

“PENGUIN PLUNGE” HIGH POINT SWIM MEET
BB + / - SWIM MEET
Individual High Point – Top 3, Team High Point, and Relays
Hosted by the Penguin Swim Team
September 25-26, 2010

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction No. **34-10**
- 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 yards, heated, outdoor pool. Warm-up and warm-down area will be available during the 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 7'0" at 3' 3 1/2" and 7' 0" at 16'5.
- TIMES:** Saturday/Sunday Warm-ups start at 7:30 AM Meet begins no earlier than 9:00 AM each day.
- 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. The minimum depth for racing starts during competition shall be four feet or more as measured from 1 to 5 meters from the end wall. If the depth is less than four feet, starts must be made in the water. A swimmer must be certified to do racing starts by the team coach or he/she will not be allowed to perform racing starts at the meet. The competition course has not been certified in accordance with 104.2.2C(4).
- ELIGIBILITY:** All swimmers must have a current 2010 or 2011 USA Swimming registration card and must enter the number on their entry form. 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 and Sunday: Swimmers must check in for the first four events each day by 8:30 AM. Swimmers in later events must check in at least 30 minutes before the estimated start of their event. Relay cards are due by 10:00 AM each day.
- ENTRIES:** **Option 1: Surface Mail Entries:** Entries on an individual consolidated entry form. This form must be completely filled out, including best short course time. "No Time" entries will be accepted only if the swimmer has never swum this event before. **Surface mail entries exceeding the max event rule will be returned.**
Option 2: Online Meet Entries: Enter at: <https://ome.swimconnection.com> beginning **July 19, 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. **NOTE** for individuals entering the 500 Free, heats will be swum fastest to slowest and swimmers need to provide 2 timers willing to time 2 heats.
Swimmers are limited to 4 individual events per session for Sessions 1 and 3.
Swimmers are limited to 1 individual event per session for Sessions 2 and 4.
NOTE Relay lead-off splits must be requested from the meet referee at the meet on the day of the swim.
- ENTRY LIMITS:** **The meet will be capped at:**
Session 1 350 swimmers, Session 2 64 swimmers, Session 3 350 swimmers, Session 4 250 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 either Saturday or Sunday or both days 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, September 11, 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, September 15, 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. Easy-ups may be left overnight but ground tarps must be removed each day.

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

ADMISSION: Admission is free. A two-day program will be available for \$4.00. Penguin Plunge t-shirts will be available for \$10.

AWARDS: **Ribbons** Larger ribbons will be awarded 1st through 8th in the Gold Division and regular ribbons awarded 1st through 8th in the Silver Division. Swimmers 9 and older with seeded BB times or faster in an event will be placed in the Gold Division. 7-8 year olds with seeded A times or faster in an event will be placed in the Gold Division. All 6 and under swimmers will be placed in the Gold Division. 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, each day, upon request. The 11 & UP 500 Free will not earn points, but ribbons will be awarded. Session 4 Events 99 thru 106 will not earn points or 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.
Relay events will be scored for 1st through 8th as follows: 18, 14, 12, 10, 8, 6, 4, 2.
Teams may enter more than one relay team in a relay event, but only their fastest relay team will score points.

Individual High Point Awards: The top 3 High point boy and girl in the following age groups: 6-un, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. Individual events will score points for the 8 fastest times swam, without regard to the Division, and will earn points as follows: 9, 7, 6, 5, 4, 3, 2, 1.
Any ties in the High Point awards will be broken by the fastest swim in the 25 Free (8 & Unders) or 50 Free (9 & Up) swam during the meet. Session 2 and Session 4 events do not earn points.

Team High Point Award: Awarded to the one team that scores the highest number of points.
There will be an awards presentation at the conclusion of the swim meet on Sunday.

OFFICIALS: Head Referee: Fred Stolp Head Starter: Will Halligan 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.

SCHEDULE OF EVENTS
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Saturday, September 25, 2010

Sunday, September 26, 2010

	Girls	Boys	Age Group	Event		Girls	Boys	Age Group	Event
Session 1	1	2	13 & Up	200 IM	Session 3	51	52	13 & Up	200 Free
	3	4	11-12	100 IM		53	54	11-12	200 Free
	5	6	9-10	100 IM		55	56	9-10	200 Free
	7	8	7- 8	100 IM		57	58	7- 8	100 Free
	9	10	13 & Up	100 Free		59	60	13 & Up	100 Breast
	11	12	11-12	100 Free		61	62	11-12	50 Breast
	13	14	9-10	100 Free		63	64	9-10	50 Breast
	15	16	8 & U *	25 Free		65	66	7- 8	50 Breast
	17	18	13 & Up	100 Back		67	68	13 & Up	200 Back
	19	20	11-12	50 Back		69	70	11-12	100 Back
	21	22	9-10	50 Back		71	72	9-10	100 Back
	23	24	7- 8	50 Back		73	74	8 & U *	25 Back
	25	26	13 & Up	200 Fly		75	76	13 & Up	100 Fly
	27	28	11-12	50 Fly		77	78	11-12	100 Fly
	29	30	9-10	50 Fly		79	80	9-10	100 Fly
	31	32	7- 8	50 Fly		81	82	8 & U *	25 Fly
	33	34	13 & Up	200 Breast		83	84	13 & Up	50 Free
	35	36	11-12	100 Breast		85	86	11-12	50 Free
	37	38	9-10	100 Breast		87	88	9-10	50 Free
	39	40	8 & U *	25 Breast		89	90	7- 8	50 Free
	41	42	13 & Up	200 Medley Relay		91	92	13 & Up	200 Free Relay
	43	44	11-12	200 Medley Relay		93	94	11-12	200 Free Relay
	45	46	10 & U	200 Medley Relay		95	96	10 & U	200 Free Relay
	47	48	8 & U	100 Medley Relay		97	98	8 & U	100 Free Relay
Session 2	49	50	11 & Up	500 Free **	Session 4	99	100	9-10	25 Free ***
						101	102	11-12	25 Free ***
						103	104	13-14	25 Free ***
						105	106	15-18	25 Free ***

* 6 and Unders will be scored and awarded separately for 8 and Under events.

** 11&Up 500 Free will not earn points for the High Point award, but ribbons will be awarded.

Ribbons for the 500 Free will be awarded separately for 11-12, 13-14, 15-16, 17-18.

*** Session 4 Events 99 thru 106 will not earn points or awards.

*** **Session 4 Events 99 thru 106, please use your best 50 Free swim time for your entry time.**