

SYS 1st Annual Spring Classic

May 18-19, 2019

HOSTED BY: Shasta Family YMCA Sharks

Online entries at: <http://ome.swimconnection.com/ome/meets>

Sanction: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: **SNS19-24**. According to USA Swimming Rule 202.4.9, "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 202.4.10D, "Any swimmer entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start, both for forward starts and backstroke starts including backstroke starts using a ledge or they 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: **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 0.7 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is a half mile on the left.

Facility: Competition will be conducted in a **50-meter**, 8-lane outdoor pool. In accordance with Article 202.4.10C, the competition course has a pool depth at the start end of 11'8" at 3' 3 1/2" and 12' 8" at 16'5" and at the turn end it is 4'8" at 3'3 1/2" and 4'8" at 16'5". The competition course has been certified in accordance with 104.2.2C(4). The 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.

Times:

	Warm-ups	Meet Begins
Saturday (Session 1)	8:00 AM	9:00 AM
Saturday (Session 2)	5:00 PM	6:00 PM
Sunday (Session 3)	8:00 AM	9:00 AM

All events will be swum fastest to slowest.

Rules: 2019 USA Swimming and Sierra Nevada Swimming rules will apply. A USA Swimming Registered Coach must supervise all warm-ups. If you do not have a USA Swimming Registered Coach at the meet, report to the Deck Referee for lane and Coach assignment. All Coaches may be required to present their 2019 USA Swimming Coach Membership card to the Meet Referee at the beginning of the meet.

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 compete. Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet. Properly registered 19-over swimmers may enter, but they will not be scored or awarded. According to 302.4 - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.

Restrictions: Smoking and/or use of other tobacco products are prohibited in all areas of the swim venue. Glass containers, alcoholic beverages, pets, and personal heaters are prohibited in the pool area.

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.
- If used, Lifeguards shall be on the pool deck during the entire warm up period.
- Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 7).
- 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 backstroker 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. The use of hand-paddles at any time during which touch pads are installed is forbidden.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

Safe Sport:

According to USA Swimming Rule 202.4.10H: **"Use of audio or visual recording devices, including a cell phone, is not permitted in the changing areas, rest rooms, or locker rooms."** Sierra Nevada Swimming 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 202.4.10I, deck changes are prohibited.

According to 202.4.10J the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, Coaches, Officials and/or spectators are present, except when prior written approval by the Program Operations Vice Chair is granted.

Entry Limits:

Swimmers may compete in a maximum of four (4) individual events per session. It is up to the Meet Director and Meet Referee to ensure that no 12 & under events exceed the 4-hour limit under USA Swimming Rule 205.3.1.F. Should 12 & under events on any day be estimated to last longer than 4 hours, all swimmers will be required to scratch down until that requirement is met. The meet will be capped at 350 swimmers per session, or when it has been estimated 12 & under events will exceed 4 hours. **Swimmers can swim a maximum of six (6) events per day.**

Entries:

Entries may be completed as follows:

(1) **ONLINE ENTRIES:** Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation. **Online entries will be accepted through Thursday, May 9, 2019.**

(2) USA Swimming approved Standard Database Interchange format (SDIF) electronic file with a signed hard copy with a contact person and phone number. "No Time" entries will be accepted and are encouraged for swimmers in any event they have not swum before with the exception of the events noted. (NOTE: Events 3, 4, 9, 10, 11, 21, 22, 29, 30, 31, 32 & 34 swimmers must have verifiable 11/12 B times or better to enter.)

Electronic files and entry fees must be received by Monday, May 6, 2019.

(3) Mailed entries using a SAMMS Consolidated entry card. Entry cards must be COMPLETELY filled out and legible, including a current USA Swimming registration number. The entry card may be

reproduced. The meet entry card is available from the Sierra Nevada Swimming website: <http://sn-swimming.org> **Mail entries must be postmarked by Monday, May 6, 2019. Entries will not be accepted without entry fee.**

All entry times should be the swimmer's actual best times and be able to be verified if necessary. Events 3, 4, 9, 10, 11, 21, 22, 29, 30, 31, 32 & 34 swimmers must have verifiable 11/12 B times or better to enter.

"No Time" or "NT" entries WILL BE ACCEPTED for swimmers in all other events they have not swum before except for Events 3, 4, 9, 10, 11, 21, 22, 29, 30, 31, 32 & 34.

Entry fees are non-refundable except in the event of a required scratch down.

Deck entries will be allowed at the discretion of the Meet Referee and Meet Director, provided that the cap has not been reached and/or the timeline has not been exceeded.

Entry Fees: Pool Surcharge Fee is \$10.00 per swimmer. \$4.00 per individual event per swimmer. (includes \$0.50 for SNS, \$1 for Age Group Travel Fund, \$0.75 for Senior Travel Fund).

Make checks payable to Shasta Family YMCA (MEMO: Sharks Swim Team) and mail to:

**Shasta Family YMCA
1155 Court Street
Redding, CA 96001**

Distance

Events: The 1500-meter freestyle will be swum fastest to slowest with Girls swimming on Saturday (Event 11) and Boys swimming on Sunday (Event 34). The 1500 events (#11 and #34) are limited to 24 swimmers. Swimmers will need to provide their own Timers, counting devices and Lap Counters.

Check-in: **THIS MEET IS PRESEEDDED.** All swimmers are automatically checked in to the events which they are registered for.

Awards: Ribbons will be given for 1st through 8th place for individual events for the following age groups: 7-8, 9-10, 11-12, 13-14, and 15-18. 'Sierra Nevada Miner' Pins will be awarded to all swimmers achieving a new "A" time.

Awards will not be given for OPEN events.

All awards must be picked up by the swimmer or parent/guardian at the Awards Table at the meet. Awards will be available each day as times for events are posted.

Awards will not be mailed.

Coaches: All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. 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. Programs are available to card-carrying coaches from the Clerk of Course.

Officials: Head Referee: Bill Fisher
 Head Starter: Marty Kalsbeek
 Admin Official: Lisa Kalsbeek – kalsbeek@sbcglobal.net
 Meet Director: Steve Lazaraton – sharksswimteam@sformca.org

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. Current 2019 USA Swimming Membership/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.

Officials dress will be white polo shirts and navy pants/shorts/skirts and white tennis shoes.
An Officials’ meeting will begin 30 minutes prior to the beginning of each 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

Timers: Timing based on the Sierra Nevada Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session/total number of swimmers in the session) x 24 timing chairs. This number will be rounded to the nearest whole number. Host Team will supply Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. 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.

Hospitality: There will be a snack bar/food truck. Lunch and snacks will be served to all working Officials, Timers, and Coaches.

Admission: Free. Pre-seeded Heat Sheets will be available for \$5.00.

Summary of Individual Events by Age Group

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST

	7 - 8	9 - 10	11 - 12	13 - 14	15 & Over
SATURDAY (Session 1)	100 Free 100 Fly	100 Free 100 Fly 200 Free	100 Free 200 Breast 100 Fly 200 Free 400 IM	100 Free 200 Breast 100 Fly 200 Free 400 IM 1500 Girls	100 Free 200 Breast 100 Fly 200 Free 400 IM 1500 Girls
SATURDAY (Session 2) OPEN	50 Free 50 Breast 50 Fly 50 Back	50 Free 50 Breast 50 Fly 50 Back	50 Free 50 Breast 50 Fly 50 Back	50 Free 50 Breast 50 Fly 50 Back	50 Free 50 Breast 50 Fly 50 Back
Sunday (Session 3)	100 Breast 100 Back	100 Breast 200 IM 100 Back	200 Back 100 Breast 200 IM 100 Back 200 Fly 400 Free	200 Back 100 Breast 200 IM 100 Back 200 Fly 400 Free 1500 Boys	200 Back 100 Breast 200 IM 100 Back 200 Fly 400 Free 1500 Boys

Time Standards for Events

LCM Time Standard	Girls #	Event	Boys #	LCM Time Standard
3:52.69	3	200 Breast	4	3:44.69
7:19.69	9	400 IM	10	7:10.19
3:24.79	21	200 Back	22	3:20.79
3:24.89	29	200 Fly	30	3:22.09
6:23.89	31	400 Free	32	6:15.49
25:45.79	11	1500 Free	34	25:13.59

Order of Events

All events will be swum fastest to slowest.

SATURDAY- Session 1

Girls #	Boys #	Age Group	Event
1	2	7-up*	100 Free
3	4	11-up*	200 Breast**
5	6	7-up*	100 Fly
7	8	9-up*	200 Free
9	10	11-up*	400 IM**
11		13-up*	1500 Free Girls**

SATURDAY- Session 2

Girls #	Boys #	Age Group	Event
13	14	OPEN	50 Free
15	16	OPEN	50 Breast
17	18	OPEN	50 Fly
19	20	OPEN	50 Back

SUNDAY- Session 3

Girls #	Boys #	Age Group	Event
21	22	11-up*	200 Back**
23	24	7-up*	100 Breast
25	26	9-up*	200 IM
27	28	7-up*	100 Back
29	30	11-up*	200 Fly**
31	32	11-up*	400 Free**
	34	13-up*	1500 Free Boys**

*All events will be awarded in their specific age groups (7-8, 9-10, 11-12, 13-14, 15-18).

**Please see chart on previous page for minimum time standards needed in order to enter these events.
Times must be able to be verified.