

FRAC AGO Invitational

FEBRUARY 12-14, 2016

Hosted by:

Feather River Aquatic Club

SANCTION: Held under USA-S/Sierra Nevada Swimming Sanction No. 4-16.

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

According to 202.4.8, "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 95991

From 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.

TIMES: Friday: Warm-ups will begin at 4:00 PM and end at 4:45 PM. Competition will begin at 5:00 PM. Saturday & Sunday: Warm-ups will begin at 7:30 AM and end at 8:45 AM. Meet will begin at 9:00 AM.

FACILITY: 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. All events will be swum fastest to slowest.

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 202.2.9C, the start end of the competition area has a pool depth at the start end of 7'0" at 3'3 1/2" and 7'0" at 16'5" and at the turn end it is 7'0" at 3'3 1/2" and 7'0" at 16'5".

RULES: Current 2016 USA-S and Sierra Nevada Swimming rules will govern this meet.

According to 202.4.9D, "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 not accompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement."

SAFE SPORT: According to USA Swimming Rule 202.4.9H: Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, 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." For the safety of the Athletes and according to 202.4.9I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

COACHES:

All coaches must have evidence of their USA Swimming Certification on hand. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck. Those coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

ELIGIBILITY:

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

All swimmers will be limited to 2 events on Friday, and 5 events per day on Saturday and Sunday. Swimmers that enter more than 5 events will have to scratch down at the meet and there will be no refunds. Refunds will be made for any mandatory scratches.

RESTRICTIONS:

Smoking, tobacco products, and alcoholic beverages are not allowed in all areas of the meet venue. Glass containers and pets are not allowed in the pool area, except service animals. No portable propane tanks will be allowed in the pool area, or on the facility grounds. No tarps, or enclosed tents, on the grass overnight – they must be removed.

CHECK-IN:

The meet will be deck seeded. All swimmers, or their coach or parent, must check-in prior to the close of their event. Check-in for the first 4 events of each day will close 30 minutes before the scheduled start of the meet. Swimmers must check-in for later events at least 30 minutes prior to the estimated start of each event.

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.

ENTRIES:

Option #1: Online entries, enter at <http://ome.swimconnection.com/meets> to receive an immediate confirmation. **Online entries close midnight, Thursday, February 4th.** This method requires payment by credit card. Swim Connection LLC charges a procession fee for this service, equal to \$1 per swimmer plus 5% of the total entry fees.

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 meet entry card is available from the Sierra Nevada Swimming website: <http://sn-swimming.org>. **Entries must be postmarked on or before Monday, February 1, 2016. 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

ENTRY FEES:

\$4.00 per individual event (includes \$1.00 for Age Group Travel Fund, \$.75 for Senior Travel Fund, and \$.50 for SNS). In addition, there is an **\$8.00 pool surcharge per swimmer fee**. Entry fees are non-refundable. For mailed entries, make checks payable to “Feather River Aquatic Club” and mail with entries.

\$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 **325 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.

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 surcharge of \$8.00 per swimmer.

OFFICIALS:

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

AWARDS: Distinctive medals will be awarded 1st through 3rd place in each age designated event. Ribbons will be awarded to 4th through 8th place in each age designated event. Ribbons will also be awarded to 1st through 3rd place in relay events. SNS “A” pins 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. Deck entries will be swum for time only and will not be awarded.
AWARDS MUST BE PICKED UP AT THE MEET – THEY WILL NOT BE MAILED.

TIMERS: Each participating team will be assigned lanes to provide timers. These assignments will be made relevant to the number of swimmers each team has attending each session. **Each team will be required to provide 1 timer for every 15 swimmers entered into each session, with a maximum of 3 lanes.** Timing responsibilities will be sent out via the SNS Volunteer Distribution as well as included in the general email to all participants prior to the meet.

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

MINIMUM OFFICIALS RULE: All certified officials with current USA Swimming registration from any LSC are welcome to work this meet. All working officials are expected to display, while officiating the meet, their current 2016 USA Swimming Certification Card, showing the current expiration date of their Background Check and Athlete Protection Training. Officials dress will be white polo shirts and navy blue pants/shorts/skirts and white tennis shoes. An officials meeting will begin 30 minutes prior to the start of each session. Those teams who have not provided sufficient officials may, at the sole discretion of the meet referee, have all their swimmers treated as “time only” swimmers 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 12		500 Free	400 IM 500 Free	400 IM 500 Free
Saturday, February 13	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 14	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

SCHEDULE OF EVENTS:

Friday, February 12, 2016:

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

**Saturday
February 13, 2016**

**Sunday
February 14, 2016**

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