



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



Hosted by Sierra Marlins Swim Team
Folsom Aquatic Complex
April 19 - 21, 2013
Enter online at: <http://ome.swimconnection.com>

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 11-13. According to 202.4.13. In granting this approval, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

LOCATION: Folsom Aquatic Complex - 1200 Riley Street, Folsom, CA. 95630

PARKING: Free parking in designated areas of Lembi Park. 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. In accordance with Article 202.4.14B, the competition course has a pool depth at the start end of 7ft (Nearest to Warm-up Pool) and 7 to 13 feet (Diving Board End) at 3' 3 1/2" and 7ft (Nearest to Warm-up Pool) and 7 to 13ft (Diving Board End) at 16'5" and at the turn end is 7 ft (Nearest to Warm-up Pool) and 7 to 13 feet (Diving Board End) 3' 3 1/2" and 7 ft (Nearest to Warm-up Pool) and 7 to 13 feet (Diving Board End) at 16' 5".

According to 202.3.4.A, "Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

TIMES: THIS IS A SPLIT SESSION MEET

Times:

This is a split session meet

	Warm-Ups	Meet Begins
Friday	4:00 PM	5:00 PM
Saturday & Sunday – 12 and under	7:00 AM	8:30 AM
Saturday & Sunday – 13 and over	Immediately after the conclusion of the AM sessions	1 hour after the conclusion 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.

ELIGIBILITY: All swimmers must have a current USA Swimming Membership Registration in order to compete in the meet. Swimmers must enter their number on the entry form. Any swimmers entering as "pending" or "applied for, etc., will be verified with the SNS Registrar prior to the meet. SNS does not allow USA Swimming Registration at the meet.

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.

VIDEO AND PHOTOGRAPHY: All use of recording devices will be permitted in designated area's only. See [athlete protection](#) section. With proper credentials, press badges can be issued by the meet referee and must be worn at all times during the swim meet. Please refer to the chart [here](#) for a visual representation of approved video/photography areas.

The meet is capped at 250 for Friday, 350 per AM session (12 & Under), 325 for the PM Session on Saturday and 325 for the PM Session on Sunday. 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 smstmeetdirector@gmail.com after Monday, April 8th. Check <http://ome.swimconnection.com> for session open or closed status.

ONLINE ENTRIES: You may enter this meet online only. 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.** We will accept NT (No Time) in the event the swimmer is entering an event without a recorded time. Online entries will close April 11th.

ENTRY FEES: \$4.00 per event per swimmer, \$5.50 per event for Deck Entries. \$8.00 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 order to meet the Sierra Nevada Swimming 4-hour Rule. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed for food or 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 to the Clerk of Course on Friday by 4:45 PM and on Saturday and Sunday by 8:00 AM.

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 1st through 8th 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. 9-12 events will be awarded 9-10 and 11-12. 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" pins (or Medals if available) 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 1500 Free. There will be no break before the start of the 1500's. Lap counters will not be permitted for the 400 Free.** All events are being swum fastest to slowest.

ATHLETE PROTECTION: In furtherance of the USA Swimming and Sierra Nevada Swimming athlete protection program, the use of audio or visual recording devices, including a cell phones, photography of any form (video, digital, cell phone, iPad, SLR camera etc.) is not permitted in changing areas, rest rooms or locker rooms, behind the starting end of the pool. Deck changing and shaving are not permitted. Glass containers are not permitted on the pool deck. Smoking, tobacco products, and alcoholic beverages are not allowed.

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.

COACHES: All coaches must have evidence of their USA Swimming certification cards on hand. Any coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck. According to USA Swimming Rules, they may still coach from the stands.

OFFICIALS:

Role	Name	Email
Meet Referee	Rebecca Landre	rebecca@calwisp.com
Admin Referee	Pat Black	pkblack.edj@gmail.com
Head Starter	Jeff Anderson	jeff.anderson@kla-tencor.com
Head Chief Judge	Bill Rose	cbrose@omsoft.com
Meet Director	Scott Spradley	smstmeetdirector@gmail.com

All working officials are expected to display their active 2013 membership cards at the meet. Any official or trainee unable to present evidence of certification will not be allowed to officiate. Dress for officials is white shirts and blue pants/shorts/skirts and white walking shoes. Official briefing sessions will be 30 minutes prior to the beginning of each separate session in the classroom.

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	
<u>Number of swimmers per team entered in session</u>	<u># of trained and carded officials required</u>
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 on Saturday and Sunday Updates on Timeline and Timing Assignments will be posted on: www.teamunify.com/smst

Master Schedule of Events

	8 & Under	10 & Under	9 & Over	11 - 12	13 & Over
Friday 4/19		200 IM (9 – 12 ⁴)	400 Free ²	200 IM 400 Free ³	400 IM 400 Free ³
Saturday 4/20	50 Fly ¹ 50 Free ¹	200 Free 50 Fly ¹ 100 Back 100 Breast 50 Free ¹		200 Free 50 Fly 100 Back 100 Breast 50 Free	200 IM 100 Back 200 Breast 50 Free 100 Fly 1500 Free ³ (Girls)
Sunday 4/21	50 Back ¹ 100 Free ¹ 50 Breast ¹	50 Back ¹ 100 Fly 100 Free ¹ 50 Breast ¹		200 Breast 50 Back 100 Fly 200 Back 100 Free 50 Breast	200 Free 100 Breast 200 Back 200 Fly 100 Free 1500 Free ³ (Boys)

¹ 8-Under will swim and be seeded in the 10-un events, but will be awarded separately.

² 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.

³ Swimmers are responsible for providing their own timer and lap counter for these events.

⁴ 9-12 events will be swam together, but awarded as 9-10, 11-12.

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.

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

Daily Schedule of Events

Friday 4/19/2013			
Session 1			
Start Time - 5:00 PM			
Girls	Boys		
Event #	Event #	Age Group	Event
1	2	9 - 12	200 IM
3	4	11 & Over	400 IM
5	6	9 & Over ²	400 Free

Saturday 4/20/2013				Sunday 4/21/2013			
Session 2				Session 4			
Start Time - 8:30 AM				Start Time - 8:30 AM			
Girls	Boys			Girls	Boys		
Event #	Event #	Age Group	Event	Event #	Event #	Age Group	Event
7	8	12 - under	200 Freestyle	27	28	11 - 12	200 Breaststroke
9	10	12 - under	50 Fly ¹	29	30	12 - under	50 Backstroke ¹
11	12	12 - under	100 Backstroke	31	32	12 - under	100 Fly
13	14	12 - under	100 Breaststroke	33	34	11 - 12	200 Backstroke
15	16	12 - under	50 Free ¹	35	36	12 - under	100 Free ¹
				37	38	12 - under	50 Breaststroke ¹
Session 3				Session 4			
Start Time - 1 hour after conclusion of the AM session				Start Time - 1 hour after conclusion of the AM session			
Girls	Boys			Girls	Boys		
Event #	Event #	Age Group	Event	Event #	Event #	Age Group	Event
17	18	13 & Over	200 IM	39	40	13 & Over	200 Free
19	20	13 & Over	100 Backstroke	41	42	13 & Over	100 Breast
21	22	13 & Over	200 Breaststroke	43	44	13 & Over	200 Back
23	24	13 & Over	50 Free	45	46	13 & Over	200 Fly
25	26	13 & Over	100 Fly	47	48	13 & Over	100 Free
49 ³		13 & Over	1500 Free	50 ³		13 & Over	1500 Free

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

² 9-over and 9-12 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.

³ 49/50 - 1500 Free – (Girls swim on Saturday / 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.

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.

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.

UNAPPROVED/APPROVED PHOTOGRAPHY AND VIDEO – Photography and Video is approved in the Green areas, and is not approved in the RED areas. This is strictly enforced for the protection of the athletes.

