



Letter To Participants

Welcome! We look forward to seeing everyone this weekend at Sonoma Splash located at Sonoma Valley High School in Sonoma, CA. Meet info can be found here: [Zone 3 Championships](#) including:

- [Pool Deck Map](#)
- [Psych Sheet \(both days\)](#)
- Program Saturday (heat/lanes)
(available after scratch deadline)
- Program Sunday (heat/lanes)
(available after scratch deadline)
- [Timing Lane & Officials Assignments](#)
- [Team Job List](#)
- [Meet Sheet](#)
- [Scratch Form](#)

Bathrooms: Located behind lanes 1-4 on the start end, please walk around the building/pool to access the bathrooms and help keep the area under the scoreboard and behind the coaches clear – so athletes can make it to their races on time.

Parking: Access the main parking area off Highway 12 onto campus at Newcomb St. Officials/Coaches may park in the smaller lots by the tennis courts.

Tents and Team Setup: Team tents will be allowed off the pool deck only, behind the bleachers. The scoreboard can be seen from this area.

Warm Teaching Pool: This pool is closed and will be used for regularly scheduled programs.

Vendors: GIC Graphics t-shirt vendor is scheduled to be on-site selling attire as well as a Jolyn pop-up.

Snack Bar: We will have a light snack bar with drinks/snacks throughout the day and will be able to take cash & credit cards.

Awards: We will do our best to pass out awards as they come along.

Touchpads

Coaches – please help by reviewing touchpad finishes for your athletes prior to the meet (especially 10/u athletes!) This can speed up meet results.

Meet Mobile: Meet mobile will have heat and lanes, but please note, meet mobile is only as good as the WIFI service linked to the meet computer. There will also be printed heat/lane assignments posted throughout the meet.

Seeding & Check-in

Athletes entered in the 400 IM and 500 Free must check-in and confirm their intention to compete by 11:00 AM each day. All other events are pre-seeded. Please make sure to submit scratches by the deadline so we can avoid empty racing lanes.

Scratches:

Please submit scratches on the [Scratch Form](#) prior to the deadline.

- The scratch deadline for Saturday's events is **Friday 30 January 2026 at 12:00 PM**
- The scratch deadline for Sunday's events is **Saturday 31 January 2026 at 12:00 PM**

Timing Assignments:

Teams need to cover their assigned lanes at all times. The meet will be delayed each time we are missing 2 timers per team. Please schedule your timers ahead of time, the announcers will be busy announcing results, scratch deadlines, etc. and may not be able to announce missing timers.

Meet Officials:

Please review the [Trained and Carded Officials Required](#) for each club participating based on athlete rosters.

Apprentice officials who are (a) registered with USA-S; (b) have completed APT; (c) Have passed their background check; (d) Have taken the on-line Stroke & Turn clinic and have passed the test; **and** (e) are in proper uniform will count against the minimum officials requirement.