

“PENGUIN SPRINT MEET”
JUNIOR OLYMPICS QUALIFIER – SHORT COURSE METERS
Team Spirit Award, Relays, 400 Meter Free, 9 and Up 25 Free
Hosted by the Penguin Swim Team
Saturday May 8th, 2010

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction No. **44-10**
- LOCATION:** **Bear River High School, 11130 Magnolia Road, Grass Valley, California.**
Directions from Auburn, California: Take Highway 49 heading north towards Grass Valley, California, travel 10.2 miles to Combie Road. Turn right onto Combie Road, travel 0.8 miles and stay straight to go onto Magnolia Road. Travel another 0.2 miles on Magnolia Road. End at 11130 Magnolia Road. Take the 2nd entrance into Bear River High School. Please park in the main parking lot. Parking near the pool is reserved for meet officials. The pool is located in the back of the school and is just a short walk.
- COURSE:** New **8-lane pool**. 25 meters, heated, outdoor pool. 7 competition lanes will be used for competition. A warm-up and warm-down area will be available during the meet. Short course meter swim times may be used to qualify for the Sierra Nevada Swimming LSC Long Course Junior Olympics Meet.
The competition course has not yet been certified in accordance with 104.2.2C(4). In accordance with Article 202.3.6 the competition course has a pool depth at the start end of 7'0" at 3' 3 1/2" and 7'0" at 16'5" and at the turn end it is 4'0" at 3' 3 1/2" and 5'4" at 16'5. All events will be started at the Start End of the pool.
- TIMES:** Saturday Warm-ups start at 7:30 AM Meet begins no earlier than 9:00 AM.
- RULES:** Current USAS and Sierra Nevada Swimming rules will govern the meet, including warm-ups. The meet will be deck seeded. All events are timed finals.
Swimmers may swim all events available for their age.
- ELIGIBILITY:** All swimmers must have a current 2010 USA Swimming registration card. Swimmers must enter the number on their entry form if using mail entries. Entrants that are not currently registered at the time of entry 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 one week prior to the meet and, if validly pending, will be allowed to check-in and compete." All swimmers must swim in their respective age groups. Swimmers over the age of 18 may participate in 13&Up events, or 11&UP events, but will not receive awards or score points.
Be prepared to show your registration card. USA Swimming registration will be verified and enforced.
- CHECK IN:** Saturday: Swimmers must check in for the first four events by 8:30 AM. Swimmers in later events must check in at least 45 minutes before the estimated start of their event. Relay cards are due by 10:00 AM.
- ENTRIES:** **Option 1: Surface Mail Entries:** Entries on an individual consolidated entry form. This form must be completely filled out, including best short course yard times or best long course meter times. "No Time" entries will be accepted only if the swimmer has never swum this event. Enter "No Time" entries as NT.
Option 2: Online Meet Entries: Enter at: <https://ome.swimconnection.com> beginning **March 15, 2010** to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our 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. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming. Enter your best short course yard times or best long course meter times. "No Time" entries will be accepted only if the swimmer has never swum this event. Enter "No Time" entries as NT.
NOTE for individuals entering the 400 Meter Free, heats will be swum fastest to slowest and swimmers need to provide 2 timers willing to time 2 heats.
Swimmers may swim all events available for their age.
- ENTRY LIMITS:** **The meet will be capped at:**
Session 1 400 swimmers Session 2 50 swimmers
The Meet Director may choose to close the meet to entries before the cap is reached to comply with the four-hour rule. The Meet Director may alternatively choose to require scratches on Saturday if necessary to comply with the four-hour rule. Events scratched for this reason will be refunded at that time. Events scratched for other reasons will not be refunded. Entries will be accepted on a first-come-first-serve basis.
Entries received after the cap is reached will be returned.
- ENTRY FEES:** **\$3.00 PER INDIVIDUAL ENTRY** (INCLUDES \$.75 age group travel fund, \$.50 senior travel fund, \$.50 Sierra Nevada Swimming. In addition there is a **\$5.00 per swimmer pool surcharge** to help cover the cost of the pool.
NO REFUNDS. \$8.00 per Relay entry. Relay fees are not paid until the day of the relay event.

Meet Entry Coordinator - Brian Rhodes [brianrhodes4 @ comcast.net](mailto:brianrhodes4@comcast.net)
For mailed-in entries, make checks payable to PENGUIN SWIM TEAM and mail with entries to the
Meet Entry Coordinator at :
Brian Rhodes
PO Box 309
Cedar Ridge, CA 95924

DECK ENTRIES: Deck entries will be accepted ONLY if the entry limit is not reached and/or the four-hour rule for swimmers 12 and under can be satisfied. Deck entry fee will be \$3.50 per event (plus \$5.00 pool surcharge). Deck entries will not be scored or awarded. Meet will be deck seeded.

DEADLINES: **Mailed-in entries must be postmarked on or before Saturday, April 25, 2010.**
No phone, fax, or e-mail entries will be accepted. Mailed entries without money will not be accepted.
Deadline for Online Meet Entries is 11 PM, April 28, 2010.

PLEASE NOTE: Smoking will not be allowed on the deck, in bleachers, locker rooms or other areas designated as swimmer rest areas. Since we are at a high school facility smoking is not allowed anywhere on campus, including the parking lot. No pets are allowed; Overnight parking is not permitted on the high school campus.

Easy-ups on the pool deck are restricted to coaches only. Easy-ups should be set-up outside the enclosed pool area.

SNACK BAR: A snack bar will be available at the pool. A pancake breakfast will also be available on Saturday morning. Working officials and coaches will be served refreshments.

ADMISSION: Admission is free. A one-day program will be available for \$3.00. Meet T-shirts available for \$10.

AWARDS: **Ribbons** Large ribbons will be awarded 1st through 8th place. Separate awards will be made to the 13-14s, 15-16s, and 17-18s competing in the 13&UP events, to the 11-12s, 13-14s, 15-16s, and 17-18s competing in the 11&UP events, and to the 6 & unders competing in 8 & under events. 8 & Under swimmers will also receive 1 large participant ribbon upon request. The 11 and Up 400 Meter Free will be awarded ribbons in the same manner as the events in Session 1.

The 9 & Up 25 Meter Free events will not earn awards.

“A” medals will be awarded to “B” swimmers achieving new “A” times. Heat winners will earn a special treat.

Relays: Ribbons 1st through 3rd places only.

Teams may enter more than one relay team in a relay event, but only their fastest relay team will be eligible for an award.

Team Spirit Award: Awarded to the one visiting team that shows the greatest team spirit.
Cheer your team on and show your team colors and spirit.
The team spirit award will be presented at the conclusion of Session 1.

OFFICIALS: Head Referee: Gary Anderson Head Starter: Ron Hoff Meet Director: Dean Kruschke

MINIMUM OFFICIALS RULE:

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. One half-hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of officials comparing 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” in all respects for that session. If the minimum number of officials required to operate a sanctioned Sierra Nevada meet cannot be achieved, the session shall be canceled.

NUMBER OF SWIMMERS ENTERED IN MEET PER TEAM	# OF TRAINED & CARDED OFFICIALS REQUIRED PER TEAM
0 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 - 100	4

The Penguin Swim Team takes pride in providing excellent hospitality to the volunteers that work at our annual swim meet.

Short Course Meters Sprint Meet

Session 1	<u>Girls</u>	<u>Boys</u>		
	1	2	13 & Up	100 Back
	3	4	11-12	50 Back
	5	6	9-10	50 Back
	7	8	8 & U	25 Back *
	9	10	13 & Up	100 Fly
	11	12	11-12	50 Fly
	13	14	9-10	50 Fly
	15	16	8 & U	25 Fly *
	17	18	13 & Up	100 Breast
	19	20	11-12	50 Breast
	21	22	9-10	50 Breast
	23	24	8 & U	25 Breast *
	25	26	13 & Up	50 Free
	27	28	11-12	50 Free
	29	30	9-10	50 Free
	31	32	8 & U	25 Free *
	33	34	13 & Up	200 Medley Relay
	35	36	11-12	200 Medley Relay
	37	38	10 & U	200 Medley Relay
	39	40	9-10	25 Free *
	41	42	11-12	25 Free *
	43	44	13-14	25 Free *
	45	46	15-18	25 Free *

Session 2	<u>Girls</u>	<u>Boys</u>		
	47	48	11 & Up	400 Free

* The 25 Meter Events are not qualifying events for the Long Course Junior Olympics.

* Events 39-46, please use your Best 50 yard Free time as your entry time.