

SIERRA NEVADA JUNIOR OLYMPICS

14 AND UNDER

Host: SASO and Sierra Nevada Swimming

March 19-21, 2010

Invitational meet for registered swimmers of Sierra Nevada LSC only

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

HELD UNDER USAS/SNS SANCTION # 9-10

LOCATION: Solano Community College Pool, 4000 Suisun Valley Road, Fairfield, CA 94534

Directions to the pool: Off I-80 take Suisun Valley Road, from either direction, and head North on Suisun Valley Road to second stoplight. Turn right onto Solano College Drive. The pool is around the back of the buildings.

PARKING: Parking is \$1.00 (METERS ACCEPT QUARTERS ONLY) Friday and Saturday, free Sunday. NO VEHICLES ARE ALLOWED ON THE SERVICE ROAD AROUND THE POOL. There is no charge for the parking spaces located between football field and soccer field.

FACILITY: 16 lane, outdoor heated 25 yard by 50 meter pool with touch pads at both ends. Locker rooms and rest areas are available. Unused competition lanes will be used for warm-up, warm-down. ***This competition course has been certified in accordance with 104.2.2C(4).***

WARM-UPS AND START TIME: Friday, Saturday and Sunday warm-ups begin no later than 7:30a.m. to 8:45a.m. Competition will begin at 9:00a.m. each day. Officials meeting will begin 30 minutes prior to the start of each session.

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

- Marshals shall be on the 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 and up to 2 lanes for one-way sprints.
- Specified center lanes are for circle swimming (2 lengths of the pool) beginning at the starting end of the pool.
- The referee may specify lanes for relay practice during the last 15 minutes of warm-up period.
- 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 backstroker is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins and other devices are forbidden at any time.

The Meet Referee, or the Marshal and the Meet Referee may remove a swimmer, coach, and/or team from the deck for violations of these rules. In facilities that have a warm up and/or warm –down area, Marshals shall provide supervision of the area(s) at all times.

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 opens each day at 7:15 a.m. Check-in for the first 6 individual events each day will close at 8:30 a.m. Check-in for the next 10 individual events each day will close at 9:00 a.m. Check-in for all remaining individual events each day will close at 10:00 a.m.

RULES: Current USA-S rules will apply. All swimmers must be 2010 registered members of USA-S and present their card upon request. If you do not have a USA-S registered coach at the meet, report to the Deck Referee for lane and coach assignment. All coaches may be required to present their 2010 USA-S Coach Membership card to the Meet Referee. All events are trials and finals except the following timed final events: all 8-Under events, 400IM, 500 free, 1000 free, 1650 free and all relays. Entry times will be verified on Swim Connection prior to the meet.

Fly-Over starts may be used. In that event, swimmers are reminded to remain in the water at the conclusion of their heat until the following heat has started. Swimmers then have 15 seconds to exit the pool.

ELIGIBILITY: This is an invitational meet for registered Sierra Nevada 14 and under swimmers only, who as of the first day of competition have met the age requirement. All swimmers must have a current USA Swimming registration card and must enter this number on their entry form. Entrants without a current Registration Number on their entries must present a current Registration Card prior to competition. Any swimmers entering as "pending" or "applied for" will be verified with the SNS Registrar prior to the meet and, if validly pending, will be allowed to check in and compete.

TIME STANDARDS: Swimmers must have achieved the appropriate BB entry time for each event they swim and all entry times will be verified in Swim Connection. Swimmers must qualify with the appropriate times in either short course yards or long course meters. **Converted times will NOT be allowed.** Any swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming.

ENTRIES: You may enter this meet online or by mail.

Individual: According to Rule 102.2.2, where it states, "In a preliminaries and finals meet a swimmer may compete in not more than three (3) individual events per day." **Age group swimmers in 10- U, 11-12 and 13-14** are limited to compete in a maximum of 3 individual events per day, and by Sierra Nevada Swimming Rules are limited to a maximum of 7 individual events for the entire meet. **Refunds will not be given to those swimmers who enter more than 3 individual entries per day.** According to Sierra Nevada Swimming Rules, the **8-U age group** is limited to compete in a maximum of 7 individual events for the entire meet and no more than 4 events on any given day. **Refunds will not be given to those 8-u age group swimmers who have to scratch down to the maximum of 7 individual events for the entire meet.**

Relays: A team may enter no more than 2 relays in each event and both A and B relays may score. Relays will be deck entered. Morning relay cards must be turned in by 8:30a.m. and afternoon relay cards must be turned in by 10:00a.m. The list of names of all swimmers who might swim or be alternates, must be listed on the relay cards. Relay swimmers must swim in their appropriate age group. ("No swimming up"). All relay only swimmers must enter meet and pay pool surcharge by entry deadline. (March 15, 2010)

NO DECK ENTRIES. Mailed entries must be on the SAMMS Consolidated Entry Form and the form must be complete including a current USA-S registration number and submitted by entry deadline.

ONLINE ENTRIES: Enter at: <http://ome.swimconnection.com> to receive an immediate entry confirmation. **Online entries close Monday, March 15, 2010.** This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% times the amount of the Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry.

MAILED ENTRIES: Entries must be postmarked by Wednesday, March 10th or hand-delivered by Monday, March 15, 2010.

Make checks payable to: **SASO.**

Entries and fees may be mailed

SASO

PO Box 2112

Fairfield, CA 94533

or hand-delivered to

SASO

1783 Lehi Ct

Fairfield, CA 94534

FEES: \$4.00 per individual event.(\$1.00 Age Group Travel, \$.75, Senior Travel, \$.50 SNS General Fund) Pool surcharge is **\$12.00** per swimmer. **\$8.00** per relay team per event (\$2.00 Age Group Travel, \$1.00 Senior Travel, \$1.00 SNS General Fund) payable at the meet . **THERE WILL BE NO REFUNDS.**

AWARDS: Individual events will be awarded medals 1st through 10th place. Relay events will be awarded medals 1st through 3rd place.

Scoring: Points will be tabulated 1-10th place: Individual events: 11, 9, 8, 7, 6, 5, 4, 3, 2 and 1. Relay events: 22, 18, 16, 14, 12, 10, 8, 6, 4 and 2.

Team Awards: Banners will be awarded to teams for 1st through 3rd place and Team Spirit. The spirit award is given to the team continuously displaying the most team spirit. **High-Point** male and female swimmers in each age-group will be awarded plaques.

8-Un Swimmers may choose to swim in 8-Un events and/or 10-Un events. Points achieved in the 10-Un events can only be scored in the 10-Un category. Scores for the 8-Un High-Point award will only be tabulated from the designated 8-Un events.

"A" Medals will be awarded to those swimmers achieving a new "A" time at the meet.

PRELIMS/TRIALS: The last three heats of each event will be circle seeded with the exception of the events previously noted as timed finals. **Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual and relay events of that day.** Swimmers have 30 minutes after results of preliminaries are announced to scratch from final's competition. A swimmer may (on the same deadline) declare his/her intention to scratch pending results' announcements of their subsequent event in the prelims (not including the 1000's and 1650's) but must notify the Clerk of Course of their decision 30 minutes after the results of their last individual event are announced. (207.6.10.E(2)).

PRELIMINARY EVENTS WITH 10 OR LESS SWIMMERS ENTERED: If ten swimmers or less check in for a particular event, those swimmers will be given the option of skipping the prelims and swimming in the finals only. If a swimmer opts to skip trials he/she will be seeded into the finals at his/her entry time. If a swimmer does not check in for the prelims he/she will not be seeded into finals. If a swimmer opts to swim in the trials, he/she will be seeded into finals at his/her trials time. If a swimmer disqualifies or 'no shows' in the trials, he/she will not be allowed to swim in finals. **It will be the Coaches responsibility at each morning's Coaches Meeting to notify the Clerk of Course or Administrative Referee of your decision, so these events can be seeded and notification can be announced well in advance.**

FINALS: Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1650's and 1000's. There will be one heat of the top ten swimmers. Swimmers will be seeded in the finals unless they are scratched. A swimmer must swim finals in order to receive points or an award. Any swimmer qualifying for a final that fails to compete shall be barred from further competition for the remainder of the meet except as noted in USA Swimming rules. USA Swimming Scratch Rule #207.12.6 will be used at this meet.

DISTANCE EVENTS: The 400IM, 500 Free; 1000 Free and 1650 Free will compete as a timed final. The 1000 and 1650 will be swum 11-Up, but awarded as separate age groups. The 1000 and 1650 will be swum fastest to slowest, alternating girls and boys, one swimmer per lane, and after a 10-minute break following the relay events. **Swimmers in the 500, 1000 and 1650 will be required to provide their own lap counter and lap counting device. In addition, swimmers in the 1000 and 1650 will be required to provide their own timer.**

COACHES: Coaches must wear their 2010 USA-S cards in a visible manner in order to receive a meet program.

MEET OFFICIALS:

MEET REFEREE: Lou Schlitz
ADMIN. REFEREE: Bill Rose
HEAD STARTER: Don Brown
MEET DIRECTOR: Stephanie Lapuz – (415)307-4411 or (stephanie_lapuz@bd.com)

OFFICIALS: Certified officials from any LSC with current USA Swimming registration are welcome to work this meet. All working officials are expected to display membership cards at the meet.

OFFICIALS DRESS: Trials and finals dress for all officials will be white polo shirts and navy blue pants/shorts/skirts. Shorts will not be allowed for finals. This dress is weather permitting, otherwise come dressed to stay warm and dry.

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 that team during the meet, in accordance with the following table:

Number of swimmers entered in meet per team	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	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 respects of that session.

COMPUTER: This meet will be conducted with Colorado Timing System and HY-TEK's Meet Manager software.

PROGRAMS: The Junior Olympic Swim Meet program will sell for \$6.00. Finals sheets will be given to coaches and officials, and to individuals who have purchased a swim meet program.

CONCESSIONS: A snack bar with healthful meals, drinks and snacks will be available. Hospitality will be provided to all working officials and coaches throughout the meet.

RESTRICTONS: **The pool deck will be closed to all easy-ups except for coaches. Team areas need to set up on the grass area outside the pool.** Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass containers as well as pets are not allowed in the pool area. NO PERSONAL HEATERS WILL BE ALLOWED AT THIS MEET.

OVERNIGHT ACCOMODATIONS:

Homewood Suites 707-863-0300 group code SASO (studio suites/one bedroom suites)

Staybridge Suites 707-863- 0900 group code SASO (studio suites/one bedroom suites/two bedroom suites)

Hilton Garden Inn 707- 426-6900 mention JO Swim Meet or SASO Swim Meet

FRIDAY, March 19th

Girls Time Standards				Time Standards		Boys
#	SCY	LCM	Age Group/ Event	SCY	LCM	#
1	6:04.19	6:55.89	11-12 400 I.M.	5:56.29	6:51.79	2
3	5:44.29	6:31.09	13-14 400 I.M.	5:25.49	6:13.19	4
5	1:08.29	1:19.59	11-12 100 Free	1:07.89	1:17.39	6
7	1:07.39	1:16.19	13-14 100 Free	1:02.19	1:11.49	8
9	2:58.29	3:23.59	10 – U 200 Free	2:50.89	3:13.99	10
11	35.09	39.39	11-12 50 Fly	35.19	39.59	12
13	1:42.09	1:55.19	10 – U 100 Fly	1:40.39	1:53.19	14
15	1:21.09	1:31.09	11-12 100 Back	1:19.09	1:31.39	16
17	1:14.19	1:24.29	13-14 100 Back	1:09.59	1:20.59	18
19	43.49	49.89	10-U 50 Back	43.69	50.09	20
21	3:11.69	3:40.59	11-12 200 Breast	3:07.29	3:37.49	22
23	3:00.69	3:27.99	13-14 200 Breast	2:49.39	3:17.99	24
25	1:46.69	2:02.29	10 –U 100 Breast	1:43.69	1:59.79	26
27			11-12 400 Med Rel			28
29			13-14 400 Med Rel			30
31	13:55.99 13:08.29	12:33.69 11:41.99	1000 Free 11-12 13-14	13:46.49 12:34.39	12:28.59 11:21.79	32

SATURDAY, March 20th

Girls		Time Standards		Age/Group Event	Time Standards		Boys
#	SCY	LCM			SCY	LCM	#
33				11-12 400 Free Rel			34
35				13-14 400 Free Rel			36
37	1:28.59	1:39.49		8-U 100 Free	1:23.09	1:33.49	38
				11-12 500 Free Boys	6:35.09	5:54.39	40
				13-14 500 Free Boys	6:03.19	5:27.99	42
				10-U 500 Free Boys	7:35.19	6:52.69	44
45	2:48.89	3:15.29		11-12 200 Back	2:45.59	3:11.19	46
47	2:39.59	3:01.29		13-14 200 Back	2:29.79	2:54.09	48
49	1:33.99	1:48.89		10- U 100 Back	1:32.09	1:45.69	50
51	48.09	53.99		8 -U 50 Back	47.09	52.89	52
53	1:29.29	1:41.89		11-12 100 Breast	1:27.79	1:40.89	54
55	1:24.09	1:36.39		13-14 100 Breast	1:18.09	1:28.09	56
57	47.79	54.89		10 -U 50 Breast	47.89	55.09	58
59	23.09	---		8 - U 25 Breast	22.59	---	60
61	2:51.79	3:14.19		11-12 200 Fly	2:48.29	3:13.39	62
63	2:40.99	3:02.29		13-14 200 Fly	2:31.99	2:51.99	64
65	35.99	40.79		10 - U 50 Free	35.19	40.19	66
67	18.09	---		8 - U 25 Free	17.09	---	68
69	1:20.09	---		11- 12 100 I.M.	1:17.59	---	70
71	1:33.79	---		10 - U 100 I.M.	1:31.39	---	72
73	36.79	42.29		11-12 50 Back	36.49	42.19	74
75	49.09	55.09		8-U 50 Fly	48.59	54.49	76
77				13 -14 200 Med Rel			78
79				11-12 200 Med Rel			80
81				10 -U 200 Med Rel			82
83	23:27.89 21:53.19	24:12.39 22:23.09		1650 Free (GIRLS ONLY) 11-12 13-14			

NOTE: You will note that after Event 38, Event 40 will be contested. After Event 40, Event 42 will be contested, followed by Event 44. Event 45 will swim after Event 44.

SUNDAY, March 21st

Girls Time Standards			Boys Time Standards			
#	SCY	LCM	EVENTS	SCY	LCM	#
39	6:40.09	6:00.09	11-12 500 Free Girls			
41	6:22.39	5:42.99	13-14 500 Free Girls			
43	7:39.49	6:51.59	10- U 500 Free Girls			
85	51.59	57.79	8- U 50 Breast	51.09	57.29	86
87	2:50.69	3:14.79	11-12 200 I.M.	2:49.39	3:13.89	88
89	2:42.99	3:05.69	13-14 200 I.M.	2:31.99	2:55.99	90
91	3:19.39	3:46.49	10 – U 200 I.M.	3:18.09	3:44.79	92
93	1:42.09	---	8 – U 100 I.M.	1:38.09	---	94
95	1:20.19	1:30.79	11-12 100 Fly	1:18.69	1:29.49	96
97	1:13.49	1:22.89	13 -14 100 Fly	1:08.09	1:16.99	98
99	42.99	48.59	10 – U 50 Fly	41.99	46.89	100
101	20.09	---	8 – U 25 Fly	19.09	---	102
103	40.89	45.59	11-12 50 Breast	40.79	47.09	104
105	2:24.99	2:44.39	13-14 200 Free	2:15.69	2:35.19	106
107	2:31.49	2:50.79	11-12 200 Free	2:27.49	2:47.79	108
109	1:21.59	1:32.99	10 – U 100 Free	1:19.99	1:31.09	110
111	40.09	45.19	8 –U 50 Free	38.09	42.99	112
113	31.89	36.39	11-12 50 Free	30.99	35.29	114
115	30.99	35.19	13-14 50 Free	28.49	32.79	116
117	21.59	---	8-U 25 Back	21.09	---	118
119			11-12 200 Free Rel			120
121			13-14 200 Free Rel			122
123			10 -U 200 Free Rel			124
			1650 Free (BOYS ONLY)			
			11-12	23:10.49	24:05.29	84
			13-14	20:51.99	21:35.29	

NOTE: You will note that Event 39 starts the Sunday competition and is followed by Event 41. After Event 41, Event 43 will be contested, followed by Event 85. Event 86 will swim after Event 85.

SUMMARY OF EVENTS

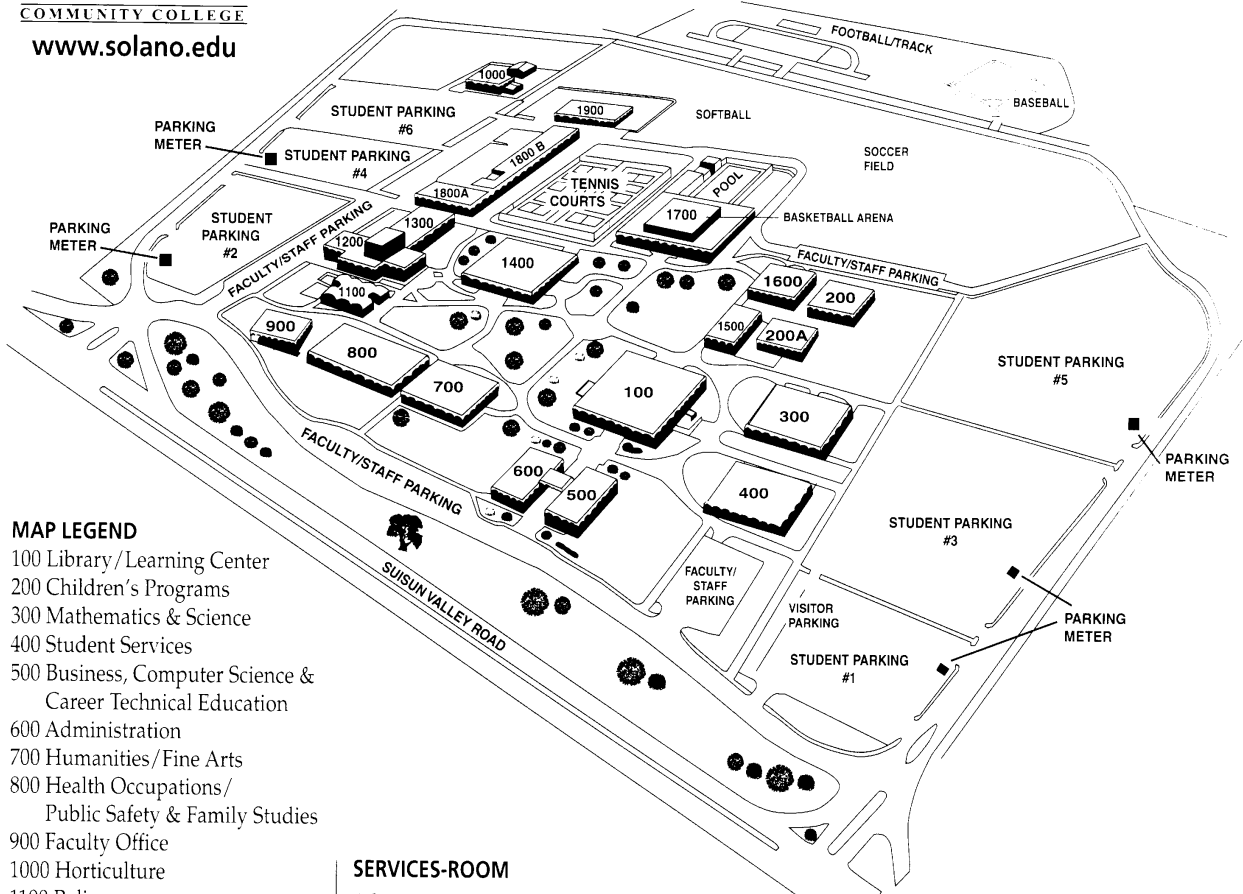
	8-Under	10-Under	11-12	13-14
Friday		200 Free 100 Fly 50 Back 100 Breast	400 IM 100 Free 50 Fly 100 Back 200 Breast 400 Medley Relay 1000 Free	400 IM 100 Free 100 Back 200 Breast 400 Medley Relay 1000 Free
Saturday	100 Free 50 Back 25 Breast 25 Free 50 Fly	500 Free (Boys) 100 Back 50 Breast 50 Free 100 IM 200 Medley Relay	400 Free Relay 500 Free (Boys) 200 Back 100 Breast 200 Fly 100 IM 50 Back 200 Medley Relay 1650 Free (Girls)	400 Free Relay 500 Free (Boys) 200 Back 100 Breast 200 Fly 200 Medley Relay 1650 Free (Girls)
Sunday	50 Breast 100 IM 25 Fly 50 Free 25 Back	500 Free (Girls) 200 IM 50 Fly 100 Free 200 Free Relay	500 Free (Girls) 200 IM 100 Fly 50 Breast 200 Free 50 Free 200 Free Relay 1650 Free (Boys)	500 Free (Girls) 200 IM 100 Fly 200 Free 50 Free 200 Free Relay 1650 Free (Boys)



www.solano.edu

Fairfield Map

4000 Suisun Valley Road, Fairfield, CA 94534, (707) 864-7000



MAP LEGEND

- 100 Library/Learning Center
- 200 Children's Programs
- 300 Mathematics & Science
- 400 Student Services
- 500 Business, Computer Science & Career Technical Education
- 600 Administration
- 700 Humanities/Fine Arts
- 800 Health Occupations/
Public Safety & Family Studies
- 900 Faculty Office
- 1000 Horticulture
- 1100 Police
- 1200 Music/Theatre
- 1300 Fine & Applied Arts & Behavioral Sciences
- 1400 Bookstore/Cafeteria/
Student Union
- 1500 Engineering/Math
- 1600 Cosmetology/Fine Arts
- 1700 Athletics/Physical Education
- 1800 Career Technical Education
- 1900 Facilities/Warehouse

SERVICES-ROOM

- Admission & Records - 400
- ASSC & Student Union - 1400
- Assessment Center - 442
- Boardroom - 626
- Bookstore - 1400
- Business & Personnel Office - 600
- Cafeteria - 1400
- CalWORKs - 435
- CARE Program - 426
- Career & Employment Services - 437
- Community Services & Training/
Vistas - 1638

- Contract Education
& Training - 151
- Counseling - 404
- Disability Services Program - 407
- EOPS - 426
- Financial Aid - 425
- Foundation - 614
- Information - 401
- Instruction Office - 600
- Learning/Tutoring Center - 100
- Library - 100

- MESA Program - 434
- Student Health Services - 1400
- Student Services - 433
- Superintendent/
President's Office - 627
- Theatre - 1200
- Transfer Center - 438
- Veteran's Affairs - 429
- Workforce & Economic
Development - 151

Solano Community College is located on Suisun Valley Road, just off Interstate 80, nine miles northeast of Vallejo (take I-80 east), and five miles southwest of Fairfield. Buses serve the campus from Vallejo, Benicia, Fairfield, Vacaville and Dixon.

PARKING

- VISITORS: 30 minutes FREE in Lot 1. \$1/day Parking Pass from meters.
- STUDENTS: Parking Decal \$20/semester spring & fall, \$5/Summer, enforced Monday-Thursday 8AM-7 PM, Fridays 8AM - 3PM, weekends free. Applies to Fairfield Campus, Vacaville and Vallejo Centers.