

# NORTH VALLEY AQUATIC LEAGUE

## Swimming Championships

**Hosted by the Redding Swim Team  
Friday, Saturday and Sunday  
August 1, 2, 3, 2014**

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

**Sanction:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 39-14  
In granting this sanction, 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:** **Redding Aquatic Center, 44 Quartz Hill Road, Redding, CA 96003.** From I-5: Take 299 East/Burney Exit (#680), turn west onto Lake Blvd. and drive approximately .7 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is about a half mile on the left.

**Facility:** Competition will be conducted in a **25 yard** 15 lane outdoor pool. The competition course has a pool depth at the start and turn ends that varies from 5' at the shallow end to 12' at the deep end, in accordance with Article 202.2.9.C. The 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 will be available for continuous warm-up throughout the meet.

**Meet Start Times:** Competition begins at 2 p.m. on Friday with warm-ups beginning no earlier than 12:30 p.m. Competition begins at 9 a.m. on Saturday with warm-ups beginning no earlier than 7:30 a.m. On Sunday, competition will begin at 9:15 a.m. with warm-ups beginning no earlier than 7:30 a.m. and ending at 8:45 a.m. to allow time for the Tribute to the Graduates prior to competition. Officials' meeting will begin 30 minutes prior to the start of each session. Coaches' meeting will begin 15 minutes prior to the start of each session.

**Check-In:** Meet will be deck seeded. Swimmers, or coach or parent, must check-in prior to the close of their event.

	FRIDAY		SATURDAY		SUNDAY	
<b>Check-In Open</b>	12:30 p.m.		7:30 a.m.		7:30 a.m.	
<b>1<sup>st</sup> Six Events Close At</b>	#1 – 6 1:30 p.m.		#7-12 8:30 a.m.		#47 – 52 8:30 a.m.	
<b>Next 10 Events Close At</b>	N/A		#13 – 22 9 a.m.		#53 – 62 9:15 a.m.	
<b>Remaining Events Close At</b>	N/A		#23 – 36 10 a.m.		#63 – 76 10 a.m.	
<b>Relay Cards Due By</b>	N/A		#37-46 10 a.m.		#77-86 10 a.m.	

**Safe Sport:** Pursuant to USA Swimming Rule 202.3.9.H. 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 the Redding Swim Team would further state: Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting area at any time. Pursuant to USA Swimming Rule 202.3.9.I Changing into or out of swimsuits other than in locker rooms or designated areas is not appropriate and is prohibited. Changing in or out of swimsuits must be done in the bathrooms.

**Rules:** Current USA Swimming/Sierra Nevada Swimming rules shall govern the meet, including warm-ups. 202.3.2, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. If an athlete is attending the meet without a USA Swimming member coach, the Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

All events are timed finals and will be swum fastest to slowest. Swimmers 11 and up are limited to eight (8) individual events and two (2) relay events for the meet. Two (2) of the eight individual events must be on Friday. Swimmers 10 and under are limited to seven (7) individual events and two (2) relay events for the meet. One (1) of the seven individual events must be on Friday. **Only enter the allowed number of events. No refunds.** Only two events per swimmer are allowed on Friday.

Swimmers age 8 and under are encouraged to enter the 100 IM only if they have a valid time and have swum this event legally at least once in a previous meet.

**Eligibility:** All swimmers must have a current USA Swimming 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 SwimConnection 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.

All swimmers must be attached to a North Valley Aquatic League (NVAL) and must meet NVAL requirements, including having swum in at least two (2) league meets (dual meets or meets hosted by NVAL teams) in the 2014 season, as defined in the NVAL bylaws. Sierra Nevada Rules state that if a swimmer has switched teams during the year that they MUST serve a 120 day waiting period before they are allowed to swim for their new team as an attached swimmer, unattached swimmer may not swim in NVAL Championships. Sierra Nevada Junior Olympics Meet is to be included as a League meet as amended in the NVAL bylaws. Write in the two League meets (date and name of meet) on the attached entry form. Additionally, each North Valley team must have paid their NVAL dues prior to the entries deadline. Teams that have not paid their dues are considered "not in good standing" with NVAL and, therefore, may NOT participate.

**Entries:** Entries may be done online, on a computer disk using Hy-Tek, or on the provided NVAL entry card. TEAM ENTRIES MUST BE DONE ON A HY-TEK FILE. Team entries sent in bulk on individual entry cards will not be accepted. The Hy-Tek file is available by emailing [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com). Entries can be emailed back by a representative of that team with the Hy-Tek entry file. Any team entering this way will need to mail in a check made payable to RAD by July 31, 2014. Entry cards must be completely filled out. Swimmers must enter their fastest times and must list the two meets they have swum to qualify. Entries using Hy-Tek, please make a backup copy for yourself in case of problems. All entered times are final. No changes will be allowed after the deadline for submitting entries. "NO TIME" ENTRIES WILL NOT BE ACCEPTED. **Entries will not be accepted without entry fee.** No individual deck entries will be accepted. Only relays will be deck entered. RELAY ONLY swimmers must complete a standard entry card, pay pool surcharge, by entry deadline.

**ONLINE ENTRIES:** Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter by using mail entry. **(Online meet entry is in no way required or expected in order to enter this meet). Deadline for online entries ONLY is Tuesday, July 29 at midnight,** all other entries are due Monday, July 28th.

**Relays:** Relays will be deck entered and cost \$8.50 per relay. Relay cards are due by 10 a.m. on the day they are to be swum. Relay team division designation is based on the designation of the team. The four members of a relay team may be a combination of seasonal and year round swimmers from the same team. Only one relay per team will be scored and awarded.

**Entry Fee:** **\$4.00 per individual event (includes \$0.50 for SNS General Fund, \$1.00 for Age Group Travel Fund, \$0.75 for Senior Travel Fund). \$8.50 per relay (includes \$1.00 for SNS, \$2.25 for Age Group Travel Fund, and \$1.25 for Senior Travel Fund), and relay only swimmers must pay pool surcharge to be eligible to swim. Pool Surcharge Fee is \$8.00 per swimmer. All fees are non-refundable.**

**Make checks payable to Redding Swim Team and mail to:** Redding Swim Team

**Entry Deadline:** July 28, 2014 Mailed and hand-delivered. (**ONLINE ENTRIES** deadline is July 29th.)  
Contact Us at: reddingswimteam@yahoo.com Phone (530)246-2666

**Officials:** Meet Referees: Bill Fisher Meet Director: Leslie Pincin  
Admin Official: Dan Rupp Head Starter: Rob Griffith

**Officials' Dress:** White polo shirts and navy blue long/short pants. All working officials must display membership cards at the meet.

**Minimum Official's Rules:** Each team shall, by entry deadline, provide to the Meet Referee or Meet Director's designee 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 each session 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" swimmers in all aspects for that session.

Number of Swimmers entered in meet per Team	Number of Trained and Carded Officials Required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

**Coaches:** Shall present their 2013 USA Membership Cards to receive their program and lunches.

**Admission:** Free. Three-day programs will be available for \$6.

**Awards:** "A" Medals will be awarded to all swimmers achieving a new "A" time. Individual events are divided into two (2) divisions, Seasonal and Year Round. Each division will score first (1<sup>st</sup>) through twelfth (12<sup>th</sup>) place. Relays will be swum as only one division, and scored as one division, but the points credited to any team will be reflected in the divisional standings, and will be awarded to sixth (6<sup>th</sup>) place. This means that a Seasonal team will be credited points towards their Seasonal total, and Year Round teams will be credited points toward their Year Round total. Eight (8) & under events will be scored and awarded separately as 7-8, and 6 & un groups. The top five (5) high-point winners in each age group in both divisions will be known as the "NVAL All Star Swimmers" and will be awarded a trophy.

**Scoring:** As per rule number 102.25.4, the scoring will be based on awarding and scoring as follows:  
Individual events . . . . . 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1  
Relay events . . . . . 32, 26, 24, 22, 20, 18

**Team Scoring:** Teams are divided into two (2) groups, Seasonal and Year Round. Any team who has more than 20% of their swimmers entered into Championships as year round members will be classified as a Year Round team. Teams will be awarded first (1<sup>st</sup>) through third (3<sup>rd</sup>) in each group: Seasonal and Year Round.

**Restrictions:** No overnight parking is allowed by the City of Redding at the Redding Aquatic Center. Smoking or the use of tobacco products is not allowed anywhere within the swim venue including swimmer rest areas. The sale and use of alcoholic beverages is prohibited in all areas of the meet venue and are not allowed in the park. Glass containers as well as pets are prohibited in the pool area. Please bring shade for your team areas. Team areas are **NOT** allowed on the pool deck! Please set up on the grass areas inside or outside the fence. All tarps need to be removed from the grass at the conclusion of each day's competition. Personal propane heaters will not be allowed inside the facility.

**Concessions:** A snack bar with healthful meals, drinks and snacks will be available. Hospitality will be provided to all volunteers and officials throughout the meet.

## NVAL ORDER OF EVENTS

**Friday**

		DESCRIPTION			
GIRLS EVENT #	BOYS EVENT #	AGE GROUP	EVENT		
1	2	11 & up	500 Free		
3	4	12 & un	100 I.M.		
5	6	11 & up	200 I.M.		

**Saturday**

GIRLS EVENT #	BOYS EVENT #	AGE GROUP	EVENT		
7	8	15-18	100 Free		
9	10	13-14	100 Free		
11	12	11-12	100 Free		
13	14	9-10	100 Free		
15	16	8 & un	50 Free		
17	18	15-18	100 Fly		
19	20	13-14	100 Fly		
21	22	11-12	50 Fly		
23	24	9-10	50 Fly		
25	26	8 & un	25 Fly		
27	28	15-18	100 Back		
29	30	13-14	100 Back		
31	32	11-12	50 Back		
33	34	9-10	50 Back		
35	36	8 & un	25 Back		
37	38	15-18	200 M.R.		
39	40	13-14	200 M.R.		
41	42	11-12	200 M.R.		
43	44	9-10	200 M.R.		
45	46	8 & un	100 M.R.		

**Sunday**

GIRLS EVENT #	BOYS EVENT #	AGE GROUP	EVENT		
47	48	8 & un	100 Free		
49	50	9-10	200 Free		
51	52	11-12	200 Free		
53	54	13-14	200 Free		
55	56	15-18	200 Free		
57	58	8 & un	25 Breast		
59	60	9-10	50 Breast		
61	62	11-12	50 Breast		
63	64	13-14	100 Breast		
65	66	15-18	100 Breast		
67	68	8 & un	25 Free		
69	70	9-10	50 Free		
71	72	11-12	50 Free		
73	74	13-14	50 Free		
75	76	15-18	50 Free		
77	78	8 & un	100 F.R		
79	80	9-10	200 F.R		
81	82	11-12	200 F.R		
83	84	13-14	200 F.R		
85	86	15-18	200 F.R		

Individual events will be scored/awarded in their own age groups (6 & un, 7-8, 9-10, 11-12 , 13-14, 15-16, and 17-18).

# 2014 North Valley Aquatic League Swimming Championships

## ENTRY FORM

August 1,2,3 2014

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Phone Number: \_\_\_\_\_

Circle one: Boy / Girl Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Sierra Nevada Registration ID: \_\_\_\_\_  
(birthday month/day/year/first 3 letters of first name/middle initial/first four letters of last name)

Team Name: \_\_\_\_\_

Coach Name: \_\_\_\_\_

*NOTE: Swimmers 11 & up may enter eight (8) events, two (2) of which MUST be swum on Friday. Swimmers 10 & under may only swim seven (7) events, one (1) of which MUST be swum on Friday. Only two (2) events per swimmer are allowed Friday.*

Event #	Stroke	Entry Time*
Friday		
Saturday		
Sunday		

\_\_\_\_\_ Events x \$4 = \$ \_\_\_\_\_  
 Pool Surcharge Fee \$8 = \$ \_\_\_\_\_  
 TOTAL ENCLOSED \$ \_\_\_\_\_

Please list the name and date of two league meets:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

Please make checks payable to: Redding Swim Team, and give to your coach to mail to:

Redding Swim Team – 2014 NVAL  
 P.O. Box 992112  
 Redding, CA 96099-2112

**\* Please insert an entry time as “no time” entries will not be accepted.**