

FRAC**FRAC AGO Invitational****FRAC****FEBRUARY 20-22, 2015***Hosted by:**Feather River Aquatic Club*Enter online at: <http://ome.swimconnection.com/meets>**SANCTION:****Held under USA-S/Sierra Nevada Swimming Sanction No. 4-15.**

According to 202.2.8, "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:Gauche Aquatic Park, 421 C Street, Yuba City, CA 95991From Highway 99 (North or South) take Bridge Street, turn East onto ridge Street. Continue on Bridge Street to Shasta Street. Turn south onto Shasta Street. Shasta Street will turn into Wilbur Avenue. Gauche Aquatic Park will be on the east side of the street and visible from Wilbur Avenue. From SR-70 (North or South) and SR-20 east of Marysville, take SR-20 west across the 10th Street Bridge into Yuba City. Turn south onto Shasta Street and follow the directions above.**VENUE:**

A large grassy team area is available outside fenced pool area. Personal shade structures are recommended for team areas, but will not be allowed inside pool area. The pool area is equipped with covered bleacher seating and numerous covered tables/seats.

TIMES:Friday:Warm-ups will begin **NO LATER THAN 4:00 PM** and competition will begin **NO EARLIER THAN 5:00 PM.**Saturday & Sunday:Warm-ups will begin **NO LATER THAN 7:30 AM** and competition will begin **NO EARLIER THAN 9:00 AM.****RESTRICTIONS:**

Smoking or use of other tobacco products are prohibited anywhere within the swim venue, including swimmer rest areas. Alcoholic beverages are not allowed and pets are prohibited in the pool area – except Service animals. Portable propane tanks are not allowed in the pool area or on the facility grounds. No tarps or enclosed tents on the grass overnight – they must be removed.

COURSE:

An outdoor, heated 10 lane, 25 yard pool with locker rooms and rest areas. 8 lanes will be used for competition, with an additional lane available for warm up/warm down. This meet will be conducted using the Hy-Tek system and results will be posted on Swim Connection. Events will be started at the Start and Turn ends of the pool.

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 202.2.9.C, the start end of the competition area has a pool depth at the start end of 7'0" at 3'3 ½" and 7'0" at 16'5" and at the turn end it is 7'0" at 3'3 ½" and 7'0" at 16'5".

RULES:Current 2015 USA Swimming and Sierra Nevada Swimming rules will govern the meet. All events are timed finals. All swimmers will be limited to **two (2)** events on Friday and **five (5)** events per day, Saturday and Sunday. Refunds will be made for any mandatory scratches. Swimmers over the age of 18 may enter in the 13-18 events, but will not be awarded. Coaches must display their USA Swimming membership card with a criminal background and athlete protection training expiration date in a visible manner. Meet programs will only be given to coaches whose cards are visible.

According to 202.2.9.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 Feather River Aquatic Club 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 any time.”

According to 202.2.9.D, “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.” According to 202.3.2, USA Swimming athlete members must be under the supervision of a USA Swimming member-coach during the 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.

According to 202.2.9.I: Except where the venue facilities require otherwise, **changing into or out of swimsuits outside designated locker room areas by athletes at any level of competition is prohibited** at USA Swimming sanctioned meets. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

All ages will swim together according to entry times. **In the “11-18” events, the 11/12, 13/14 and 15/18 age groups will be scored and awarded separately.**

Relay cards and entry fee must be turned into the meet desk by 10:30 AM Saturday and Sunday. **Do NOT send relay entries with individual entries.**

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer’s memberships prior to the meet and, if valid, will be allowed to check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet.

CHECK IN:

The meet will be deck seeded. Check-in time for the first 4 events will be 30 minutes before the starting time of the meet. Close of check-in for all remaining events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event. Swimmers who do not check-in will not be allowed to compete in the event.

ENTRIES:

Option #1: Online entries, enter at <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using the Swim Connection 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. **Online entries must be received before 11:59 PM on Thursday, February 12, 2015.**

Option #2: Mailed entries use a SAMMS Consolidated entry card. Entry cards must be **COMPLETELY** filled out and legible, including a current USA-S registration number. The entry card may be reproduced. The meet entry card is available from the Sierra Nevada Swimming website: <http://sn-swimming.org>. **Entries must be postmarked on or before Monday, February 9, 2015 or hand delivered to the FRAC Meet Administration or Head Coach at Gauche Aquatic Park, 421 C Street Yuba City (5:30 PM to 7 PM weekdays only) by Friday, February 13, 2015. Absolutely no late, or telephone entries will be accepted. No refunds.**

Send SAMMS entries and fees to:
Sharon Guillory
P.O. Box 246
Yuba City, CA 95992

PLEASE MAKE SURE YOUR ENTRY CARDS ARE FILLED OUT CORRECTLY AND ARE LEGIBLE.

ENTRY FEES: **\$4.00 PER INDIVIDUAL EVENT** (INCLUDES \$1.00 age group travel fund, \$0.75 senior travel fund, \$0.50 Sierra Nevada Swimming). In addition there is a **\$8.00 pool surcharge per swimmer** to help cover the cost of the pool. Entry fees are non-refundable. If deck entries are accepted by the Meet Director they will be \$5.50 per event plus \$8.00 pool surcharge. **Make checks payable to:** "FRAC" or "Feather River Aquatic Club."
\$8.50 PER TEAM ENTRY FEE (includes \$1.00/\$2.25/\$1.25 to Sierra Nevada Swimming, Sierra Nevada Age Group, Sierra Nevada Senior Travel Funds) **for Saturday's and Sunday's relays. Payable at time entries are submitted.**

ENTRY LIMITS: This meet is being limited to the **first 150 swimmers** for the Friday session and **350 swimmers** for Saturday and Sunday sessions. Submitted entries will be processed as received. If the limit is reached while processing a team entry, the balance of that team will be processed. Any remaining entries will be returned. We strongly recommend early entries.

DECK ENTRIES: Deck entries will be considered if meet cap has not been reached and at the discretion of the head referee and meet director.
Deck entry fees shall be \$5.50 per swimmer per event plus a pool charge of \$8.00 per swimmer.
ALL DECK ENTRIES WILL BE FOR TIME ONLY. (DECK ENTRIES WILL NOT BE AWARDED OR SCORED.)

AWARDS: Distinctive medals 1st through 3rd place, distinctive ribbons 4th through 8th for individual events and distinctive ribbons 1st through 3rd place relay events.
"A" medals will be awarded to those who achieve an A time for the first time.
Separate awards will be given to each age group (8 & Under, 9/10, 11/12, 13/14, 15/18) in combined age group events. The age of swimmer on the first day of meet will determine the age group the swimmer will be scored within.
Swimmers over the age of 18 will not be scored or awarded.
AWARDS MUST BE PICKED UP AT THE END OF THE MEET – THEY WILL NOT BE MAILED.

DISTANCE: For the 400 IM and 500 Free on **Friday night, swimmers must provide their own timers and lap counters.**

ADMISSION: Admission is free. Programs will be available for \$4.00.

CONCESSIONS: A snack bar is on site. Working officials, timers and coaches will be served refreshments.

OFFICIALS:

Meet Referee:	Scott Foster
Admin Official:	Amber Ponciano
Head Starter:	Karen Dahlen
Meet Director:	Sharon Guillory, s530g@aol.com

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 schedule 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.

OFFICIALS REQUIREMENT

Number of team's swimmers submitting entries in each meet session:	Number of trained and carded officials required per team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

SUMMARY OF EVENTS:

	8 and Under	10 and Under	11-12	13-18
Friday, February 20		500 Free	400 IM 500 Free	400 IM 500 Free
Saturday, February 21	100 Free 25 Free 50 Back 25 Breast 50 Fly	100 Free 50 Back 100 Breast 50 Fly 200 IM	100 Free 50 Back 200 Back 100 Breast 50 Fly 200 Fly 200 IM	100 Free 200 Back 100 Breast 200 Fly 200 IM
Sunday, February 22	50 Free 50 Breast 25 Back 100 IM 25 Fly	50 Free 100 Fly 50 Breast 100 Back 100 IM 200 Free	50 Free 100 Fly 50 Breast 200 Breast 100 Back 100 IM 200 Free	50 Free 100 Fly 200 Breast 100 Back 200 Free

FEATHER RIVER AQUATIC CLUB

SCHEDULE OF EVENTS:

Friday, February 20, 2015:

GIRLS	GROUP	EVENT	BOYS
1	11-18	400 IM	2
3	12-UN	500 FREE	4
5	13-18	500 FREE	6

**Saturday
February 21, 2015**

**Sunday
February 22, 2015**

G	Group	Event	B	G	Group	Event	B
7	10-UN	100 Free	8	43	11-18	50 Free	44
9	11-18	100 Free	10	45	10-UN	50 Free	46
11	8-UN	25 Free	12	47	11-18	100 Fly	48
13	11-12	50 Back	14	49	10-UN	100 Fly	50
15	10-UN	50 Back	16	51	11-12	50 Breast	52
17	11-18	200 Back	18	53	10-UN	50 Breast	54
19	10-UN	100 Breast	20	55	11-18	200 Breast	56
21	11-18	100 Breast	22	57	8-UN	25 Back	58
23	8-UN	25 Breast	24	59	10-UN	100 Back	60
25	11-12	50 Fly	26	61	11-18	100 Back	62
27	10-UN	50 Fly	28	63	10-UN	100 IM	64
29	11-18	200 Fly	30	65	11-12	100 IM	66
31	10-UN	200 IM	32	67	8-UN	25 Fly	68
33	11-18	200 IM	34	69	10-UN	200 Free	70
35	8-UN	100 Medley Relay	36	71	11-18	200 Free	72
37	9-10	200 Medley Relay	38	73	8-UN	100 Free Relay	74
39	11-12	200 Medley Relay	40	75	9-10	200 Free Relay	76
41	13-18	200 Medley Relay	42	77	11-12	200 Free Relay	78
				79	13-18	200 Free Relay	80

*6-UN and 7-8 will be swum together and awarded/scored separately

*8-UN and 9-10 will be swum together and awarded/scored separately

*11-12, 13-14, 15-18 will be swum together and awarded/scored separately

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