



**SIERRA NEVADA SWIMMING
SHORT COURSE CHAMPIONSHIP
14 AND UNDER
MARCH 4-6, 2016**



Hosted by:
California Capital Aquatics

Enter online at <http://ome.swimconnection.com/meets>
Invitational meet for registered swimmers of Sierra Nevada LSC only

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 11-16

According to 202.4.8, "In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

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 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:

Roseville Aquatics Complex

3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

PARKING:

Parking is free all (3) days. If overflow parking is needed, please park in the Woodcreek High School parking lot next (south) to the pool. There is a small drop off area directly in front of the facility as well.

FACILITY:

An outdoor, heated 16 lane, 25 yard pool with locker rooms and rest areas. An additional outdoor, heated 5 lane 25 yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. 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 202.4.9C, the competition course has a pool depth at the deep end of 13ft at 3' 3 1/2" and 12ft at 16'5" and in the shallow end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". As the pool is configured for short course, the pool depths will vary as the pool gets deeper.

RULES:

2016 USA Swimming and Sierra Nevada rules will apply. A USAS registered coach must supervise all warm-ups. If you do not have a USAS registered coach at the meet, report to the Deck Referee for lane and coach assignment. All coaches may be required to present their 2016 USAS Coach Membership card to the Meet Referee at the beginning of the meet. All events are trials and finals except the following timed final events: all 8-Under events, 10-Under 500 free, 1000 free, 1650 free and all relays. Swimmers may compete in up to three **(3) individual events per day** plus relays, with **maximum of (7) individual events** plus relays for the whole meet. Swimmers may enter more than 3 events per day, but will need to scratch down to 3 events per day and not to exceed 7 individual events for the entire meet. Refunds will not be given to those swimmers who enter more than 3 individual entries per day. Coaches or their designee need to provide a list of Relay Only Swimmers to the Meet Director at the time that entries are due. Entry times and registration will be verified on Swim Connection prior to the meet.

ELIGIBILITY:

This is an invitational meet for registered Sierra Nevada 14 and under swimmers only, who as of the first day of the competition have met the age requirement. All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet, and if valid, those swimmers will be allowed to check-in and compete. Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet.

RESTRICTIONS:

No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. 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, pets, or propane heaters are not allowed in the facility. **EZ Ups can stay up if they are fastened to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.**

NO EZ-UP Set Up will be allowed Thursday, March 3, 2016

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 areas, rest rooms or locker rooms. Sierra Nevada Swimming and California Capital Aquatics 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 anytime.
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.

MEET FORMAT:

National Scratch Rule - 207.11.6: In Sierra Nevada Swimming meets holding trials and finals, a modified version of rule 207.11.6C will apply to a swimmer failing to compete in a preliminary heat for which he has not scratched and is seeded to swim. The modified version of this rule states that the no-show swimmer will be barred from all further individual events of that day, but will be allowed to swim relays and score points for their team. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.11.6E).

CHECK-IN / SCRATCH PROCEDURES:

THIS MEET IS PRESEDED. All swimmers are automatically checked into their events which they are registered for. If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day, and scratched out of any additional events for that day.
The scratch deadline for Friday's events is Thursday, March 3, 2016 at 5:00pm
The scratch deadline for Saturday's & Sunday's preliminary events shall be (30) thirty minutes after the time established for the start of the finals and shall be done with the Administrative Referee or designee.

To scratch any of Friday's events only, please have your coach email mark.brown.15@gmail.com prior to the deadline. This email must come from your coach and not individual swimmers or their parents.

MEET START TIME:

Preliminaries will begin at 9:00am each day. The start time of finals will be determined by the Meet Director, Coaches, Head Referee and USA Swimming Rules. Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1650's and 1000's.

WARM-UPS:

Friday, Saturday and Sunday warm-ups begin no later than 7:30am with the competition pool closing to warm-ups at 8:45am.

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

- 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.
- The referee may specify lanes for relay practice during the last 15 minutes of warm-up period.
- 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 backstroker is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins and other devices are not allowed at any time
- Marshals shall be on the deck during the entire warm up period.

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.

TIME STANDARDS: Swimmers must have achieved the appropriate entry time for each event they swim and all entry times shall be posted in Swim Connection. Swimmers must qualify with the appropriate times in either long course meters or short course yards. Any swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming.
Converted times will NOT be allowed.

RELAYS: **RELAYS MUST BE ENTERED ON SWIM CONNECTION, REFUNDS WILL BE GIVEN FOR RELAYS SCRATCHED PRIOR TO THE SCRATCH DEADLINE.**
A team may enter no more than 2 relays in each event, however, both A and B relays may score.
All relay only swimmers must enter meet and pay pool surcharge by entry deadline.

ENTRIES: **There is no entry cap for this meet. All swimmers with qualifying times will be able to enter this meet, so as long as entries are submitted within the entry window.**
Enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. **Entries will close on Friday, February 26, 2016 at 11:59pm.** 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.

Check <http://ome.swimconnection.com/meets> for session open or closed status.

FEES: Pool surcharge is **\$12.00** per swimmer.
The meet entry fee is **\$5.50** per individual event
(\$1.00 Age Group Travel, \$0.75 Senior Travel, \$0.50 SNS General Fund).
The relay entry fee is **\$9.00** per relay team, payable at the meet.
(\$2.25 Age Group Travel, \$1.25 Senior Travel, \$1.00 SNS General Fund).
Relay only swimmers must pay pool surcharge to be eligible for a relay.
THERE WILL BE NO REFUNDS.

COACHES: All coaches must have on them, in a visible location, their 2016 USA Swimming membership card with a background verification expiration date printed on it along with the athlete protection certification expiration date. Programs will only be given to coaches whose cards are visible.

ORDER OF SEEDING: Events will be seeded as follows: All times earned previously, whether they are meters or yards will be acceptable if they meet the minimum entry times. In seeding these times, the conforming times will be arranged in time order, followed by non-conforming times. After arranging the times as provided above, the event will be seeded in normal fashion.
Technical rule: 207.11.7B

PRELIMS:

10 (ten) lanes will be used for preliminaries. The last three heats of each event will be circle seeded with the exception of the events previously noted as timed finals. **Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual events of that day.**

A swimmer qualifying for finals, based on the results of preliminaries, has thirty (30) minutes after the announcement of qualifiers for that race to notify the Scratch Desk that he/she may not intend to compete and further declares their final intentions to be noted within thirty (30) minutes following their last individual preliminary event [207.11.6E(2)]. According to [102.5.1A(1)], if there is only one heat in an event, it shall be swum as scheduled during the preliminaries and finals. If a swimmer opts to swim in the trials, he/she will be seeded into finals at his/her trials time. If a swimmer disqualifies or 'no shows' in the trials, he/she will not be allowed to swim in finals. A swimmer must swim finals in order to receive points or an award. Swimmers requesting lead off splits must do so with the Meet Referee the day of the swim.

FINALS:

10 (ten) lanes will be used for finals. Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1650's and 1000's. Swimmers have 30 minutes after results of preliminaries are announced to scratch from finals competition. A swimmer may (on the same deadline) further declare his/her final intentions to scratch their subsequent event in the prelims within thirty (30) minutes following their last individual event (not including the 1650's and 1000's) but must notify the Clerk of Course of their decision 30 minutes after the results of their last individual event is announced. Swimmers will be seeded in the finals unless they are scratched. Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual events of that day. Any swimmer qualifying for a final that fails to compete shall be barred from further competition for the remainder of the meet except as noted in USA Swimming rules. USA Swimming Scratch Rule 207.11.6 will be used at this meet.

DISTANCE EVENTS:

The 500 Free (10-U Only), 1000 Free, and 1650 Free will compete as a timed final. The 1000 and 1650 will be swum fastest to slowest, one swimmer per lane, and after a 10 minute break following the relay events. **Swimmers in the 1000 and 1650 will be required to provide their own timers (2 are preferred). Lap counter devices will be provided by California Capital Aquatics.**

AWARDS:

Individual events will be awarded medals 1st through 10th place. Permanent and accurate awards will be given to the coaches the following day after finals, except Sunday's awards which will be given to coaches that evening. "A" medals will be awarded to swimmers achieving new "A" times. Relay events will be awarded 1st through 3rd place.

Scoring:

Points will be tabulated 1st-10th place:

Individual events: 11, 9, 8, 7, 6, 5, 4, 3, 2 and 1.

Relay events: 22, 18, 16, 14, 12, 10, 8, 6, 4 and 2.

Top Team Awards:

1st through 3rd place teams will be awarded.

Spirit Award:

The team that continuously displays the most team spirit will be awarded.

High-Point:

Top (3) male and female swimmers in each age group will be awarded.

Most Improved Team:

The Team who has the largest % increase in team points from 2015 J.O's without being one of the top 5 team award winners will be awarded.

Please note - 8-Under Swimmers may choose to swim in 8-Under events and/or 10-Under events. Points achieved in the 10-Under events can only be scored in the 10-Under category. Scores for the 8-Under High Point awards will only be tabulated from the designated 8-Under events.

CONCESSIONS:

Food Vendors and a snack bar with healthful meals, drinks and snacks will be available. Hospitality will provide snacks and drinks to Coaches, Timers, and Officials throughout the meet. Hospitality will also provide lunch and dinner for Coaches and Officials.

OFFICIALS:

All Certified officials with current USA Swimming registration from any LSC are welcome to work this meet. All working officials are expected to display membership cards at the meet. Trials and finals dress for all officials will be white tennis shoes, white polo shirts, and navy blue pants/shorts/skirts. Shorts will not be allowed for finals.

Schedule of Official's Briefings:

Official's Briefing Trials: 8:00 AM to 8:45 AM (required of all Officials) each day.

Official's Briefing Finals: One half hour before finals begin (required of all Officials)

Required Number of Officials:

Each team shall, by the entry deadline, provide to the Meet Referee a list of officials who have agreed to represent the team during the conduct of the meet. One half hour before the scheduled 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 a sufficient number of officials as indicated in the following table shall have all of their swimmers treated as "time only" in all respects for the session. Neither the athletes nor the team shall be eligible for awards.

Number of Swimmers Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100<	5

Required Number of Timers:

Each team will be required to provide 1 timer for every 15 swimmers entered into the meet, with a maximum of 6 chairs.

Host team will supply timers at the same ratio as visiting teams.

Host team is responsible for filling unassigned chairs.

MEET OFFICIALS:

MEET REFEREE:

William Fisher

HEAD STARTER:

Dana Covington

DECK REFEREE:

Ted Curley

ADMINISTRATIVE REFEREE:

Mike Downs

MEET DIRECTOR:

Alex Ongaco (meetdirector@ccaswimming.org)

SUMMARY OF EVENTS

	8-Under	10-Under	11-12	13-14
Friday 3/4		200 Free 100 Fly 50 Back 100 Breast	400 IM 100 Free 50 Fly 100 Back 200 Breast 400 Medley Relay 1000 Free	400 IM 100 Free 100 Back 200 Breast 400 Medley Relay 1000 Free
Saturday 3/5	25 Breast 25 Free	500 Free (Boys) 100 Back 50 Breast 50 Free 100 IM 200 Medley Relay	400 Free Relay 500 Free (Boys) 200 Back 100 Breast 200 Fly 100 IM 50 Back 200 Medley Relay 1650 Free (Girls)	400 Free Relay 500 Free (Boys) 200 Back 100 Breast 200 Fly 200 Medley Relay 1650 Free (Girls)
Sunday 3/6	25 Fly 25 Back 50 Free	500 Free (Girls) 200 IM 50 Fly 100 Free 200 Free Relay	500 Free (Girls) 200 IM 100 Fly 50 Breast 200 Free 50 Free 200 Free Relay 1650 Free (Boys)	500 Free (Girls) 200 IM 100 Fly 200 Free 50 Free 200 Free Relay 1650 Free (Boys)

Please see a full list of hotel accommodations, restaurants and other activities in the area at:

www.placertourism.com.



EVENTS

Friday, March 3rd

Saturday, March 5th

Sunday, March 6th

Girls	Age Group/ Event	Boys	Girls	Age/Group Event	Boys	Girls	EVENTS	Boys
1	11-12 400 IM	2	33	11-12 400 Free Relay	34	37	11-12 500 Free Girls	
3	13-14 400 IM	4	35	13-14 400 Free Relay	36	39	13-14 500 Free Girls	
5	11-12 100 Free	6		11-12 500 Free Boys	38	41	10- U 500 Free Girls	
7	13-14 100 Free	8		13-14 500 Free Boys	40	79	11-12 200 IM	80
9	10-U 200 Free	10		10-U 500 Free Boys	42	81	13-14 200 IM	82
11	11-12 50 Fly	12	43	11-12 200 Back	44	83	10 - U 200 IM	84
13	10-U 100 Fly	14	45	13-14 200 Back	46	85	11-12 100 Fly	86
15	11-12 100 Back	16	47	10- U 100 Back	48	87	13 -14 100 Fly	88
17	13-14 100 Back	18	49	11-12 100 Breast	50	89	10 - U 50 Fly	90
19	10-U 50 Back	20	51	13-14 100 Breast	52	91	8 - U 25 Fly	92
21	11-12 200 Breast	22	53	10 -U 50 Breast	54	93	11-12 50 Breast	94
23	13-14 200 Breast	24	55	8 - U 25 Breast	56	95	13-14 200 Free	96
25	10-U 100 Breast	26	57	11-12 200 Fly	58	97	11-12 200 Free	98
27	11-12 400 Med Relay	28	59	13-14 200 Fly	60	99	10-U 100 Free	100
29	13-14 400 Med Relay	30	61	10 - U 50 Free	62	101	8 -U 25 Back	102
	1000 Free		63	8 - U 25 Free	64	103	11-12 50 Free	104
31	11-12	32	65	11- 12 100 IM	66	105	13-14 50 Free	106
31	13-14	32	67	10 - U 100 IM	68	107	8-U 50 Free	108
			69	11-12 50 Back	70	109	11-12 200 Free Relay	110
			71	13 -14 200 Med Relay	72	111	13-14 200 Free Relay	112
			73	11-12 200 Med Relay	74	113	10 -U 200 Free Relay	114
			75	10 -U 200 Med Relay	76		1650 Free (BOYS ONLY)	
				1650 Free (GIRLS ONLY)			11-12	78
			77	11-12			13-14	78
			77	13-14				

NOTE: All Boys 500 Free's will be contested on Saturday. The prelims for events 38, 40 and 42 will be contested in consecutive order following event 36. Events 38 and 40 (42 is a timed final and will only be swam in the morning) will start the finals session on Saturday and be swam in consecutive order. Additionally, the girls 1650 (event 77) will be contested at the conclusion of the morning prelims, after event 76.

NOTE: All Girls 500 Free's will be contested on Sunday. The prelims for events 37, 39 and 41 will start the morning session on Sunday and will be swam in consecutive order. Events 37 and 39 (41 is a timed final and will only be swam in the morning) will start the finals session on Sunday and be swam in consecutive order. Additionally, the boys 1650 (event 78) will be contested at the conclusion of the morning prelims, after event 114.



PLACER VALLEY
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Sierra Nevada Swimming
U-14 JO Qualifying Times

8 & Under Girls			8 & Under Boys	
SCY	LCM		LCM	SCY
19.29		25fr		19.29
23.59		25ba		24.29
26.19		25br		27.89
21.89		25fl		22.89
42.39	47.99	50fr	49.39	43.09

10 & Under Girls			10 & Under Boys	
SCY	LCM		LCM	SCY
34.79	37.89	50fr	39.19	34.99
1:18.09	1:25.19	100fr	1:29.89	1:18.29
2:52.39	3:06.19	200fr	3:13.29	2:50.19
7:39.49	6:47.89	400M/500fr	6:44.59	7:32.59
42.49	46.99	50ba	49.29	42.89
1:31.69	1:40.59	100ba	1:43.89	1:30.79
47.79	53.39	50br	54.69	47.49
1:44.79	1:56.49	100br	1:58.39	1:41.39
41.19	45.49	50fl	46.79	41.39
1:40.39	1:53.19	100fl	1:52.79	1:39.39
1:27.79	N/A	100im	N/A	1:30.19
3:16.49	3:33.29	200im	3:42.49	3:16.29

11-12 Girls			11-12 Boys	
SCY	LCM		LCM	SCY
30.09	33.79	50fr	34.49	30.19
1:04.79	1:14.69	100fr	1:15.39	1:06.59
2:24.49	2:41.89	200fr	2:44.99	2:25.99
6:35.89	5:41.89	400M/500fr	5:48.69	6:32.79
12:51.69	11:35.69	800M/1000fr	11:30.99	12:42.89
21:39.59	22:20.69	1500M/1650fr	22:14.19	21:23.59
35.89	41.09	50ba	41.49	36.09
1:17.89	1:29.09	100ba	1:30.09	1:17.49
2:46.69	3:12.19	200ba	3:08.29	2:42.79
40.59	45.59	50br	45.99	40.29
1:27.89	1:41.89	100br	1:39.99	1:26.49
3:10.79	3:37.89	200br	3:33.59	3:03.49
33.99	37.89	50fl	39.29	34.69
1:19.39	1:29.69	100fl	1:28.29	1:17.59
2:49.39	3:14.19	200fl	3:08.09	2:45.39
1:16.29	N/A	100im	N/A	1:17.19
2:45.59	3:08.49	200im	3:11.39	2:47.39
6:00.89	6:52.09	400im	6:42.49	5:52.99

13-14 Girls			13-14 Boys	
SCY	LCM		LCM	SCY
27.99	31.19	50fr	30.39	26.79
1:00.69	1:06.89	100fr	1:05.99	58.49
2:12.69	2:26.09	200fr	2:24.19	2:06.19
5:53.89	5:14.89	400M/500fr	5:15.59	5:56.49
11:37.29	10:47.99	800M/1000fr	10:29.39	11:36.39
19:21.69	20:39.79	1500M/1650fr	19:55.69	19:15.69
1:10.39	1:20.59	100ba	1:18.99	1:08.29
2:28.99	2:53.19	200ba	2:49.89	2:27.09
1:19.79	1:32.69	100br	1:28.09	1:16.69
2:54.49	3:22.39	200br	3:14.49	2:47.59
1:09.79	1:18.09	100fl	1:16.29	1:07.09
2:40.09	2:59.49	200fl	2:49.59	2:28.89
2:29.29	2:46.99	200im	2:44.99	2:26.39
5:25.49	6:14.79	400im	6:08.79	5:20.29

