

**“Last Chance Qualifier”
Short Course BB+/- Meet
February 19-21, 2016
Hosted by Solano Aquatic Sea Otters
and Vacaville Swim Club**

Clubs will be divided once the entries close on February 11th 2016. Coaches will be notified on the 14th.

Contact Mark Brown at mark.brown.15@gmail.com if you have questions.



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Short Course BB+/- Meet
February 19-21, 2016
Hosted by Solano Aquatic Sea Otters**



SANCTION

Held under USA Swimming/Sierra Nevada Swimming Sanction Number: # 6-16
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.

NOTICE

According to 202.4.9.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 202.4.9.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 Solano Aquatic Sea Otters would like to further state, “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 202.4.9I: Changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. Prohibited areas include, but are not limited to, team and spectator seating sections, as well as warm-up and competition pool decks.

**LOCATION/
DIRECTIONS**

Solano Community College Pool, 4000 Suisun Valley Road, Fairfield, CA 94534
Directions to the pool: Off I-80 take Suisun Valley Road, from either direction, and head North on Suisun Valley Road to second stoplight. Turn right onto Solano College Drive. The pool is around the back of the buildings. A campus map can be found at www.SASOswimming.org on the “Contact Us” page.

SASO Swimming has full access to the following locations on campus during the swim meet: pool deck, locker-room, restrooms, and grass field near the pool. The covered blue exercise area near faculty lot and all other areas are off limits to swim meet participants and families. Do not set-up chairs, canopies, tents, or blankets in any areas other than stated above. Leave all walk-ways and access to buildings and doors clear. Classes are in session on Friday and Saturday, including Solano College athletic team functions and practices on Sunday.

PARKING:

No overnight parking is allowed on the Solano College campus. Swim Meet parking is available only in Student Lot #5 and East Student Lot.

Friday: Day-use parking permit is \$1.00 (METERS ACCEPT QUARTERS ONLY). Valid in designated student lots only.

Saturday and Sunday: Free weekend parking in all designated student lots only.

Parking and traffic regulations will be enforced in all faculty lots, red zones, handicapped spots, etc. 24 hours a day. Parking, stopping, drop-off, and pick-up are not permitted in red zones, faculty/staff, or cosmetology lots. No parking in the yellow zone turnabout near pool. No vehicles are allowed on the service road around the pool – service roads must be clear at all times for fire and emergency vehicles. **The parking lots located nearest to the pool are faculty and cosmetology lots and may not be used.**

RESTRICTIONS:

No overnight parking is allowed on the Solano Community College Campus. 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 are not allowed in the pool area. Solano College prohibits dogs on campus, including animals left in cars on campus parking lots. No propane heaters allowed in the swimming venue.

FACILITIES

Outdoor heated 25-yard by 50-meter pool. Up to ten (10) short course lanes will be used for competition; the remaining unused lanes will be used for warm-up and warm-down during scheduled competitions. In accordance with 202.4.9.C, the start end of the competition area has a starting depth of 14 feet in lane #1, decreasing to a depth of 6½ feet in lane #10, measured at a distance of 3 feet 3½ inches to 16 feet 5 inches. The pool depth on the turn end is exactly the same as the starting end as measured at a distance of 3 feet 3½ inches to 16 feet 5 inches. This competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Locker rooms and rest areas are available.

PRE-MEET SET UP

Tents and/or canopies must not be setup prior to 3:30 PM on Friday, February 19, 2016. All tents and/or canopies must be properly secured. Tents and/or canopies may be moved and/or removed by the Meet Director if necessary for the safety of participants.

TIME

ALL EVENTS WILL BE RUN FASTEST TO SLOWEST

	Warm ups	Meet Begins
FRIDAY	4:30PM	5:30PM
SATURDAY & SUNDAY	7:30AM	9:00AM

ELIGIBILITY

According to 202.4.9D in the 2015 Rulebook, "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."

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. The Meet Referee will verify all credentials.

RULES

- Current USA Swimming and Sierra Nevada Swimming rules will govern the meet.
 - All swimmers must be registered with USA Swimming. Swimmers who enter as "PENDING" or "APPLIED FOR" must be prepared to present proof of registration before being allowed to check-in. SNS does not allow USA Swimming Registration at the meet.
 - The meet will be deck seeded and swum as Timed Finals. All events will be swum fastest to slowest.
 - Fly-Over starts may be used. In that event, swimmers are reminded to remain in the water at the conclusion of their heat until the following heat has started. Swimmers then have 15 seconds to exit the pool.
 - There is no penalty for missed events.
 - The Meet Referee and Meet Director may require swimmers to scratch-down if the 4 hour rule for 12 and under swimmers is not met.
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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 four events of each session will close 30 minutes before the scheduled start of the session. All other events will close 30 minutes after the start of the session. All events will be swum fastest to slowest.

ENTRIES

All mailed and hand delivered entries must be submitted on standard Sierra Nevada Consolidated Entry Cards. The Consolidated Entry Card may be reproduced from the LSC site. The card must be filled out completely, including first and last name of swimmer, age on the first day of the meet, 2016 registration number and best Short Course times. **"No Time" entries will not be accepted; swimmers should submit estimated times if they have no official times.**

ENTRY LIMIT:

Friday: Swimmers may swim a maximum of two (2) events.

Saturday: Swimmers may swim a maximum of four (4) events.

Sunday: Swimmers may swim a maximum of four (4) events.

Should 12-under events on any day be estimated to last longer than 4 hours, swimmers may be required to scratch down. Entries in excess of four (4) per day will not be refunded. If events are required to be scratched on any day, then deck entries will not be accepted on that day. In the case of a mandatory scratch down, swimmers will be refunded their entry fee for the number of events required to be scratched down. A total reimbursement will be provided to each team with a listing of families that received a mandatory scratch. The team is responsible for disbursing to individual families.

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 11:59PM on Thursday, February 11, 2016.

MAIL/HAND ENTRIES:

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 8, 2016, or hand delivered to the SASO Meet Director or Head Coach by 6:00PM on Thursday, February 11, 2016 during swim practice at the Solano Community College Pool. Absolutely no late, or telephone entries will be accepted. No refunds.

Mail entries and fees to:
SASO Swimming
5055 Business Center Drive
Suite 108 – PMB 256
Fairfield, CA 94534

ENTRY FEES

\$4.00 per event per swimmer, \$5.00 per event for deck entries. \$8.00 participation fee per swimmer, including deck entries. No refunds will be given unless mandatory scratch down is in effect. Swimmers will be notified at check-in and refunded as indicated in the Entries section.

Relay fees; \$8.50 per relay entered.

Make checks payable to: **SASO SWIMMING**

DECK ENTRIES

Deck entries will be allowed provided the cap has not been reached and/or timeline has not been exceeded. Deck entries will be seeded but not awarded.

DISTANCE EVENTS 400 IM, 500 FREE, 1000 FREE and 1650 FREE:

Distance events will be seeded fastest to slowest, alternating girls and boys. Swimmers will need to provide their own timers and lap counters for the 500 FREE, 1000 FREE and 1650 FREE. At the discretion of the Head Referee and Meet Director, these events may be swum 2 per lane. The 1000 FREE and 1650 FREE is a mixed gender event and is limited to 32 swimmers each.

AWARDS

Awards will be picked up by a coach or team representative at the end of the meet. Ribbons for 1st through 8th place awarded for age groups 8-Under, 9-10, 11-12, 13-14, 15-16, and 17-18. "A" Medals will be awarded to all swimmers achieving a new "A" time. Deck entries will not be scored or awarded. Relays will not be awarded.

OFFICIALS

All certified officials with current USA Swimming registration from any LSC are welcome to work this meet. Current 2016 USA Swimming Certification Cards will be checked before being allowed to work the deck.

Each team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of officials who have agreed to represent that team during the conduct of the meet. Those teams who have not provided sufficient officials shall have all their swimmers treated as "time only" swimmers in all respects for that session.

Number of a team's swimmers entered in the meet	Number of trained and carded officials required
0 to 10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

- All Coaches, when working the deck, must wear their valid USAS 2016 membership card. All Officials must wear their current 2016 Certification Card, which shows their current certifications, in a visible manner.
 - 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.
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ADMISSION

Admission is free.

CONCESSIONS

A snack bar with healthful meals, drinks, and snacks will be available. Working officials and coaches will be served refreshments.

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.

OFFICIALS

Referee: Bill Fisher
Starter: Amber Ponciano
Admin Official: Ken Price
Meet Director: Lisa Strong (lisa-strong@comcast.net)

TIMING

Meet Manager will be used with Colorado timing and (3) buttons per lane.

WARM UPS

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

- Marshals shall be on the 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.

USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Coach member 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 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.

OVERNIGHT

Staybridge Suites 707-863-0900

ACCOMMODATIONS

Hilton Garden Inn 707-426-6900

SUMMARY OF EVENTS: ALL ARE RUN FASTEST TO SLOWEST

FRIDAY – February 19, 2016

Session 1			
Girls Event #	Boys Event #	Age Group	Events
101	102	11-18	400 I.M.
103	104	10-Under	500 FREE
MIXED GENDER 105		11-18	1000 FREE

SATURDAY – February 20, 2016

Session 2			
Girls Event #	Boys Event #	Age Group	Events
1	2	11-18	100 Free
3	4	10-Under	100 Free
5	6	8-Under	25 Free
7	8	11-18	200 Back
9	10	10-Under	50 Back
11	12	11-12	50 Back
13	14	11-18	100 Breast
15	16	10-Under	100 Breast
17	18	8-Under	25 Breast
19	20	11-18	200 Fly
21	22	11-12	50 Fly
23	24	10-Under	50 Fly
25	26	11-18	200 IM
27	28	10-Under	200 IM
29	30	13-18	400 Free Relay
31	32	12-Under	200 Free Relay
33	34	11-18	500 Free

SUNDAY – February 21, 2016

Session 3			
Girls Event #	Boys Event #	Age Group	Events
35	36	10-Under	200 Free
37	38	11-18	200 Free
39	40	11-18	100 Fly
41	42	10-Under	100 Fly
43	44	11-12	50 Breast
45	46	10-Under	50 Breast
47	48	11-18	200 Breast
49	50	8-Under	25 Back
51	52	10-Under	100 Back
53	54	11-18	100 Back
55	56	10-Under	100 IM
57	58	11-12	100 IM
59	60	8-Under	25 Fly
61	62	11-18	50 Free
63	64	10-Under	50 Free
65	66	13-18	400 Medley Relay
67	68	12-Under	200 Medley Relay
MIXED GENDER 69		11-18	1650 Free

out of swimsuits other than in locker rooms or other designated areas is prohibited.” No propane heaters allowed in the swimming venue.

CHECK-IN

All swimmers, or their coach or parent, must check-in prior to the close of their event. Swimmers in the first four events of their session must check in no later than 30 minutes prior to start of session. Swimmers in later events must check in at least 30 minutes before the anticipated start of their event.

ENTRIES

All mailed and hand delivered entries must be submitted on standard Sierra Nevada Consolidated Entry Cards. The Consolidated Entry Card may be reproduced from the LSC site. The card must be filled out completely, including first and last name of swimmer, age on the first day of the meet, 2016 registration number and best Short Course times. “No Time” entries will not be accepted; swimmers should submit estimated times if they have no official times.

RELAY ENTRIES

Relay entries may be submitted no later than 30 minutes prior to the start of the session in which the relay will be ran. Relays will not be awarded.

ONLINE ENTRIES

Enter at: www.ome.swimconnection.com to receive an immediate entry confirmation. Online entries close Thursday, February 11, 2016 at midnight. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% times the amount of the entry fee. Please note that the processing fee is separate from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry.

There will be NO changes to a swimmers entered time once it has been submitted and the meet has closed!

ENTRY DEADLINE

By Mail: Must be postmarked by midnight, Monday, February 8, 2016. *Entries postmarked after that date will not be accepted.*

Mail entries to:

**Vacaville Swim Club
ATTN: Meet Director
P.O. Box 122
Vacaville CA 95696**

By Hand: Between 5:00 pm and 7:00 pm, at the Aquatic Center Pool by Thursday, February 11, 2016. Please call before attempting to delivery entries to make sure there is space available. Fax or telephone entries will not be accepted.

For Entry Confirmation: Include a self-addressed stamped envelope with your entry form. *No other form of confirmation will be provided.*

ENTRY FEES

\$4.00 per event per swimmer, \$5.00 per event for deck entries. \$8.00 participation fee per swimmer, including deck entries. No refunds will be given unless mandatory scratch down is in effect. Swimmers will be notified at check-in and refunded at the scratch down desk. Relay fees; \$8.50 per relay entered. Make checks payable to: **VACAVILLE SWIM CLUB**

DECK ENTRIES

Deck entries will be allowed provided the cap has not been reached and/or timeline has not been exceeded. Deck entries will be seeded but not awarded.

DISTANCE

The 400 IM, 500 freestyle, 1000 freestyle, and 1650 freestyle will be seeded fastest to slowest, alternating girls and boys. Swimmers must provide their own timers and lap counters for the 500 freestyle, 1000 freestyle, 1650 freestyle and 400 I.M. events. The 1000 freestyle and 1650 freestyle event is limited to 32 swimmers.

AWARDS

Awards will be picked up by a coach or team representative at the end of the meet. Ribbons for 1st through 8th place awarded for age groups 8 & Under, 9 & 10, 11 & 12, 13 & 14, 15 & 16 and 17 & 18. "A" Medals will be awarded to all swimmers achieving a new "A" time. Relays will not be awarded.

MINIMUM OFFICIALS RULE

Each team shall, by the entry deadline, provide to the Meet Referee or the Meet Director's designee a list of officials who have agreed to represent that team during the conduct of the meet. Those teams who have not provided sufficient officials shall have all their swimmers treated as "time only" swimmers in all respects for that session.

Number of swimmers entered in meet per team	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
> 100	5

OFFICIAL'S DRESS

Official attire at this meet will be white tennis shoes, white socks, white polo shirt and navy blue pants/shorts/skirts

ADMISSION

Free! Three-day programs for the meet may be available for \$5.00.

SNACK BAR

A limited concessions, operated by the City of Vacaville, will be available. Coaches and officials will be served refreshments and lunch on Saturday and Sunday.

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.

OFFICIALS

Referee: Niffey Carmody
Starter: Stacia Lindahl
Meet Director: Tanya Harris (tgrlily9@hotmail.com)
Admin Official: Glen Abernethy

For Information please contact vacavilleswimclub@gmail.com or call 707-724-1000

WARM-UPS

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 swimmer 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.

USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Coach member 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 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.

SCHEDULE OF EVENTS – ALL EVENTS RUN FASTEST TO SLOWEST

FRIDAY – February 19, 2016

Session 1			
Girls Event #	Boys Event #	Age Group	Events
101	102	11-18	400 I.M.
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105		11-18	1000 FREE

SATURDAY – February 20, 2016

Session 2

Girls Event #	Boys Event #	Age Group	Events
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9	10	10-Under	50 Back
11	12	11-12	50 Back
13	14	11-18	100 Breast
15	16	10-Under	100 Breast
17	18	8-Under	25 Breast
19	20	11-18	200 Fly
21	22	11-12	50 Fly
23	24	10-Under	50 Fly
25	26	11-18	200 IM
27	28	10-Under	200 IM
29	30	13-18	400 Free Relay
31	32	12-Under	200 Free Relay
33	34	11-18	500 Free

SUNDAY – February 21, 2016

Session 3

Girls Event #	Boys Event #	Age Group	Events
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37	38	11-18	200 Free
39	40	11-18	100 Fly
41	42	10-Under	100 Fly
43	44	11-12	50 Breast
45	46	10-Under	50 Breast
47	48	11-18	200 Breast
49	50	8-Under	25 Back
51	52	10-Under	100 Back
53	54	11-18	100 Back
55	56	10-Under	100 IM
57	58	11-12	100 IM
59	60	8-Under	25 Fly
61	62	11-18	50 Free
63	64	10-Under	50 Free
65	66	13-18	400 Medley Relay
67	68	12-Under	200 Medley Relay
69		11-18	1650 Free

OVERNIGHT ACCOMMODATIONS

All are Vacaville Locations:

Holiday Inn Express	(707) 451-3500	Motel 6	(707) 447-5550
Fairfield Inn/ Marriott	(707) 469-0800	Best Western	(707) 448-8453
Hampton Inn & Suites	(707) 469-6200	Courtyard	(707) 451-9000
Residence Inn	(707) 469-0300		