



“CCA SPOOK-TACULAR” BB+/- SWIM MEET



HOSTED BY:
CALIFORNIA CAPITAL AQUATICS
OCTOBER 8-10, 2021

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS22-9

Enter online at: <https://ome.swimconnection.com/SN/CCA20211008>

According to 202.4.10 “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.”

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, both for forward starts and backstroke starts including backstroke starts using a ledge or they must start each race from within the water. 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.”

LOCATION: **Roseville Aquatics Complex** (3051 Woodcreek Oaks Blvd., Roseville, CA 95747). Traveling on I-80, Take Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right-hand side.

TIMES: **Please check the times below – This is a SPLIT-SESSION FORMAT**
Friday: Warm-ups begin at 4:30 PM; the meet will begin at 5:30 PM.
Sat & Sun: **AM Session:** Warm-ups will begin at 7:00 AM.
Meet will begin at 8:30 AM.
PM Session: Meet warm-up may start at the completion of the AM Session. PM Sessions will begin no earlier than 1 hour after the estimated time of completion of the AM Sessions.
The last 20 minutes of the warm-ups in the afternoon will be dedicated to 8 & under swimmers ONLY.

WARM-UP RULES: The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- Lifeguards shall be on the pool deck during the entire warm up period.
- 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.
- 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 & other devices are not allowed during 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 arranging 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.

FACILITY: An outdoor, heated 16-lane, 25-yard pool with locker rooms and rest areas. An additional outdoor, heated 5-lane 25-yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. Colorado Backstroke Start Devices will also be available. Coaches are required to have their athletes certified in backstroke device starts in order to use the devices. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. In accordance with 202.4.10C, the 25-yard competition courses have a pool depth at the start end of 7ft. to 13ft at 3' 3 1/2" and 7ft. to 13ft at 16'5" at the turn end of the pool.

PARKING: Parking is free all three days. If overflow parking is needed, please park in the Woodcreek High School parking lot, South of the pool or at the Roseville Sports Center North of the pool.

RULES: 2021 USA Swimming and Sierra Nevada Swimming rules will apply. A USAS 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. All Coaches may be required to present their 2021 or 2022 USAS Coach Membership Card to the Meet Referee at the beginning of the meet. All events are timed finals. All swimmers may **swim (4) events per day**, unless the entry cap is exceeded. Coaches must display their **CURRENT USA Swimming membership card with a valid Criminal Background and Athlete Protection Training expiration date, in a visible manner.**

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."

NT or No Official Time Entries will be accepted and submitted Estimated Times will **NOT** be required if a swimmer has no official times

SAFE SPORT: **According to USA Swimming Rule 202.4.11H: Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms.** Sierra Nevada Swimming and California Capital Aquatics 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 anytime."

For the safety of the Athletes and according to 202.4.10I, "Deck Changes are prohibited."

According to 202.4.11J 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 Coordinator (or his/her designee).

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training before they are allowed to enter the meet.

COVID-19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned practices or events, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS TIME TRIAL, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SIERRA NEVADA SWIMMING AND CALIFORNIA CAPITAL AQUATICS (CCA) ALONG WITH EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES, INCLUDING BUT NOT LIMITED TO THE MEET REFEREE (JOHN RICHARDSON), THE HEAD STARTER (BILL FISHER), THE ADMINISTRATIVE OFFICIAL (TJ KAY), THE HEAD DECK REFEREE (NIFFEY CARMODY), CHIEF JUDGE (JASON SHIBATA) AND THE MEET DIRECTOR (SAMI WAHEED) FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Face coverings are recommended for those that are not fully vaccinated when those individuals are in close contact situations with other individuals in accordance with CDC guidelines.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers will be allowed to check-in and compete. Note that Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet. Properly registered 19-over swimmers may enter 13-18 events. 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.

CHECK-IN:

The meet will be deck seeded. All swimmers, or their Coach or parent, must check-in prior to the close of their event. Check-in for the first four events of each day will close a half-an-hour before the scheduled start of the meet. Swimmers must check-in for later events at least a half-an-hour prior to the estimated start of each event. **All events will be swum fastest to slowest.**

ENTRIES:

On-line entries, enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. On-line entry requires payment by credit card using the Swim Connection secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. On-line meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary.

On-line entries must be received before 11:59 PM on Thursday, September 30th, 2021.

ENTRY FEES:

\$4.00 PER INDIVIDUAL ENTRY (INCLUDES \$.75 age group travel fund, \$.50 senior travel fund, \$.50 Sierra Nevada Swimming. In addition, there is a **\$10.00 pool surcharge per swimmer** to help cover the cost of the pool. Entry fees are non-refundable. If deck entries are accepted by the Meet Director they will be \$5.00 per event plus \$11.00 pool surcharge.

Make checks payable to: "CALIFORNIA CAPITAL AQUATICS" or "CCA"

ENTRY LIMITS: Should 8 & under or 12 & under events on any day be estimated to last longer than 4 hours, swimmers may be required to scratch down. Entries in excess of (4) per day will not be refunded. If events are required to be scratched on any day, then deck entries will not be accepted on that day. The meet will be capped as follows:

Friday – 150 swimmers

Saturday & Sunday 13 & Up – 400 swimmers

Saturday & Sunday 12 & under – 400 swimmers

DECK ENTRIES: Deck entries will only be accepted prior to the start of the Saturday and Sunday sessions if the Meet Director and Meet Referee determine that the 8 & under and 12 & under events can each be completed within four hours during that session. Deck entries will be swum for time only and will not be awarded.

AWARDS: Swimmers 12 & Under will be awarded ribbons for 1st through 8th place. Swimmers in the 13-18 age group will not receive those previously described awards.

Heat Winners will be awarded at the conclusion of their race.

"A" Medals will be awarded to "B" swimmers achieving new "A" times.

All awards must be picked up by the conclusion of the swim meet. Awards will not be mailed out.

The winner of the **Boys 15-16 200 Free event** will be presented with the **Greg Connolly Award** for achievement, in memory of Greg Connolly. **This award will be presented immediately following the event.**

RESTRICTIONS: **E-Z up set-up will not be allowed before 2:30 PM on Friday October 8, 2021.** No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. **EZ Ups can stay up if they are anchored to the ground with weights or buckets of water. ABSOLUTELY NO SPIKES, TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.** No propane heaters allowed within the facility. The Warm-Up pool is to be used for LAP SWIMMING ONLY. No playing will be allowed in the beach entry area of the pool

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.

ADMISSION: Admission is free.

CONCESSIONS: A snack bar with meals, drinks and snacks will be available.

OFFICIALS:
Meet Referee: John Richardson (jkrich49@gmail.com)
Deck Referee: Niffey Carmody (niffeycarmody@sbcglobal.net)
Head Starter: Bill Fisher (golfsim2003@yahoo.com)
Admin. Official: TJ Kay (clmair2fly@yahoo.com)
Meet Director: Sami Waheed (meetdirector@ccaswimming.org)

MINIMUM OFFICIALS RULE:

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. All working Officials are expected to display, while officiating the meet, their current USA Swimming membership card with a valid Criminal Background, Athlete Protection training and concussion course mandated by USA Swimming. Officials dress will be white polo shirts, navy-blue pants/shorts/skirts and white socks and tennis shoes. For wet or cold conditions, boots and parkas will be allowed.

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. An Officials' meeting will begin 30 minutes prior to the start of each session. 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' REQUIREMENT

Number of Team's swimmers submitting entries in each meet session:	Number of trained and carded Officials required per team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

TIMERS:

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] 48 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.

For Special Hotel Rates & Packages Available For Spook-tacular Weekend, Courtesy of Placer Valley Tourism:



SUMMARY OF EVENTS

Day	8 - Under	10 - Under	11 - 12	13 -over
Friday		500 Free	200 Fly	1650 Free
			1650 Free	
Saturday	25 Free	100 IM, 200 IM	100 IM, 200 IM	200 IM
	25 Breast	50 Back	50 Back	100 Back
		100 Free	100 Free	100 Free
		100 Breast	200 Back	200 Breast
		50 Fly	100 Breast	100 Fly
			50 Fly	500 Free
			500 Free	
Sunday	25 Back	200 Free	200 Free	200 Free
	25 Fly	50 Breast	50 Breast	100 Breast
		100 Fly	100 Fly	200 Fly
		100 Back	200 Breast	200 Back
		50 Free	100 Back	50 Free
			50 Free	400 IM
			400 IM	

Please note: All events will be swum fastest to slowest.

SCHEDULE OF EVENTS

Friday October 8				Saturday October 9 - AM Session				Sunday October 10 - AM Session			
G	Group	Event	B	G	Group	Event	B	G	Group	Event	B
1	11 - 12	200 Fly	2	7	13 & Up	200 IM	8	39	13 & Up	200 Free	40
3	10 & Un	500 Free	4	9	13 & Up	100 Back	10	41	13 & Up	100 Breast	42
5	11 & Up	1650 Free	6	11	13 & Up	100 Free	12	43	13 & Up	200 Fly	44
				13	13 & Up	200 Breast	14	45	13 & Up	200 Back	46
				15	13 & Up	100 Fly	16	47	13 & Up	50 Free	48
				17	13 & Up	500 Free	18	49	13 & Up	400 IM	50
				Saturday October 9 - PM Session				Sunday October 10 - PM Session			
				G	Group	Event	B	G	Group	Event	B
				19	12 & Un	100 IM	20	51	12 & Un	200 Free	52
				21	8 & Un	25 Free	22	53	8 & Un	25 Back	54
				23	12 & Un	50 Back	24	55	12 & Un	50 Breast	56
				25	12 & Un	100 Free	26	57	12 & Un	100 Fly	58
				27	12 & Un	200 IM	28	59	8 & Un	25 Fly	60
				29	8 & Un	25 Breast	30	61	11 - 12	200 Breast	62
				31	11-12	200 Back	32	63	12 & Un	100 Back	64
				33	12 & Un	100 Breast	34	65	12 & Un	50 Free	66
				35	12 & Un	50 Fly	36	67	11 - 12	400 IM	68
				37	11-12	500 Free	38				

* 6 & Under swimmers swimming in 8 & Under events will be awarded separately.

* 6 & Under, 8 & Under, 9-10 and 11-12 swimmers in 12 & Under events will be awarded separately.

*1650 Free event is open to 11 & Up swimmers and will be awarded separately.