



*Summer Sanders Long Course  
JR+ Swim Meet  
&  
Time Trials*

*Hosted by California Capital Aquatics*

*Sponsored by:*



*June 14 - 16, 2013*

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

**\*\*This meet is pre-seeded, see check in/scratch rules for details\*\***

Sanction:

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: 14-13  
Time Trials held under USA Swimming/Sierra Nevada Swimming Sanction Number: 15-13

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 event."

Location:

**Roseville Aquatics Complex**

Traveling on I-80, exit Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right side:  
3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

Facility:

Outdoor, heated 9-lane, 50 meter course with touch pads at both ends. In accordance with 202.3.4.D, the competition course has a pool depth at the start end of 13ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. A state of the art Colorado Scoreboard provides race information to the competition venue. Locker rooms and rest area are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Restrictions:

**No overnight parking is allowed** by the City of Roseville at the Roseville Aquatics Complex. 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 meet venue. Glass containers, pets, or propane heaters are not allowed in the facility. **EZ Ups can stay up if they are fastened to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.**

**E-Z up set-up will not be allowed before 1:00pm on Thursday, June 13, 2013.**

Safe Sport

**According to USA Swimming Rule 202.3.4.E: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.** Sierra Nevada Swimming and California Capital Aquatics would like to further state that the use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at anytime.

**For the safety of the Athletes and according to 202.3.4.F, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is strongly discouraged.**

Rules:

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 unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All events are trials and finals format, except for the 800 and 1500m freestyles. **All swimmers are limited to three (3) individual events per day including Time Trials. Swimmers that meet at least one time standard, may enter one additional event as a bonus event.** Additionally, when a submitted entry time matches a time of record, in the Swim Connection database or SWIMS database, for the same swimmer, same age, same stroke, and same distance, only then will the entry time be accepted as a qualified entry time.

**The 1500m and 800m freestyle cannot be used as a bonus event. No converted times will be accepted.**

Eligibility:

Entrants must a current USA Swimming Registration prior to the competition. 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 registrations at the meet.

Meet Format:

**Scratch Rules:** Scratch Rule 207.11.6 will apply to a swimmer failing to compete in a trial heat for which he/she has not scratched and is seeded to swim. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6.C, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance with rule 207.11.6.A and 207.11.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.11.6.E).

Check-In/Scratch:

**THIS MEET IS PRESEEDDED.** All swimmers are automatically checked into their events that they are registered for. If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day, and scratched out of any additional events for that day.

The scratch deadline for Friday's events is Thursday, June 13, 2013 at 5:00pm.

The scratch deadline for Saturday's events is 30 minutes after finals begin on Friday night

The scratch deadline for Sunday's events is 30 minutes after finals begin on Saturday night

**To scratch any of Friday's events, email mark.brown.15@gmail.com prior to the deadline.**

Trials:

The meet will be seeded according to submitted times. The fastest or the first three heats of each event will be circle seeded with exception of the events previously identified as timed finals. This meet will run **fastest to slowest** in all events.

Finals Check-In:

If you are one of the 27 finalists, **you will be seeded in finals unless you scratch during the appropriate time.** Alternates will not be penalized. Swimmers will have 30 minutes, after the results of their completed events are announced, in which to scratch or declare their intent to scratch. **Swimmers will be seeded in finals unless they scratch.** Refer to the scratch rules for penalties 207.11.6.D(1)

Finals:

We will be using nine lanes. There will be a Bonus Final, Consolation Final, and Championship Final (swum in that order) in each event \*except the 800 and 1500m freestyle events.  
**\*The top 9 seeded swimmers of the 800m/1500m will swim these events at finals, as the FIRST EVENT of the Friday/Saturday Finals session,** with no Bonus or Consolation Final in these events.

Time Trials:

*Time Trials will only be offered to those swimmers that are entered in the meet.* No Time Trials will be offered for the 800 and 1500-meter freestyle events. For all other events, Time Trials will be offered in the order of that days scheduled events, then, if time permitting, then the previous day's events will be offered. **Swimmers must provide their own timers for Time Trial events. Swimmers cannot exceed 3 events per day including Time Trials. If a scratch-down is needed to swim Time Trials, No Refunds of entry fees will be given.**

Time Trials will be offered at **\$10.00 per event.** Time Trials will start 30 minutes after the completion of preliminaries for that day's session. The deadline for Time Trial Entries will be announced, when the estimated preliminary timelines are available. Time Trial entry forms will be at the Clerk of Course by 7AM on Friday and will be accepted until **11:00 am each day.** Swimmers are only allowed 2 Time Trial swims for the entire meet.

Entries:

There are two options for meet entries:

**Option # 1: On-line entries,** enter at: <http://ome.swimconnection.com/meets> 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 are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming. **On-line entries must be received before 11:59PM on Thursday, June 6, 2013.**

**Option # 2: SAMMS entries use a CONSOLIDATED ENTRY CARD** (copy attached). Entry cards must be completely filled out. The entry card may be reproduced. The entry card is available from the Sierra Nevada Swimming internet web site: <http://sn-swimming.org>. Entries must be postmarked on or before **Friday, May 31, 2013,** or hand delivered to the Roseville Aquatics Complex box marked "Summer Sanders Entries/Meet Director" **before 7:30PM on Wednesday, June 5, 2013. Absolutely no late, telephone, or "no time," entries will be accepted. No refunds.**

Send SAMMS entries to:

Summer Sanders Jr+  
c/o Mark Brown  
6721 5<sup>th</sup> St.  
Rio Linda, CA  
95673

Entry Fees:

The meet entry fee is **\$5.00** per event (includes \$1.00 Age Group Travel, \$.50 Senior Travel, \$.50 SNS General Fund), plus **\$12.00** per swimmer pool charge. For SAMMS entries, make checks payable to: **California Capital Aquatics**

Admission:

Admission is free.

Three-day programs will be available for \$6.00 (includes finals sheets for Friday, Saturday, and Sunday).

Snack Bar:

A snack bar is available with a lunch menu, refreshments, and snacks.

Hospitality:

Officials and Coaches will be served a lunch and dinner as well as snacks and refreshments through the day. Timers will be given refreshments and snacks.

Coaches:

All coaches must have evidence of their 2013 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. Programs will only be given to coaches whose cards are visible.

Officials:

MEET REFEREE: Bill Rose  
ADMIN REFEREE: Mary Ruddell  
HEAD STARTER: Bill Fisher  
MEET DIRECTOR: Pete Votava [rsqpete@yahoo.com](mailto:rsqpete@yahoo.com)

USA Swimming National Evaluator: Paul Jones

**All Certified officials with current USA Swimming registration from any LSC are welcome to work this meet.** At the meet, all working officials must display their 2013 USA Swimming Membership Card, with the Background Check and Athlete Protection Training expiration dates showing on the card. Trials dress for all officials will be white polo shirts and navy blue pants/shorts/skirts. Weather permitting, dress for the finals session on Friday, Saturday and Sunday will be long navy blue pants or skirts and a Hawaiian shirt.

**Officials must apply to work this meet.** All Officials **wanting an assigned position** need to send to the Meet Referee their application to work **before Wednesday, June 5, 2013. All Stroke and Turn Officials need to apply by sending their application to the Meet Referee before Monday, June 10, 2013. This is a qualifying meet for National Officials Certification.** We will apply for approval that this meet will be a Qualifying Meet for National Officials Certification. In order for the LSC Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement by the National Evaluator. In order for the N2 Officials to advance to their highest certification, the Official needs to have officiated at a minimum of four (4) sessions at two "Qualifying" meets in the 36 months prior to applying for the N3 Certification. **In order for the Qualifying Meet to be valid for the Official, the Official has to work four (4) sessions.** All officials are urged to attend the mini-clinic briefings, whether or not they desire N2 or N3 certification evaluations. Remember, in order to be eligible for the N2 or N3 certification, an official has to have been an official for at least a year at the LSC level or equivalent. It is expected that swimmers will be capable of swimming National Championships and/or Junior National Championship qualifying times at this meet. This meet is open to all Officials who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to be evaluated at this meet, please email request form to the **Meet Referee**, Bill Rose, at [cbrose@omsoft.com](mailto:cbrose@omsoft.com). We will try to accommodate all requests for evaluation but this may not be possible, especially at the Deck Referee, Starter and Chief Judge positions. Requests will be considered in the order in which they are received.

**Schedule of Official's Briefings:**

Official's Briefing for Prelims on Friday, Saturday and Sunday begin at 7:30am (required for all officials).  
Official's Briefing for Finals on Friday, Saturday and Sunday begin at 4:30pm (required for all officials).

Required Number of Officials:

Each team shall, by the entry deadline, provide to the Meet Referee a list of officials who have agreed to represent the 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 a sufficient number of officials as indicated in the following table shall have all of their swimmers treated as "time only" in all respects for the session. Neither the athletes nor the team shall be eligible for awards.

Number of Swimmers Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100<	5

	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Warm-ups:</u>	7:00-8:15 am	7:00-8:15 am	7:00-8:15 am
<u>Meet Begins:</u>	8:30 am	8:30 am	8:30 am
<u>Finals Warm-Up:</u>	4:30pm	4:30pm	4:30pm
<u>Finals Begin:</u>	5:30pm	5:30pm	5:30pm

Warm-Up Rules:

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

- Marshals / Lifeguards shall be on the pool 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).
- 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 backstroke is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins and other devices are not allowed during general warm-up. The use of hand-paddles at any time during which touch pads are installed is forbidden.

All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. Any swimmer without a coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

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.

Order of Seeding:

Events will be seeded as follows: All times earned previously, whether they are meters, yards or short course meters will be acceptable if they meet the minimum entry times. In seeding these times, the conforming times (meters) will be arranged in time order. In a long course championship meet, the non-conforming short course meter times will be arranged in time order next, followed by non-conforming yard times. As bonus times are allowed, they will be seeded following the times that met the qualifying times which are the conforming times, the non-conforming short course meter times and the non-conforming yard times. These bonus times will then be arranged in time order after the times that meet the qualifying standard, in the order of conforming meters, non-conforming short course meters and then non-conforming yards. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7.B

Awards:

High Point awards will be given to the top three women and men.

**Individual Point Distribution**

	<u>1<sup>st</sup></u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>	<u>4<sup>th</sup></u>	<u>5<sup>th</sup></u>	<u>6<sup>th</sup></u>	<u>7<sup>th</sup></u>	<u>8<sup>th</sup></u>	<u>9<sup>th</sup></u>
Finals:	22	19	18	17	16	15	14	13	12
Consolations:	10	8	7	6	5	4	3	2	1
Bonus:	(no points awarded for Bonus Heat)								

Distance Events:

**The 800m and 1500m freestyles will be swum as timed finals during preliminary heats, except for the top 9 swimmers in each event, which will be swum as the FIRST EVENT IN FINALS ON Friday/Saturday respectively.** Swimmers entered in the 800m/1500m must positively check in by 8:00am on Friday/Saturday. Heats will be swum fastest to slowest, alternating women, then men. Swimmers shall provide their own timers. California Capital Aquatics will provide lap counter devices.

Order of Events:

Listed below is the order of events and the time standards for each event. Swimmers must meet the time standard in either LCM or SCY to swim that event. Swimmers that meet at least one time standard may enter an additional event as a bonus event on that same day.

The bonus events must be indicated on the entry card by placing a "B" after the event number. Bonus Events must also meet the Bonus Time Standard for that event which is also listed below. **"No Time" and converted times will not be accepted for bonus events**

**WOMEN'S EVENTS****MEN'S EVENTS**

	Number	Meters	Yards	Number	Meters	Yards
<b><u>Friday, June 14</u></b>						
200 Freestyle	1	2:26.79	2:12.09	2	2:17.99	2:04.09
100 Butterfly	3	1:16.39	1:09.09	4	1:12.09	1:05.09
200 Breaststroke	5	3:12.39	2:54.09	6	3:01.89	2:44.09
100 Backstroke	7	1:18.29	1:11.09	8	1:16.99	1:08.09
800 Freestyle (W)**	9	10:44.39	12:10.09 (1000)			
1500 Freestyle (M)**				10	19:29.99	18:30.09 (1650)
<b><u>Saturday, June 15</u></b>						
400 Individual Medley	11	5:59.49	5:15.09	12	5:42.99	5:00.09
100 Breaststroke	13	1:28.59	1:20.09	14	1:23.49	1:15.09
200 Backstroke	15	2:46.99	2:30.09	16	2:45.69	2:28.09
50 Freestyle	17	0:31.49	0:28.09	18	0:29.69	0:26.09
1500 Freestyle (W)**	19	20:05.99	19:35.09 (1650)			
800 Freestyle (M)**				20	10:16.99	11:30.09 (1000)
<b><u>Sunday, June 16</u></b>						
100 Freestyle	21	1:07.79	1:01.09	22	1:03.69	0:57.09
200 Butterfly	23	2:51.59	2:35.09	24	2:43.69	2:27.09
200 Individual Medley	25	2:46.89	2:30.09	26	2:38.49	2:22.09
400 Freestyle	27	5:09.29	5:50.09 (500)	28	4:56.29	5:30.09 (500)

\*\* Finals will follow this event order with the exception of the 800m/1500m freestyle. **The top 9 seeded 800m/1500m swimmers will swim the 800m/1500m as the FIRST EVENT of finals on Friday/Saturday evening.**

**Bonus Event Time Standards:**

	WOMEN'S EVENTS			MEN'S EVENTS		
	Number	Meters	Yards	Number	Meters	Yards
<b><u>Friday, June 14</u></b>						
200 Freestyle	1	2:37.69	2:19.89	2	2:34.89	2:16.19
100 Butterfly	3	1:22.89	1:13.19	4	1:21.49	1:11.69
200 Breaststroke	5	3:23.69	2:56.89	6	3:20.79	2:52.89
100 Backstroke	7	1:23.29	1:14.19	8	1:23.59	1:12.29
<b><u>Saturday, June 15</u></b>						
400 Individual Medley	11	6:23.99	5:36.09	12	6:20.19	5:28.89
100 Breaststroke	13	1:33.79	1:22.19	14	1:32.49	1:20.49
200 Backstroke	15	3:23.69	2:35.89	16	2:56.39	2:32.89
50 Freestyle	17	33.69	29.49	18	32.59	28.59
<b><u>Sunday, June 16</u></b>						
100 Freestyle	21	1:13.49	1:03.09	22	1:11.39	1:02.69
200 Butterfly	23	2:59.29	2:38.59	24	2:58.49	2:35.29
200 Individual Medley	25	2:59.79	2:37.59	26	2:58.09	2:35.59
400 Freestyle	27	5:32.39	6:09.29 (500)	28	5:27.09	6:04.69 (500)

*Please see a full list of hotel accommodations, restaurants, and other activities in the area at:*

[www.placertourism.com](http://www.placertourism.com)

