



CALIFORNIA GOLD
Miller Hot Dog Swim Meet AGO Short Course
Swim Meet September 15, 2019

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

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction # **SNS19-45**

In accordance with USA Swimming Rule (USA-S Rule) 202.4.9, "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 on Meet Mobile.**

SAFE SPORT:

Pursuant to USA-S Rule 202.4.10H 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 the California Gold Lodi Swim Team 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 202.4.10I deck changes are prohibited.

According to 202.4.10J, 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 Chair or designee.

LOCATION:

Tokay High School, 1111 W. Century Blvd, Lodi, Ca. 95240 (corner of Century Blvd. & Ham Lane). From Highway 99- Exit at Kettleman Lane (Hwy 12), take Kettleman Lane West 2 miles to Ham Lane, go left on Ham Lane for 2 blocks. From I-5 - Exit Highway 12 East to Ham Lane, go right on Ham Lane for 2 blocks. Pool is located directly east of tennis courts.

FACILITIES:

A 16 lane, outdoor heated pool with up to (10) lanes available for competition. Separate lanes will be available for warm-up/cool down throughout the competition.

CERTIFICATION:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.10C, the competition course has a pool depth of 12' at 3' 3.5" and 12' at 16'5" on the start end and 12' at 3' 3.5" and 12' at 16' 5" on the turn end. In accordance with USA-S Rule 202.4.10C, the warm up course has a pool depth of 3'.5" at 3' 3.5" and 3'6" at 16' 5" on the start end and 3'6" at 3' 3.5" and 3.6" at 16' 5" on the turn end.

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 backstroke swimmer 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. Swimmers that are observed being warmed-up or being 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.

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 **5 events for the meet**
- The maximum limit of **5** 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** 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 not 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 without the use of the backstroke ledge.
- In accordance with USA-S Rule 202.4.10D 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. For the 500-yard Free 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 Up Open 7:30 AM. Meet begins at 9:00 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. 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 in the 2019 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. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed for cash or used at the snack bar. The meet will be capped at 350 swimmers or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

ENTRY FEES: \$4.00 per individual event for all entries (includes \$0.50 to Sierra Nevada General Fund, \$1.00 to Sierra Nevada Age Group Travel Fund, and \$0.75 to Sierra Nevada Senior Travel Fund) plus a \$8.00 per swimmer surcharge. Deck entries are \$5.00 per event plus surcharge. Entry fees are non-refundable except in the event of a required scratch down. Make checks payable to California Gold Swim Team.

ENTRIES: MAILED ENTRIES: Entries must be on a SAMMS Consolidated Entry Card. Entry cards must be completely filled out and legible; incomplete cards will not be accepted. NO REFUNDS. Make checks payable to the California Gold Swim Club. Mailed entries must be postmarked by midnight Monday, September 9, 2019 and mailed to:

John Griffin
P.O. Box 1332
Woodbridge, CA 95258

The cap will be determined when the entries are received. Mailed entries, postmarked prior to the due date, will not be accepted if received after the cap has been exceeded. Online entries are the best way to ensure you are entered in the meet. No telephone confirmations will be made.

ONLINE ENTRIES: Online entries will be accepted through Thursday, September 5, 2019 @ 11:59 PM. Enter at: <http://ome.swimconnection.com/sn/> 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. If you do not wish to pay the processing fee, enter the meet via US Mail. Online meet entry is not required in order to enter this meet.

Teams who would like to enter using Hy-Tek may request an event file and send their entries by email to the Meet Director. Please contact the Meet Director to confirm there is space in the meet before emailing team files.

DECK ENTRIES: Deck entries for this one-day session will only be accepted prior to the start of the session if the Meet Director and the Meet Referee determines that sessions with swimmers 12 & Under can be completed within four hours. Deck entries will be swum for time only; they will not be scored or awarded. For inquiries about deck entries, email the Meet Director.

CHECK-IN: The meet will be deck seeded. Check-in for all sessions will start at **7:00 AM on Sunday**. All swimmers must check-in prior to the close of their event. Check-in for the first four events of each session will close 30 minutes before the start of the session; check-in for all subsequent events will close no more than 30 minutes before the estimated start time of the first heat of the event. Check-in is located at the far end of the pool on the West side next to the restrooms.

AWARDS: "A" pins will be awarded to swimmers attaining "A" times for the first time. Heat awards will be provided to the heat winner of each race.

ADMISSION: Free. A program will be available for \$3.00. The meet will be available on Meet Mobile.

SNACK BAR & HOSPITALITY: A snack bar will be available, serving breakfast, lunch and snack food. Lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS:

Meet Referee:	Diane Walker
Head Starter:	Ginger Leacox
Admin Official:	Jennifer Winters
Meet Director:	John Griffin: johnlodiaquatics@sbcglobal.net / 209 712-4382.

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.

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 be each fined \$100. 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:

TIMING: 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] NUMBER OF 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.

RESTRICTIONS:

Smoking and the use of other tobacco products are prohibited at the **Lodi Unified School District** 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 BY AGE GROUP

8 & UN	10 & UN	9 – 10	12 & UN	11-12	13 & UP
25 BACK	50 BACK	100 I.M.	100 BACK	100 I.M.	100 BACK
25 BREAST	50 BREAST		100 BREAST		100 BREAST
100 I.M.	50 FLY		100 FLY		200 I.M.
25 FLY	50 FREE		100 FREE		100 FLY
25 FREE			500 FREE		100 FREE
					500 FREE

Events: Sunday, September 15, 2019

G	B	GROUP	EVENT
1	2	13&UP	100 BACKSTROKE
3	4	12&UN	100 BACKSTROKE
5	6	10&UN	50 BACKSTROKE
7	8	8&UN	25 BACKSTROKE
9	10	13&UP	100 BREASTSTROKE
11	12	12&UN	100 BREASTSTROKE
13	14	10&UN	50 BREASTSTROKE
15	16	8&UN	25 BREASTSTROKE
17	18	13&UP	200 I.M.
19	20	11-12	100 I.M.
21	22	9-10	100 I.M.
23	24	8&UN	100 I.M.
25	26	13&UP	100 FLY
27	28	12&Un	100 FLY
29	30	10&UN	50 FLY
31	32	8&UN	25 FLY
33	34	13&UP	100 FREE
35	36	12&UN	100 FREE
37	38	10&UN	50 FREE
39	40	8&UN	25 FREE
41	42	OPEN	500 FREE

Events 41 and 42, the 500-yard freestyle will be limited to the first 24 boys and first 24 girls who enter the event. There will be a max of 24 swimmers in the boy's division and the girl's division. Swimmers must provide their own Timer.