

# Shasta Y Sharks Fall Classic

## Saturday, September 21, 2019

**HOSTED BY: Shasta Family YMCA Sharks**

Online entries at: <http://ome.swimconnection.com/ome/meets>

**Sanction:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: **SNS19-51**. According to USA Swimming Rule 202.4.9, "In granting this sanction, it is understood and agreed that USA Swimming shall be free 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.**

**Location:** **Shasta Family YMCA, 1155 Court Street, Redding, CA 96001.** Closest cross-street is Eureka Way. Pool entrance for this meet is located at the back of the facility, through the gate by the outdoor basketball courts. Please do not use the main entrance of the YMCA. Pop-ups will be allowed on the basketball courts only.

**Facility:** Competition will be conducted in a **25-yard** outdoor pool with up to 6 competition lanes. In accordance with Article 202.4.10C, the competition course has a pool depth at the start end of 5' at 3' 3 1/2" and 5' at 16'5" and at the turn end it is 3'6" at 3'3 1/2" and 4' at 16'5". A separate pool will be available for continuous warm-up throughout the meet. "The competition course has not been certified in accordance with **104.2.2C(4)**."

**Times:**

	Warm-ups	Meet Begins
Saturday, September 21st	11:00 AM	Noon

All events will be swum fastest to slowest.

**Rules:** 2019 USA Swimming and Sierra Nevada Swimming rules will apply. A USA Swimming registered Coach must supervise all warm-ups. If you do not have a USAS registered Coach at the meet, report to the Deck Referee for lane and coach assignment. 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.

All coaches may be required to present their 2019 USAS Coach Membership card to the Meet Referee at the beginning of the meet.

According to 202.4.10D, "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. 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."

**Eligibility:** All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer's memberships prior to the meet, and if valid, will be allowed to compete. Sierra Nevada Swimming 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 - 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.

**Restrictions:** Smoking and/or use of other tobacco products are prohibited in all areas of the swim venue. Glass containers, alcoholic beverages, pets, and personal heaters are prohibited in the pool area.

**Safe Sport:** According to USA Swimming Rule 202.4.10H: **“Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms.”** Sierra Nevada Swimming 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.**

Pursuant to USA-S Rule 202.4.10I **deck changes are prohibited.**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

**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.

**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.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

**Entry Limits:** **Swimmers may compete in a maximum of five (5) individual events per session.** It is up to the Meet Director and Meet Referee to ensure that no 12 & under events exceed the 4-hour limit under USA Swimming Rule 205.3.1.F. Should 12 & under events on any day be estimated to last longer than 4 hours, all swimmers will be required to scratch down until that requirement is met. The meet will be capped at 100 swimmers per session, or when it has been estimated 12 and under events will exceed 4 hours.

**Entries:** Entries may be completed as follows:

(1) **ONLINE ENTRIES:** Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation. **Online entries will be accepted through Thursday, September 12, 2019.**

(2) USA Swimming approved Standard Database Interchange format (SDIF) electronic file with a signed hard copy with a contact person and phone number.

**Electronic files and entry fees must be received by Tuesday, September 10, 2019.**

(3) Mailed entries using a SAMMS Consolidated entry card. Entry cards must be COMPLETELY filled out and legible, including a current USA-S registration number. The entry card may be reproduced. The meet entry card is available from the Sierra Nevada Swimming website: <http://sn-swimming.org>  
**Mail entries must be postmarked by Tuesday, September 10, 2019. Entries will not be accepted without entry fee.**

**All entry times should be the swimmer's actual best times and be able to be verified if necessary. "No Time" or "NT" entries WILL BE ACCEPTED for swimmers in any event they have not swum before.**

Entry fees are non-refundable except in the event of a required scratch down.

**Deck entries will not be allowed.**

**Entry Fees:** Pool Surcharge Fee is **\$10.00 per swimmer.**  
**\$4.00 per individual event per swimmer.** (includes \$0.50 for SNS, \$1 for Age Group Travel Fund, \$0.75 for Senior Travel Fund).

**Make checks payable to Shasta Family YMCA (MEMO: Sharks Swim Team) and mail to:**

**Shasta Family YMCA  
1155 Court Street  
Redding, CA 96001**

**Check-in/  
Scratches:**

**THIS MEET IS PRESEEDDED.** All swimmers are automatically checked in to the events which they are registered for.

**Awards:**

Ribbons will be given for 1<sup>st</sup> through 8<sup>th</sup> place for individual events for the following age groups: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-18.

'Sierra Nevada Miner' Pins will be awarded to all swimmers achieving a new "A" time.

Awards can be picked up after each event result has been posted. It is the responsibility of the swimmer/parent to pick up the awards.

**Awards will not be mailed.**

**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. 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. Programs are available to card-carrying coaches from the Clerk of Course.

**Officials:**

Head Referee: Bill Fisher

Head Starter: Paul Evans  
Admin Official: Lisa Kalsbeek – kalsbeek@sbcglobal.net  
Meet Director: Steve Lazaraton

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. Current 2019 USA Swimming Certification Cards will be checked before being allowed to work the deck.

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent that Team during the conduct of the meet. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as “time only” swimmers in all respects for that session.

Officials dress will be white polo shirts and navy pants/shorts/skirts and white socks & tennis shoes. **An Officials’ meeting will begin 30 minutes prior to the beginning of the session.**

<b>Number of Swimmers entered in meet per Team</b>	<b>Number of Trained and Carded Officials Required</b>
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

**Timers:** Timing based on the Sierra Nevada Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session/total number of swimmers in the session) x 24 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. Timing responsibilities will be sent out via the SNS Volunteer Distribution as well as included in the general email to all participants prior to the meet.

**Hospitality:** Lunch and snacks will be available for all working Officials, Timers, and Coaches.

# *Summary of Individual Events by Age Group*

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

8-un	9 - 10	11 - 12	13 - 18
25 Free	50 Free	50 Free	50 Free
50 Free	100 Back	100 Back	100 Back
25 Back	50 Back	50 Back	50 Back
50 Back	100 Breast	100 Breast	100 Breast
100 IM	100 IM	100 IM	200 IM
25 Breast	50 Breast	50 Breast	50 Breast
50 Breast	100 Fly	100 Fly	100 Fly
25 Fly	200 Free	200 Free	200 Free
50 Fly	50 Fly	50 Fly	50 Fly
	100 Free	100 Free	100 Free

## **SATURDAY**

Girls #	Boys #	Age Group	Event
1	2	8 & Under	25 Free
3	4	Open	50 Free
5	6	9 and Over	100 Back
7	8	8 and Under	25 Back
9	10	Open	50 Back
11	12	9 and Over	100 Breast
13	14	12 & Under	100 IM
15	16	13 & Over	200 IM
17	18	8 & Under	25 Breast
19	20	Open	50 Breast
21	22	9 and Over	100 Fly
23	24	9 and Over	200 Free
25	26	8 & Under	25 Fly
27	28	Open	50 Fly
29	30	9 and Over	100 Free