



March – Last Chance JO Qualifier
SHORT COURSE AGE GROUP SWIM MEET
Hosted by Sierra Marlins Swim Team
Folsom Aquatic Complex, 1200 Riley Street, Folsom , Ca. 95630
March 5-7, 2010
Enter online at: <http://ome.swimconnection.com>

SANCTION: Held under USA Swimming/Sierra Nevada swimming Sanction Number: 08-10

LOCATION: Folsom Aquatic Complex, Lembi Park; at the corner of Riley and Wales. From Highway 50, take Prairie City Road Exit. Go north about 1 mile to Blue Ravine Road. Turn right on Blue Ravine. Turn left on Riley Street (app. ¾ mile). Aquatic Center is on the left in a large regional park. From I-80, go East on Greenback Lane about 6 miles. Turn right on Folsom-Auburn Road (the new bridge over the river). Continue about 1 mile to Glenn, turn left. Take Glenn to Riley (about a mile) and turn right on Riley. Aquatic Center is on the right just past the Walgreen's.

PARKING: Free parking in designated areas of Lembi Park. Parking immediately in front of the pool is reserved for officials and meet personnel. Overflow will be directed to the **Wal-Mart Store** on the corner of Riley and Glenn. **Do not park in front of businesses directly across Riley Street from the Aquatic Center. Do not park at Walgreen's, use the overflow at Wal-Mart.**

COURSE: A 50-meter by 25 yard outdoor heated pool; two courses will be run, timed finals format. Warm-up pool will be available. **Meet (all events) will be swam fastest to slowest.**

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, March 5th: Warm-ups begin at 4:30 p.m., and close at 5:15 p.m. The meet starts at 5:30 p.m. Saturday, and Sunday - warm-ups begin 7:30 am, close at 8:45 am. Meet starts at 9:00 am. Public Access to the facility will begin at 2pm on Friday. The facility will be open at 7am on Saturday and Sunday.

RULES: Current USA Swimming and Sierra Nevada Swimming will govern the meet. All events are short course yards. All events are timed finals. **Swimmers are limited to 4 events per day.** Swimmers over the age of 18 may enter in the 17-18 age group but will not be awarded. **Meet (all events) will be swam fastest to slowest.**

ELIGIBILITY: 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 entering 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.

RESTRICTIONS: Tents may be set-up on deck but the lawn area will be closed. All tarps must be removed overnight. **There will be absolutely no swimmer set-up allowed on Friday before 2:00 pm.** Smoking, tobacco products, and alcoholic beverages are not allowed on the grounds. Glass containers and pets are not allowed in the pool area. No pets on deck – Except Service Animals. No Personal Propane heaters or tanks will be allowed.

MAILED ENTRIES: Entries must be on a SAMMS consolidated card. The entry card must be completely filled out and legible. Please cut out the entry form before mailing. Each swimmer is limited to a maximum of 2 events on Friday and 4 events each day on Saturday and Sunday. Times may be verified by the Swim Connection Database. Make checks payable to the Sierra Marlins Swim Team (or SMST). Entries must be postmarked by midnight, **Wednesday, February 17th.**

On-line entries will be accepted until Monday, February 22nd. Mail entries to:

Craig Dolley
C/O March Meet Entries
1644 Loma Verde Drive
El Dorado Hills, CA 95762

The meet is capped at 700 swimmers and we will be running two courses. The cap will be determined by when the entries are received. Mailed entries, with postmarks prior to the cap being closed, 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. Send a self-addressed, stamped envelope or postcard with your entries if you want confirmation that your entries have been received. *No telephone confirmations will be made.* Deck entries will be accepted until the cap is reached for each session. Deck entries will swim for time only and will not be awarded. For inquiries about deck entries, email the meet director at cadolley@yahoo.com after Monday, February 22nd. Check <http://ome.swimconnection.com> for session open or closed status.

ONLINE ENTRIES: You may enter this meet online or by mail. Enter at: <http://ome.swimconnection.com> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service.

ENTRY FEES: \$3.00 per event per swimmer, \$3.25 per event for Deck Entries. \$5.00 participation fee per swimmer, including deck entries. No refunds will be given unless mandatory scratch down is in effect. Swimmers will be notified at check-in and refunded at the scratch down desk. **Make checks payable to Sierra Marlins Swim Team (or SMST).**

SCRATCH DOWN: At the discretion of the Meet Referee in consultation with the Meet Director, swimmers may be required to 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.

ERRORS: Check your entry times carefully. Corrections will not be made unless it can be shown that the error was made by meet officials. If such errors are discovered, they should be submitted in writing by the coaches 5:15 p.m. Friday and 8:30 a.m. Saturday and Sunday to the Clerk of Course.

AWARDS: Ribbons will be awarded to 1st through 8th places. 8 & Unders swimming in starred 10 & Under events will be awarded separately. 11-18 / 13-18 Events will be seeded together by gender but awarded separately by age group (11-12, 13-14, 15-16, 17-18). "A" medals will be awarded to swimmers attaining "A" times for the first time. **Awards must be picked up at the meet – they will not be mailed. Awards are available shortly after the events results are posted. It is recommended that they be picked up during the course of the day and not after the final event on Sunday.**

CHECK-IN: The meet will be deck seeded. Swimmers must check in with the Clerk of Course for the first four (4) events on Friday by 5:00 p.m.; and on Saturday and Sunday by 8:30 am. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. The Clerk of Course will close events approximately 30 minutes prior to the start of the first heat of each event.

DISTANCE EVENTS: All events will be seeded fastest to slowest. There will be no break before the start of the 1000.

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

HOSPITALITY: Lunch and refreshments will be served to all working officials and coaches. A snack bar will be available.

OFFICIALS: Meet Referee: Jeff Jones
Admin Referee: Rebecca Landre
Head Starter: Pete Votava
Meet Director: Craig Dolley / cadolley@yahoo.com

Dress for officials is white shirts and blue pants/skirts. All working officials are expected to display membership cards at the meet.

PROVIDING OFFICIALS: Teams must follow Sierra Nevada rules regarding officials. Each team shall by the entry deadline, provide to the meet director a list of officials who have agreed to represent that team during the conduct of the meet. See the chart below to identify the minimum number of officials based on the swimmers from each team.

The officials meeting is required and will begin one hour prior to the meet start time.

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OFFICIALS

Number of swimmers per team entered in meet	# of trained and carded officials required
0 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 – 100	4
101 and up	5

Additionally – Clubs will be assigned Lanes for Timing.

Please check: <http://www.teamunify.com/smst>

- **Timing Assignments**

Summary of Events by Age Group

	8 and Under	10 and Under	11-12 – See 11-18 Events	13-18 – See 11-18 Events	11-18 Events
Friday March 5th		500 Free	500 Free	500 Free	400 IM
Saturday March 6th	25 Fly 25 Breast	200 Free 50 Back * 100 Fly 100 Breast 100 IM * 50 Free *	200 Free 50 Back 100 Fly 100 Breast 50 Free	200IM 100 Fly 50 Free 100 Back	200 Breast 1000 Free
Sunday March 7th	25 Back 25 Free	200 IM 50 Fly * 100 Back 50 Breast * 100 Free *	200 IM 50 Fly 100 Back 50 Breast 100 Free	200 Free 100 Free 100 Breast	200 Back 200 Fly

ODD Event Numbers = GIRLS

EVEN Event Number = BOYS

Friday – March 5th			Saturday – March 6th			Sunday – March 7th		
Event Num.	Age	Event	Event Number	Age	Event	Event Number	Age	Event
1-2	11-18	400 IM	7-8	13-18	200 IM	45-46	13-18	200 FREE
3-4	10-Un	500 FREE	9-10	11-18	200 BREAST	47-48	11-18	200 BACK
5-6	11-18	500 FREE	11-12	10-UN	200 FREE	49-50	11-12	200 IM
			13-14	8-UN	25 FLY	51-52	8-UN	25 BACK
			15-16	11-12	200 FREE	53-54	10-UN	200 IM
			17-18	13-18	100 FLY	55-56	11-18	200 FLY
			19*-20*	10-UN	50 BACK	57-58	11-12	50 FLY
			21-22	11-12	50 BACK	59*-60*	10-UN	50 FLY
			23-24	13-18	50 FREE	61-62	13-18	100 FREE
			25-26	10-UN	100 FLY	63-64	11-12	100 BACK
			27-28	11-12	100 FLY	65-66	10-UN	100 BACK
			29-30	8-UN	25 BREAST	67-68	8-UN	25 FREE
			31-32	13-18	100 BACK	69-70	13-18	100 BREAST
			33-34	10-UN	100 BREAST	71-72	11-12	50 BREAST
			35-36	11-12	100 BREAST	73*-74*	10-UN	50 BREAST
			37*-38*	10-UN	100 IM	75-76	11-12	100 FREE
			39-40	11-12	50 FREE	77*-78*	10-UN	100 FREE
			41*-42*	10-UN	50 FREE			
			43-44	11-18	1000 FREE			

* 8-Under will be awarded separately.

13-18 events will be awarded separately to 13-14, 15-16 and 17-18 age groups.

#45, 46 - 1000 Free is to be swum fastest to slowest. There will be no break before the start of the 1000 Freestyle. Swimmers are responsible for providing a timer willing to time at least two heats.