, Hagen's Freeze, Mini Donut Truck, Jolyn & NCSL Official Champs Apparel

Sunday:

- *Team Warmup Schedule:*
7am-7:35am GR-lanes 1-3, ROC-lanes 4-7, ST-lanes 8-10
7:35am-8:10am FEC-lanes 1-5, SUN-lanes 6-10
- Coaches Relay 1 relay per team-200 medley relay. Towards end of break, with time to warm up before relay starts. Coaches relay lane assignment is as follows: Fulton El Camino lane 3, Gold River lane 4, Rocklin lane 5, Sac Town lane 6, Sunrise lane 7.
- Coffee Crew, Kona Ice, Mini Donut Truck & NCSL Official Champs Apparel

Deck Access

Champs is a closed deck; there will be no access from ready bench through blocks to computers and coaches' area, as well as a closed section on the turn side. Bleachers & standing area will be available for spectator viewing. Families will need to return to their team area after their swimmer has completed their event.

- Only swimmers, current shift volunteers, deck pass holders and **coaches in a coach shirt**.
- Volunteers will have stickers, with shifts color coordinated.
- **No team photographer on closed pool deck.** NCSL photo/video rules will be in effect.
- **IMPORTANT:** Anyone found to have a deck pass that was not assigned to them, maybe excluded from the Meet. Any person wearing a coach's shirt that is not a coach for that team, may be excluded from the Meet. Team Parents are not allowed on closed deck, they will take swimmers to team chute at ready bench entrance and pick up swimmers at swimmer exit.

Coaches should be assisting for 10U relays.

On-Deck Crowd Control

- Closed deck always when meet is in progress (no matter the excuse ☺)
- Nobody on the closed pool deck without a deck pass
- No dangling of feet in the water
- Coaches at starts – be friendly and encouraging to all swimmers, **don't block the view-stay back from the blocks**, give other coaches room
- Swimmers may not be in front of the coaches' table, only behind the table
- No noise making devices
- No personal setup on deck, including chairs, coolers, tents, blankets, etc.
- No personal popups or large umbrellas in bleachers, small/handheld umbrellas ok when kept low as not to block the view of the person behind you

No pictures behind the blocks or start side during 10U relays

Ready Bench

- There will be 6 chutes, one for each team and a sixth for volunteers, coaches, deck passes and swimmers accessing the staging area.
- All swimmers 12 and under will go through ready bench, no exception.
- All swimmers 13 and up may use their team chute or the sixth chute to access the staging area at the block side of the warmup lanes.
- **Swimmer exit path is enforced, do not go towards ready bench, walk behind computers & coaches, back to open deck.**
- All alternate swimmers in finals need to report to ready bench.
- ALL swimmers are to be marked on arm or wrist with their first name initial & last name, event-heat-lane. Saturday - Right arm/wrist, Sunday - Left arm/wrist.

No team parents in ready bench – you may pick up swimmers at the swimmer exit

Warmup/Cool Down Lanes

- Lanes will be available for all ages during the Meet
- Lanes are for active swimming, warmup before a race & cool down after a race
- NO diving in any lanes
- Swimmers are to always listen to the warmup lane monitors, misbehavior may result in a coach to be present to supervise swimmers, or team will lose the privilege to use the lanes

Rules

- False Start – 10U swimmers recalled, 11 and up will DQ
- 15m mark for under waters enforced
- Updated relay names need to be submitted by 12pm each day, up to TWO relays per team, ONE heat per relay event
- Swimmer no show for one prelim event – swimmer can still participate in the rest of the day
- Swimmer no show for one final event – swimmer is done for the day
- Swim Offs - immediately after prelims, swim time will be recorded
- NCSL/USA swimsuit & tech suit rules will be enforced, all tech suits for 12U must be approved by Meet Ref, off body and before Meet begins.

Scoring, Timing System, Results

- Individual scores — 11, 9, 8, 7, 6, 5, 4, 3, 2, 1
- Relay scores — 22, 18, 16, 14, 12, 10, 8, 6, 4, 2
- Individual Seeding - based on time, slowest to fastest with last 3 heats circle seeded
- Relay Seeding – 1 heat
- Timing System – Time Drops and backup stopwatch
- We will use SwimTopia ‘2026 Eureka Championship’ and Time Drops code ‘2026’ for individual event tracking and live scoreboard. Will post hard copy of finalists.

Awards Ceremony

- 6U awards ceremony will be directly after Backstroke finals conclude
- 7 and up awards will be Sunday after clean up – deck cleared off, team areas cleared out and trash picked up. Awards will take place in the bleachers, leave one table out for awards.

Team/Family Area

- **No alcohol** or smoking, vaping, drug use, etc. - grounds for removal from meet.
- No tarps or tents with tarp bottoms on the grass at all. Breathable carpeting or towels are okay but must be picked up off the ground at night.
- **NO DOGS** or other animals, skateboards, scooters, e-bikes, bicycles, etc. are allowed in the facility or team areas or on deck.
- Pop-ups can be left overnight but must be lowered. HIGHLY recommend weighing popups down and not to leave anything of value.
- Clean up after yourselves, PLEASE be respectful of the facility, those in authority of the facility and event operations.

Parking

- Free parking will be limited to ONLY levels 1-3 in the parking garage and the sectioned off open parking lot next to the stadium. All other parking will have a \$2 per day parking fee. Parking fees will be strictly enforced, you will be subject to ticketing at your own expense.
- Absolutely no parking in Staff spots, you will be subject to ticketing and/or towing at your own expense.
- Additional free parking can be found in the surrounding neighborhood. All street parking laws are strictly enforced; you will be subject to ticketing or towing at your own expense.

Parking & Walkways

RED = driving/parking YELLOW = walking/team area



Team Areas

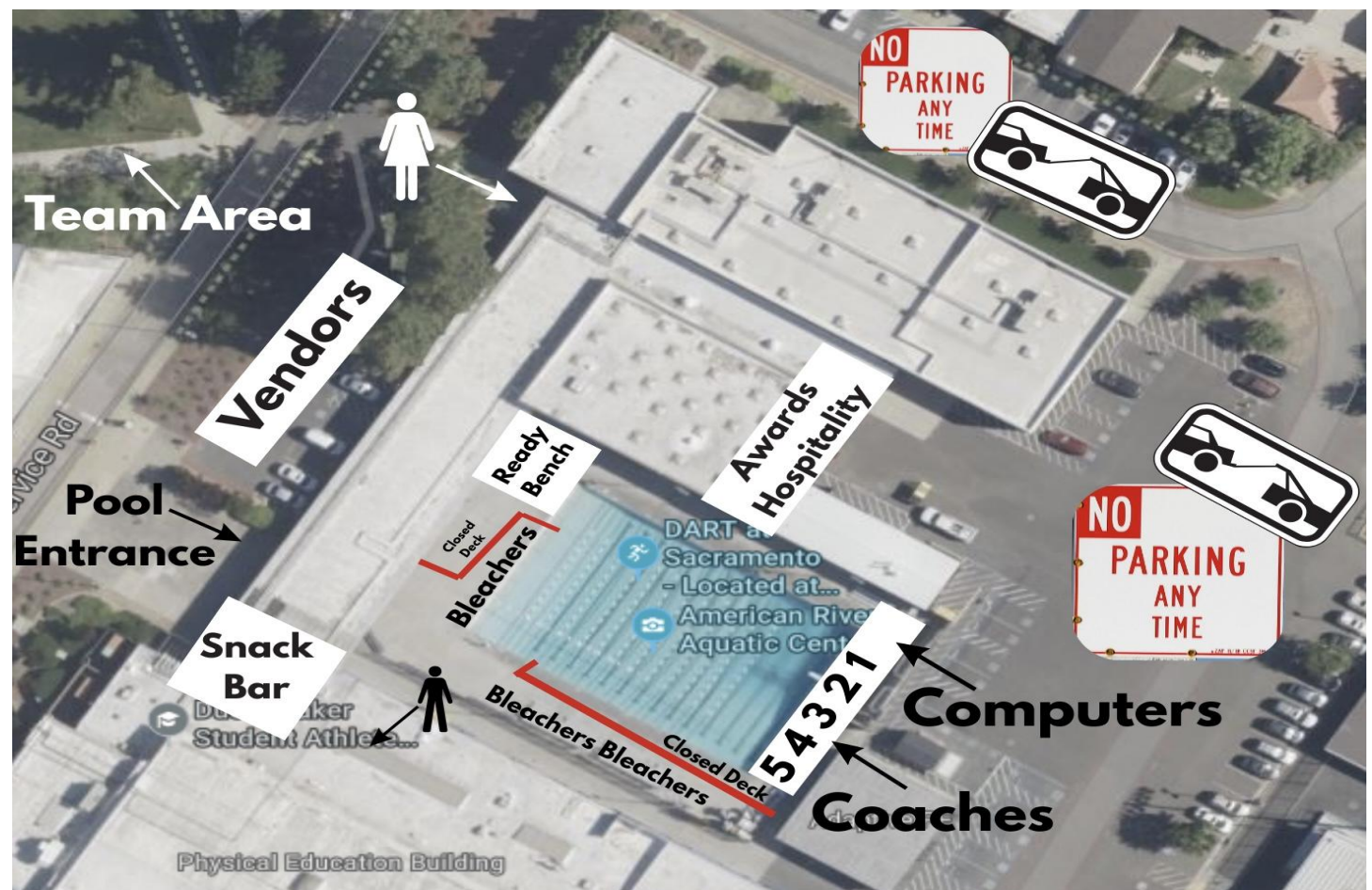
Keep Main Walkways Clear

PINK-Fulton El Camino **BLUE**-Sunrise **YELLOW**-Gold River **GREEN**-Sac Town **ORANGE**-Rocklin



Pool Deck

Coaches Tables 1-Fulton El Camino, 2-Sunrise, 3-Gold River, 4-Sac Town, 5-Rocklin



EUREKA CONFERENCE SNACK BAR



BREAKFAST

Burrito	
egg, potato & cheese	\$6
sausage, egg, potato & cheese	\$8
Breakfast Plate	
3 pancakes, eggs, 3 sausages	\$7
Eggs & 3 Sausages	\$5
Pancakes (3)	\$4
Chobani Smoothie	\$3
Muffin / Danish	\$3



LUNCH

Grilled Chicken Sandwich	\$7
Baked Potato	\$5
includes: butter, salt, pepper, cheese & sour cream	
Burger	\$6
Hotdog	\$4
Nachos	\$5
Chicken Nuggets (6)	\$5
Tacos (3)	\$10
carne asada, adobada or pollo	
Bean & Cheese Burrito	\$5
Quesadilla	\$5



TREATS

Candy	\$2
Bag of Cookies	\$2
Rice Crispy Treat	\$1
Fruit Snacks 2 for	\$1

MAKE IT LOADED \$3

pick from the above to add:
toppings bar, nacho cheese
AND choice of asada or adobada or pollo



DRINKS

Bottled Water	\$1
Capri Sun	\$1
Soda	\$2
Gatorade	\$2
Orange Juice	\$2
Liquid IV packet	\$2
Hot Cocoa	\$1
Starbucks Coffee	\$2
creamer: half & half • almond • oat variety of sugars	

SNACKS



Fruit Cup	\$5
melon, pineapple, grapes, and berries lime juice & Tajin available	
Meat Stick	\$3
Cup of Noodles	\$2
String Cheese	\$1
Chips	\$1

