

**Spring Splash**  
**LONG COURSE AGE GROUP OPEN SWIM MEET**

Hosted by Sierra Marlins Swim Team

Folsom Aquatic Complex, 1200 Riley Street, Folsom , Ca. 95630

**April 23-25, 2010**

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

**SANCTION:** Held under USA Swimming/Sierra Nevada swimming Sanction Number: #12-10

**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 the parking lot directly across the street from the Aquatic Center, nor in the Walgreen's parking lot – Please use overflow parking @ Wal-Mart.**

**COURSE:** A 50-meter, 8 lane, outdoor heated pool; Two courses will be run, timed finals format. All events will be run Fastest to Slowest. Warm-up pool will be available.

**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:** THIS IS A SPLIT SESSION MEET

|   | <b>Warm-Ups</b>                          | <b>Meet Begins</b>                       |
|---|--|--|
| Friday                                    | <b>4:00pm</b>                            | <b>5:00pm</b>                            |
| Saturday and Sunday - <i>13 and Over</i>  | <b>7:00am</b>                            | <b>8:30am</b>                            |
| Saturday and Sunday – <i>12 and under</i> | 1 hour after the close of the am session | 1 hour after the close of the am session |

**\*\*\*\*The afternoon start time will be communicated no later than 1 hour after the start of the morning session. \*\*\*\***

**RULES:** Current USA Swimming and Sierra Nevada Swimming will govern the meet. All events are Long Course Meters. All events are timed finals. **Swimmers are limited to swim 2 events on Friday and 4 events per day on Saturday / Sunday (Max for any swimmer is 10 events for the meet).** Swimmers over the age of 18 may enter in the 9& over and 13&over events, but will not be awarded. The entire meet will be run 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 will need to respect walkway thoroughfare boundaries. No tarps or enclosed tents on the grass overnight - they must be removed. Public access to the facility will open Friday 2:00 pm. Smoking, tobacco products, and alcoholic beverages are not allowed within the Folsom Aquatic Center. Glass containers and pets are not allowed in the pool area. No pets on deck – Except Service Animals. Propane heaters are not allowed within the Folsom Aquatic Center.

**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.** Incomplete or illegible entries may require a collect call (or email if address is provided) in order to accept entries. Make checks payable to the Sierra Marlins Swim Team (or SMST). Entries must be postmarked by midnight, **Wednesday April 7th. On-line entries will be accepted until Monday, April 12<sup>th</sup>. Entries received with a post-mark before the meet opens Online will be returned un-opened.** Mail entries to:

Meet Entries  
SMST April Meet  
1644 Loma Verde Drive  
El Dorado Hills, CA 95762

**The meet is capped at 250 for Friday, 300 per AM session (13&over) and 300 for the PM Session (12&under). The cap will be determined by when the entries are received. Online entries are the best way to ensure you are entered in the meet.** Deck entries will be accepted only if the session cap is not reached, will swim for time only and will not be awarded. For inquiries about deck entries, email the meet director at [cadolley@yahoo.com](mailto:cadolley@yahoo.com) after Monday, April 12<sup>th</sup>. 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. **Swimmers are limited to swim 2 events on Friday and 4 events per day on Saturday / Sunday (Max for any swimmer is 10 events for the meet). Times may be verified by the Swim Connection Database**

**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. 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 4:45 p.m. Friday and 8:00 a.m. Saturday and Sunday to the Clerk of Course.

**AWARDS:** If there are more than 24 swimmers checked in for an event, there will be two flights. The fastest one-half of the total swimmers will be placed in the Blue Flight and the slower one-half of the total swimmers will be placed in the Red flight. If there are less than 24 swimmers entered in an event, all swimmers will compete in the Blue Flight. Ribbons will be awarded to 1<sup>st</sup> through 8<sup>th</sup> places in both Blue and Red Flights. 8 & Unders swimming in starred 10 & Under events will be awarded separately. 9 & over events will be awarded separately for 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded. 13 & Over Events will be seeded together by gender but awarded separately by age group (13-14, 15-16, 17-18, 18 & over will not be awarded). "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.**

**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 4:30 p.m. and by 8:00 a.m. on Saturday and Sunday for the AM sessions / 30 minutes prior to scheduled start time for the PM sessions. Swimmers 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:** At the discretion of the Meet Referee and the Meet Director, the 1500's may be swum 2 per lane. The 1500 Free will be seeded and swum as a combined age group, but will be awarded as separate age groups. **Swimmers must provide their own lap counters and timers for the 400 and 1500 Free. There will be no break before the start of the 1500's.** All events are being swum fastest to slowest.

**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: Will Halligan  
Admin Referee: Niffey Carmody  
Head Starter: Rebecca Landre  
Meet Director: Craig Dolley ([cadolley@yahoo.com](mailto:cadolley@yahoo.com))

Dress for officials is white shirts and blue pants/shorts/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.

## 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  |

**Clubs will be assigned Lanes for Timing**  
**Updates on Timeline and Timing Assignments will be posted on:**  
[www.teamunify.com/smst](http://www.teamunify.com/smst)

### Summary of Events by Age Group

|                            | 8 and Under                            | 10 and Under  | 9 & Over   | 11-12   | 13 & Over  |
|----------------------------|--|---|------------|---|--|
| <b>Friday<br/>Apr 23</b>   | 200 IM**                               | 200 IM*   | 400 Free## | 200 IM**<br>400 Free#   | 400 IM*<br>400 Free#   |
| <b>Saturday<br/>Apr 24</b> | 50 Back**<br>50 Free**                 | 200 Free<br>50 Fly**<br>100 Back<br>100 Breast<br>50 Free** |            | 200 Free<br>50 Fly<br>100 Back<br>100 Breast<br>50 Free                     | 200IM<br>100 Back<br>200 Breast<br>50 Free<br>100 Fly<br>1500 Free# (Girls)    |
| <b>Sunday<br/>Apr 25</b>   | 50 Fly**<br>50 Breast**<br>100 Free ** | 50 Back**<br>100 Fly<br>100 Free**<br>50 Breast**           |            | 200 Breaststroke<br>50 Back<br>100 Fly<br>200 Back<br>100 Free<br>50 Breast | 200 Free<br>100 Breast<br>200 Back<br>200 Fly<br>100 Free<br>1500 Free# (Boys) |

\*\* 8-Under will be seeded and swam in the 10-un events, but will be awarded separately.

12-under events swim as a combined age-group, but will be awarded as 11-12, 10-un, 8-un will be awarded separately where noted. 13 & Over events will swim as a combined age-group will be awarded separately to 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

## 9-over events will be awarded separately to 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

# Swimmers are responsible for providing their own timer and lap counter for this event.

**There will be no break before the start of the 1500's**

**At the discretion of the Meet Referee and the Meet Director, the 1500's may be swum 2 per lane**

**Friday, April 23**

| <b>Session 1*</b>          |                     |                  |              |
|----------------------------|---------------------|------------------|--------------|
| <b>Start Time – 5:00pm</b> |                     |                  |              |
| <b>Girls Event #</b>       | <b>Boys Event #</b> | <b>Age-Group</b> | <b>Event</b> |
| 1                          | 2                   | 12 & Under       | 200 IM       |
| 3                          | 4                   | 11 & Over        | 400 IM       |
| 5                          | 6                   | 9 & Over##       | 400 Free*@   |

@Swimmers must provide their own timer and lap counter for the 400 Free.

**Saturday, April 24**

| <b>Session 2*</b>          |                     |                  |                  |
|----------------------------|---------------------|------------------|------------------|
| <b>Start Time – 8:30am</b> |                     |                  |                  |
| <b>Girls Event #</b>       | <b>Boys Event #</b> | <b>Age-Group</b> | <b>Event</b>     |
| 7                          | 8                   | 13 & Over        | 200 IM           |
| 9                          | 10                  | 13 & Over        | 100 Backstroke   |
| 11                         | 12                  | 13 & Over        | 200 Breaststroke |
| 13                         | 14                  | 13 & Over        | 50 Free          |
| 15                         | 16                  | 13 & Over        | 100 Fly          |
| 51#                        |                     | 13 & Over        | 1500 Free#       |

| <b>Session 3*</b>   |                     |                  |                  |
|---|---------------------|------------------|------------------|
| <b>Start Time – 1 hour after the conclusion of the AM session</b> |                     |                  |                  |
| <b>Girls Event #</b>  | <b>Boys Event #</b> | <b>Age-Group</b> | <b>Event</b>     |
| 17  | 18                  | 12-under         | 200 Freestyle    |
| 19  | 20                  | 12-under         | 50 Butterfly**   |
| 21  | 22                  | 12-under         | 100 Backstroke   |
| 23  | 24                  | 12-under         | 100 Breaststroke |
| 25  | 26                  | 12-under         | 50 Free**        |

**Sunday, April 25**

| <b>Session 4*</b>          |                     |                  |                  |
|----------------------------|---------------------|------------------|------------------|
| <b>Start Time – 8:30am</b> |                     |                  |                  |
| <b>Girls Event #</b>       | <b>Boys Event #</b> | <b>Age-Group</b> | <b>Event</b>     |
| 27                         | 28                  | 13 & Over        | 200 Freestyle    |
| 29                         | 30                  | 13 & Over        | 100 Breaststroke |
| 31                         | 32                  | 13 & Over        | 200 Backstroke   |
| 33                         | 34                  | 13 & Over        | 200 Butterfly    |
| 35                         | 36                  | 13 & Over        | 100 Free         |
|                            | 52#                 | 13 & Over        | 1500 Free#       |

| <b>Session 5*</b>   |                     |                  |                   |
|---|---------------------|------------------|-------------------|
| <b>Start Time – 1 hour after the conclusion of the AM session</b> |                     |                  |                   |
| <b>Girls Event #</b>  | <b>Boys Event #</b> | <b>Age-Group</b> | <b>Event</b>      |
| 37  | 38                  | 11-12            | 200 Breaststroke  |
| 39  | 40                  | 12-under         | 50 Backstroke**   |
| 41  | 42                  | 12-under         | 100 Butterfly     |
| 43  | 44                  | 11-12            | 200 Backstroke    |
| 45  | 46                  | 12-under         | 100 Free**        |
| 47  | 48                  | 12-under         | 50 Breaststroke** |

\*All Events will be swam fastest to Slowest

13 & over events will be awarded separately to 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded. 12-under events will be awarded as 11-12, 10-un. 8-un will be awarded separately where noted.

\*\* 8-Under will be seeded and swam in the 10-un events, but will be awarded separately

## 9-over events will be awarded separately to 9-10, 11-12,13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

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#51 - 1500 Free - Girls swim on Saturday). Swimmers are responsible for providing their own timer and lap counter for this event. There is no break before the start of the 1500.

#52 - 1500 Free - Boys swim on Sunday). Swimmers are responsible for providing their own timer and lap counter for this event. There is no break before the start of the 1500.

**There will be no break before the start of the 1500's**

**At the discretion of the Meet Referee and the Meet Director, the 1500's may be swum 2 per lane**