



Wolverine Aquatics Club
Intra-Squad AGO Short Course Swim Meet
November 17-18, 2017



Enter online at: <http://ome.swimconnection.com/sn/WAC20171117>

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction # 77-17.

In accordance with USA Swimming Rule (USA-S Rule) 202.4.8, "In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless 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 may be posted in real time on the Internet.

SAFE SPORT: Pursuant to USA-S Rule 202.4.9H 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 Wolverine Aquatics Club 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 202.4.9I deck changes are prohibited.

According to 202.4.9J, 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, except when prior written approval by the Program Operations Vice Chair is granted.

LOCATION: Sierra College, 5000 Rocklin Road, Rocklin, CA 95677

FACILITIES: OUTDOOR 25 yard pool with up to 8 lanes available for competition. An additional 6 lanes will be available for warm-up/cool down throughout the competition.

CERTIFICATION: Competition will be conducted in a 25 yard 10 lane outdoor heated pool. A separate 25 yard 6 lane outdoor heated pool will be available for warm-up throughout the meet. The competition course has not been certified in accordance with 104.2.2C(4). In accordance with Article 202.4.9C, 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".

RULES: **WARM-UP RULES:** The following rules apply to the warm up 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 backstroker 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.

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
- Swimmers are limited to a maximum of **3** events per day on Friday; **3** events per swimmer on Saturday; for a total maximum of **6** events during the meet.
- The maximum limit of **6** events during the meet will not apply if a mandatory scratch down is required.
- Those entries in excess of the above limitations will not be refunded.
- All events are short course yards (SCY) 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.
- 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.
- In accordance with USA-S Rule 202.4.9D 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. Events 1-6 on Friday (400-yard IM, 500-yard Freestyle) may be swum alternating women and men. For the 500-yard Freestyle events, swimmers must provide their own Timers. 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.

TIMES:

	Warm ups	Meet Begins
Friday	4:30 PM	5:30 PM
Saturday	9:00 AM	10:00 AM

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

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. 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.

According to 302.4 in the 2017 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.

ENTRY LIMITS & SCRATCH DOWN:

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

- 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 will be capped at 150 swimmers on Friday and 250 swimmers per session on Saturday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

ENTRY FEES:

There is a **\$10.00 flat fee per swimmer** to enter the meet, plus the nominal online entry fee from ome.swimconnection.

ENTRIES:

Entries are limited to WAC swimmers only.

ONLINE ENTRIES: Online entries will be accepted through **11:59 PM, November 10, 2017**. Enter at: <http://ome.swimconnection.com/sn/WAC20171117> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. Swim Connection LLC charges a processing fee for this service, equal to \$1.00 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees described below. Entering online, which requires the payment of this processing fee, is completely voluntary.

DECK ENTRIES:

Deck entries will not be accepted.

CHECK-IN:

The meet will be pre-seeded. There will not be a check-in.

- AWARDS:** None.
- SCORING:** The meet will not be scored.
- ADMISSION:** Free. The meet will be available on MeetMobile.
- SNACK BAR & HOSPITALITY:** Snacks and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers. There will not be a Snack Bar.
- OFFICIALS:** Meet Referee: **Dana Covington**
 Head Starter: **Deanna Hogenboom**
 Admin Official: **Steve Covington**
 Meet Director: **Amy & Chris Breitbart: wolverineaquatics@yahoo.com**

All working Officials must have passed the background check and athlete protection training mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. 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. Weather permitting; rain gear may be worn if necessary.

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. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

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.

TIMERS: WAC swimmers and parents will be responsible for all timing.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited at the **Sierra College** facility. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is 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.

**Summary of Events
Friday**

11&Up
400 IM
500 Free
OPEN
200 IM

**Summary of Events
Saturday**

8 & under	12 & under	OPEN (All Ages)
25 Fly	50 Back	100 Breast
25 Back	100 IM	200 Free
25 Breast	50 Breast	200 Fly
25 Free	50 Fly	100 Free
		200 Back
		100 Fly
		50 Free
		200 Breast
		100 Back

**Friday & Saturday
Order of Events**

Event #	Age Group	Event	Age Group	Event #
Friday PM				
1	11& Up	400 IM	Open	2
3	11 & Up	500 Freestyle	Open	4
5	Open	200 IM	Open	6
Saturday				
7	Open	100 Breaststroke	Open	8
9	12U	50 Backstroke	12U	10
11	8U	25 Butterfly	8U	12
13	Open	200 Freestyle	Open	14
15	12U	100 IM	12U	16
17	12U	50 Breaststroke	12U	18
19	8U	25 Backstroke	8U	20
21	Open	200 Butterfly	Open	22
23	Open	100 Freestyle	Open	24
25	8U	25 Breaststroke	8U	26
27	Open	200 Backstroke	Open	28
29	Open	100 Butterfly	Open	30
31	Open	50 Freestyle	Open	32
33	Open	200 Breaststroke	Open	34
35	Open	100 Backstroke	Open	36
37	12U	50 Butterfly	12U	38
39	8U	25 Freestyle	8U	40

* At the discretion of the Meet Director and the Meet Referee, Time Trials may be available. Co-ed/mixed relays may also be offered at the conclusion of the meet on Saturday.