



# Heritage Plaza Redding AGO



November 9-10, 2013  
Hosted By Redding Swim Team

(Online entries at: <http://ome.swimconnection.com/meets>)

- Sanction:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 56-13
- According to 202.2.8 or 202.2.13, "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." 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."
- Location:** **Shasta Community College, 11555 Old Oregon Trail, Redding 96003.**  
Directions to the pool: From I-5 take 299 East/Burney Exit (#680), turn east onto 299 East, proceed approximately 2 miles to Old Oregon Trail/Shasta College exit, turn left (north) at the signal onto Old Oregon Trail. The college will be on the right. Drive .6 miles to the second Shasta College entrance and proceed east approximately .3 miles to a large parking lot. The pool is located east of the gym.
- Facility:** Competition will be conducted in a 25 yard 8 lane outdoor heated pool. In accordance with 202.3.4D, the competition course has a pool depth of 4' at 3' 3 1/2" and 4' 6" at 16' 5". The competition course has been certified in accordance with 104.2.2C(4). A copy of such certification is on file with USA Swimming. A separate 25-yard pool section will be available for continuous warm-up throughout the meet.
- Times:** On Saturday, competition will begin at 10:00 a.m. Warm-ups on Saturday will begin no earlier than 8:30 a.m. and will continue until 9:45 a.m. On Sunday, competition will begin at 9:00 a.m. Warm-ups on Sunday will begin no earlier than 7:30 a.m. and will continue until 8:45 a.m.
- Check-in:** Close of check-in for the first 4 events shall be no more than 30 minutes before the scheduled start time of the meet. Close of check-in for subsequent events shall be no more than 30 minutes before the estimated start time of the first heat of the event. The meet will be deck seeded. All swimmers, or their coach or parent, must check-in prior to the close of their event.
- Rules:** Current USA Swimming/Sierra Nevada Swimming rules shall govern the meet. All events are timed finals. **Swimmers are limited to 4 individual and one relay event per day.** Deck entries will be accepted with proof of registration, but not awarded or scored. The Junior+ and AGO meets run concurrently. Swimmers may only swim in one meet per day. Meet programs will only be given to coaches whose cards are visible. According to 202.3.4.E: "Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms." Sierra Nevada Swimming and the host team, Redding Swim Team, would like to further state that, "The audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time." According to 202.3.4.F: "Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged."
- Eligibility:** All swimmers must have a current USA Registration Card and must enter the number on their entry cards. 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 one week prior to the meet and, if validly pending, will be allowed to check in and compete.
- Relays:** All relays are timed finals. **Relay cards must be turned in by 10:30 a.m.** Relay cards must list the names of all swimmers and alternates who might swim. Teams may put together as many relays as they are able. Relays will not be broken out into individual age groups.



**Hospitality:** There will be a snack bar. Snacks, lunch, and refreshments will be served to all working officials, timers, and coaches.

**Restrictions:** Smoking or use of other tobacco products is not allowed anywhere within the swim venue including swimmer rest areas. Alcoholic beverages and pets are not allowed on the Shasta College Campus. Use of portable propane heaters are not allowed in the pool area or on the school grounds

### SATURDAY

Girls #	Event	Age Group	Boys #
1	200 Free	11 & over	2
3	200 Free	10 & under	4
5	100 Fly	11 & over	6
7	50 Fly	9 - 10	8
9	25 Fly	8 & under	10
11	100 Breast	11 & over	12
13	50 Breast	9 - 10	14
15	25 Breast	8 & under	16
17	100 IM	11 -12	18
19	100 IM	10 & under	20
21	200 Medley Relay	11 & over	22
23	200 Medley Relay	10 & under	24

### SUNDAY

Girls #	Event	Age Group	Boys #
25	200 I.M.	11 & over	26
27	200 I.M	10 & under	28
29	50 Free	11 & over	30
31	50 Free	10 & under	32
33	100 Back	11 & over	34
35	50 Back	9 - 10	36
37	25 Back	8 & under	38
39	100 Free	11 & over	40
41	100 Free	10 & under	42
43	200 Free Relay	11 & over	44
45	200 Free Relay	10 & under	46

The 10 & under individual events will be scored and awarded as 8 & under and 9-10. 11 & over individual events will be scored and awarded as 11-12, 13-14, and 15 & over. Relays will not be broken out into individual age groups.

**Please note:** This meet will run concurrent with the Junior + Meet. Swimmers may ONLY swim in one of the meets per day.

## Suggested Hotel in Redding



### **Red Lion Hotel**

1830 Hilltop Drive, Redding, CA. 96003  
530-221-8700

## Suggested Restaurants

### **Olive Garden Restaurant**

1025 Dana Drive  
Redding, CA 96003  
(530) 221-0158

### **Famous Daves Bar-B-Que**

815 Browning Street  
Redding, CA 96003  
(530) 226-7427

### **Red Robin**

1035 Dana Drive  
Redding, CA 96003  
(530) 222-5999

### **Redding's Ultimate Pizza**

1730 Pleasant Street  
Redding, CA 96001  
(530) 241-8646

