



Arctic Challenge Championship

December 4 – December 6, 2009

Enter online at: <http://ome.swimconnection.com/sn/wood20091204>

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction No. 40-09
- LOCATION:** Charles Brooks Community Swim Center, 155 N. West Street, Woodland, CA 95695. From I-5 north or south, take the West Street exit; travel 1½ miles south. The pool is on the right, next to Woodland High School. Additional parking is available in the Woodland High School student lot. Continue south on West Street to Beamer Street; turn right. The student parking lot is on the right. Walk northeast. It is approximately a 200-yard walk to the pool.
- FACILITIES:** The facility is an outdoor heated 19-lane, USA Swimming certified, 25-yard pool with locker rooms and rest areas. One or two courses may be used. If two courses are used, one course will be odd heats and the other course will be even heats. Warm-up/cool-down lanes will be available throughout the competition.
- CERTIFICATION:** The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- TIMES:** **Friday:** Warm-ups will begin no later than 4:30 PM. and end at 5:15 PM; meet will begin at 5:30 PM. **Saturday and Sunday:** Warm-ups begin at 7:30 AM and end at 8:45 AM; meet will begin at 9:00 AM. Official's meeting will begin 30 minutes prior to the start of each session.
- RULES:** Current USA-Swimming/Sierra Nevada Swimming rules will govern the meet, including warm-ups. The four-hour rule will be enforced. **Swimmers may compete in a maximum of two (2) events on Friday and four (4) events plus one (1) relay per day on Saturday and Sunday.** Those entries in excess of the limits described above will not be refunded. All events are short course yards and timed finals. No time (NT) entries will be accepted. Additionally, flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the pool and close to the edge at the completion of their race.
- ELIGIBILITY:** All swimmers must have a current USA Swimming registration card. Entrants without a current registration number on their entries must present a current registration card (or Swim Connection registration verification email) prior to competition. Any swimmers who enter as "pending" or "applied for", etc. will be verified with the SNS Registrar prior to the meet and, if validly pending, will be allowed to check-in and compete. Properly registered 19-over swimmers may enter, but they will not be scored or awarded.
- ENTRY LIMITS:** It is up to the Meet Director and Meet Referee to ensure that no 10-under or 11-12 events last longer than 4 hours under USA Swimming rule 205.3(F). Should 10-under or 11-12 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 **300 swimmers** on Friday and **650 swimmers** on Saturday/Sunday, or until the number of splashes exceeds the estimated time line, per the Four Hour Rule, based on a swimmer's age and gender.
- ENTRIES:** **MAILED ENTRIES:** Mailed entries must be on a SAMMS Consolidated Entry Card or facsimile. Entry cards must be completely filled out and legible or they will not be accepted. Times may be verified. Make checks payable to Woodland Swim Team. Mailed entries must be postmarked by Wednesday, November 25th, 2009 and mailed to:
Woodland Swim Team
1739 Casa Nueva St
Woodland CA 95695

The cap will be determined by when the entries are received. Mailed entries, with postmarks 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 midnight Tuesday, November 24, 2009. Enter at: <http://ome.swimconnection.com/sn/wood20091204> 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 mail. Online meet entry is not required in order to enter this meet.

DECK ENTRIES: Deck entries will only be accepted prior to the start of the Saturday and Sunday sessions if the Meet Director determines that 10-under and 11-12 events can each be completed within four hours during that session. Deck entries will be swum for time only; they will not be scored or awarded. For inquiries about deck entries, email the meet director after Saturday, November 28th.

SCRATCH DOWN: The Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed or used as cash at the snack bar.

ENTRY FEES: \$3.00 per individual event for all individual entries (includes \$0.50 to Sierra Nevada, \$0.75 to Sierra Nevada Age Group Travel Fund, and \$0.50 to Sierra Nevada Senior Travel Fund) plus a \$5.00 per swimmer pool surcharge. Relays are \$8.00 per relay (includes \$1.00 to Sierra Nevada; \$2.00 to Sierra Nevada Age Group Travel Fund; and \$1.00 to Sierra Nevada Senior Travel Fund). Deck Entries are \$3.50 per event plus a \$5.00 pool surcharge. Entry fees are non-refundable, except in the event of a required scratch down.

CHECK-IN: The meet will be deck seeded. Check-in will start no later than 15 minutes prior to the start of warm-ups each day (approximately 4:15 PM on Friday and 7:15 AM on Saturday and Sunday). All swimmers must check-in prior to the close of their event. On Friday, check-in for the first two events will close at 5:00 PM; check-in for the remaining four events will close at 5:30 PM. On Saturday and Sunday, check-in for the first six events will close at 8:30 a.m.; check-in for the next 10 events will close at 9:00 a.m.; and all remaining events will close at 10:00 a.m. Relay cards are due at 11:00 a.m. on Saturday and Sunday.

DISTANCE EVENTS: On Friday night the 500 Free will be swum fastest to slowest. Swimmers entered in the 500 Free must provide their own timers and lap counters.

AWARDS: "A" medals will be awarded to all swimmers achieving a new "A" time.
BB+ flight awards: double overlay ribbons from 1st – 8th.
B flight awards: single ribbon 1st – 8th.
Two flights will be awarded in each event. Swimmers entering with a Sierra Nevada "BB" time or better in an event will be seeded in the "BB+" flight. All others will be seeded in the "B" flight. 8-un's swimming in starred 10-un events will be awarded separately based on 8-un "A" times. 11-18 events will be seeded together by gender but awarded separately by age group 11-12, 13-14, 15-16, and 17-18. 13-18 events will be seeded together by gender but awarded separately by age group 13-14, 15-16 and 17-18. Awards must be picked up at the meet – they will not be mailed. It is recommended that awards be picked up during the course of the day.
Individual High Point Awards will be given to the top swimmer in each age group. 8 &

unders will earn points toward 8-un High Point Awards in starred (*) 10-un events only. **Team Awards** will be given for 1st through 3rd place.

POINT SCORING: Teams may enter more than one relay in a relay event. Only one relay from each team will be scored.

Place	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Individual	9	7	6	5	4	3	2	1
Relay	18	14	12	10	8	6	4	2

ADMISSION: Admission is free. Programs will be available for \$5.00.

MISCELLANEOUS: A snack bar will be available, serving a pancake breakfast, lunch and snack food. NorCal Swim Shop and GIC Graphic Wear will be present at this event, selling swim gear and clothing. Lunch and refreshments will be served to all working officials and coaches. Light refreshments will be served to all timers.

OFFICIALS:
Meet Referee: Ted Curley
Administrative Referee:
Head Starter: Rob Griffith
Meet Directors: Kelly Newsom knewsom@aol.com

OFFICIAL'S DRESS: Official attire at this meet will be white shoes, white socks, white shirts and navy blue pants/shorts/skirts, weather permitting.

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 submitting entries in each meet session	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.

RV PARKING: Overnight RV Parking is allowed in the Woodland High School student parking lot. See "Location" above for directions to the student parking lot. No services are provided.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, and all other areas designated as swimmer rest areas. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. No pets are allowed. Excessive volume of sound equipment will not be tolerated. Parking will be limited at the Swim Center, especially on Saturday. Drivers are strongly encouraged to park in the student parking lot. Directions to the student lot are noted in the section entitled "Location" on the first page. No tarps or shade structures are to be set up outside the Swim Center. All tarps need to be removed from the grass areas at the conclusion of each day's competition (EZ Ups can stay up if they are fastened to the ground, but all ground covers must be off the grass). No personal shade structures are allowed on deck or outside the fenced pool area. **Personal propane heaters will not be allowed inside the facility.** No overnight parking is allowed at the Swim Center, except as provided above.

Friday			Saturday			Sunday		
Event #	Age Group	Event	Event #	Age Group	Event	Event #	Age Group	Event
1-2	11-12	200 IM	9-10	13-18	200 IM	47-48	13-18	200 FREE
3-4	11-18	400 IM	11-12	11-18	200 BREAST	49-50	11-18	200 BACK
5-6	11-12	500 FREE	13-14	10-UN	200 FREE	51-52	11-12	100 IM
7-8	13-18	500 FREE	15-16	11-12	200 FREE	53-54	10-UN	200 IM
			17*-18*	10-UN	50 FLY	55-56	11-12	50 FLY
			19-20	13-18	100 FLY	57-58	13-18	100 BREAST
			21-22	11-12	50 BACK	59*-60*	10-UN	50 BACK
			23-24	10-UN	100 BACK	61-62	11-12	100 BACK
			25-26	11-12	100 FLY	63-64	11-18	200 FLY
			27-28	13-18	100 BACK	65-66	10-UN	100 FLY
			29-30	10-UN	100 BREAST	67-68	11-12	50 BREAST
			31-32	11-12	100 BREAST	69*-70*	10-UN	50 BREAST
			33*-34*	10-UN	100 IM	71-72	13-18	50 FREE
			35-36	13-18	100 FREE	73-75	11-12	100 FREE
			37-38	11-12	50 FREE	75*-76*	10-UN	100 FREE
			39*-40*	10-UN	50 FREE	77-78	18-UN	200 FREE RELAY
			41-42	18-UN	200 MED RELAY	79-80	10-UN	200 FREE RELAY
			43-44	10-UN	200 MED RELAY	81-82	14-UN	200 FREE RELAY
			45-46	14-UN	200 MED RELAY			

Summary of Individual Events by Age Group

	10-Under	11-12	13-UP
Friday	None	200 IM 400 IM 500 Free	400 IM 500 Free
Saturday	200 Free 50 Fly * 100 Back 100 Breast 100 IM * 50 Free *	200 Breast 200 Free 50 Back 100 Fly 100 Breast 50 Free	200 IM 200 Breast 100 Fly 100 Back 100 Free
Sunday	200 IM 50 Back * 100 Fly 50 Breast * 100 Free *	200 Back 100 IM 50 Fly 100 Back 200 Fly 50 Breast 100 Free	200 Free 200 Back 100 Breast 200 Fly 50 Free

* 8-Unders will be awarded separately