



California Gold - Oakdale
Back To School
BB± Short Course Swim Meet
August 24th, 2019

Enter online at: <https://ome.swimconnection.com/SN/Back%20to%20School%20Meet20190824>

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction # **SNS19-29**

In accordance with USA Swimming Rule (USA-S Rule) 202.4.9, "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: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Internet at MeetMobile.**

SAFE SPORT: Pursuant to USA-S Rule 202.4.10H 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 the **California Gold** Swim Team 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." The use of flash devices at the start is also prohibited.

Pursuant to USA-S Rule 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. Exceptions may be granted with prior written approval by the Program & Events Committee Chair or designee.

LOCATION: Oakdale High School Aquatics Center, 739 W. G Street, Oakdale, CA 95361. From Eastbound HWY 108: Make a right onto S. Wood Ave. Make a left onto W. H Street. Make a right onto Hinkley Ave. From South bound HWY 120: Make a right onto F Street (HWY 108). Make a left onto S. Wood Ave. Make a left onto W. H Street. Make a right onto Hinkley Ave. The pool is located between the football field and the main gym.

FACILITIES: **OUTDOOR 25 YARD** pool with up to **9** lanes available for competition. An additional **5** lanes will be available for warm-up/cool down throughout the competition.

CERTIFICATION: USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.10C, the competition course has a pool depth of 7' 6" at 3' 3.5" and 7' 6" at 16' 5" at the start end. At the turn end it is 7' 6" at 3' 3.5" and 7' 6" at 16' 5". The water depth of the separate warm-up lane, in accordance with USA-S Rule 202.4.10C, has a pool depth of 7' 6" at 3' 3.5" and 7' 6" at 16' 5" at the start end, which are the same measurements as the competition pool. At the turn end it is 7' 6" at 3' 3.5" and at 16' 5".

RULES: **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 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. The use of hand-paddles at any time during which touch pads are installed is forbidden.

All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach 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 making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for

violations of these rules.

Current USA-S and Sierra Nevada Swimming rules will govern the meet.

- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- Swimmers are limited to a maximum of **Six (6)** individual events on Saturday.
- The maximum limit of **Six (6)** events during the meet will not apply if a mandatory scratch down is required.
- Those entries in excess of the above limitations will not be refunded.
- All events are **SHORT COURSE YARDS** and timed finals.
- Properly registered 19-over swimmers may enter, but they will not be scored or awarded.
- In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seedtime will be accepted.
- NT (No Time) entries will be accepted.
- 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 without the use of the backstroke ledge.
- In accordance with USA-S Rule 202.4.10D 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.

SPECIAL RULES:

All heats for all events will be seeded fastest to slowest. **For the 400 IM and relay events, swimmers must provide their own Timers.** Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.

TIMES:

	Warm ups	Meet Begins
Saturday	7:30 AM	9:00 AM

An Officials' Meeting will be held 30 minutes before the start of each session.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers' 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.

According to 302.3 in the current Rulebook and in effect now — 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.

ENTRY LIMITS & SCRATCH DOWN:

It is up to the Meet Director and Meet Referee to ensure that no sessions with swimmers 12 & Under are planned to last longer than 4 hours under USA-S Rule 205.3.1F

- Should such sessions on any day be estimated to last longer than 4 hours, swimmers will be required to scratch down until that requirement is met.
- The meet will be capped at **350** swimmers on Saturday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.
- The Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed for cash or used at the snack bar.

ENTRY FEES:

\$4.00 per individual event for all entries (includes \$0.50 to Sierra Nevada General Fund, \$1.00 to Sierra Nevada Age Group Travel Fund, and \$0.75 to Sierra Nevada Senior Travel Fund) plus a \$8.00 per swimmer surcharge. Deck entries are \$5.00 per event plus surcharge. Entry fees are non-refundable except in the event of a required scratch down. Make checks payable to **Oakdale Swim Team**.

ENTRIES:

MAILED ENTRIES: Entries must be on a SAMMS Consolidated Entry Card. Entry cards must be completely filled out and legible; incomplete cards will not be accepted. **NO REFUNDS.** Make checks payable to **Oakdale Swim Team**. Mailed entries must be postmarked by midnight Monday, August 13, 2018 and mailed to:

**Oakdale Swim Team
Attn: Ron Thompson
P.O. Box 1008
Oakdale, Ca 95361**

The cap will be determined when the entries are received. Mailed entries, postmarked prior to the due date, will not be accepted if received after the cap has been exceeded. Online entries are the best way to ensure you are entered in the meet. No telephone confirmations will be made.

ONLINE ENTRIES: Online entries will be accepted through **11:59 PM Thursday, August 15, 2019**. Enter at: <https://ome.swimconnection.com/SN/Back%20to%20School%20Meet20190824> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" email should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. Swim Connection LLC charges a processing fee for this service, equal to \$1.00 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees described below. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter the meet via US Mail. Online meet entry is not required in order to enter this meet.

Teams who would like to enter using Hy-Tek may request an event file and send their entries by email to the Meet Director. Please contact the Meet Director to confirm there is space in the meet before emailing team files.

DECK ENTRIES: Deck entries will only be accepted prior to the start of the session if the Meet Director and the Meet Referee determines that swimmers 12 & Under can be completed within four hours. For inquiries about deck entries, email the Meet Director after Sunday, August 18, 2019.

RELAYS: Relays will be deck entered and cost \$8 per relay. Relay cards are due to the Check-in table no later than 10:30 AM

CHECK-IN: The meet will be deck seeded. Check-in will start at **7:00 AM** on Saturday. All swimmers must check-in prior to the close of their event. Check-in for the first four events will close 30 minutes before the start of that session; check-in for all subsequent events will close no more than 30 minutes before the estimated start time of the first heat of the event. **Check-in will be located on the East side of the pool deck near the girl's locker room.**

AWARDS: "A" Division ribbons 1st – 3rd place for 8 & under, 9 – 10, 11 – 12, 13 – 14, 15 – 18 will be awarded separately in individual events. "B" Division ribbons 1st – 3rd place for 8 & under 9 – 10, 11 – 12, 13 – 14, 15 – 18 will be awarded separately in individual events. "C" Division ribbons 1st – 3rd place for 8 & under 9 – 10, 11 – 12, 13 – 14, 15 – 18 will be awarded separately in individual events. Relays will be awarded ribbons 1st – 3rd place. "A" Medals will be awarded to swimmers achieving a new "A" time. Awards not picked up will not be mailed.

ADMISSION: Free. A one-day program may be available for \$3.00. The meet will be available on MeetMobile

SNACK BAR & HOSPITALITY: A snack bar will be available, serving breakfast, lunch and snack food. Lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS:

Meet Referee: Bill Fisher
Head Starter: Pete Monnot
Admin Official: Ron Thompson
Meet Director: Russ Van Cleave
Email: oakdaleswimteam1@gmail.com
Phone: (209) 380-0115 (Text Preferred)

OFFICIAL'S DRESS: Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. For wet or cold conditions, boots and parkas will be allowed

COACHES: All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table 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. Each Team shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

MINIMUM OFFICIALS RULE:

Number of a Team's swimmers entered in meet	Number of trained and carded Officials required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare 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 swimmers" in all aspects of that session.

TIMERS: TIMING: Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams. Automatic Timing (touch pads primary) will be used for this meet, with buttons and stop watches as back-ups.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited at the **Oakdale High School Aquatics Center**. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

Summary of Events by Age Group

	8-under	9-10	11-12	13-18
Saturday	25 Free 25 Back 25 Breast 25 Fly 200 Free Relay	100 IM 50 Free 50 Back 50 Breast 50 Fly 200 Free Relay	100 IM 50 Free 50 Back 50 Breast 50 Fly 200 Free Relay 400 IM	200 IM 50 Free 100 Back 100 Breast 100 Fly 200 Free Relay 400 IM

Saturday, August 24th, 2019			
Event #		Age Group	Event
G	B		
1	2	13 & Over	200 IM
3	4	9 - 12	100 IM
5	6	13 & Over	50 Free
7	8	11 - 12	50 Free
9	10	9 - 10	50 Free
11	12	8 & Under	25 Free
13	14	13 & Over	100 Back
15	16	9 - 12	50 Back
17	18	8 & Under	25 Back
19	20	13 & Over	100 Breast
21	22	9 - 12	50 Breast
23	24	8 & Under	25 Breast
25	26	13 & Over	100 Fly
27	28	9 - 12	50 Fly
29	30	8 & Under	25 Fly
31	32	Open	200 Free Relay
33	34	11 & Over	400 IM

Swimmers must provide their own Timers for the 400 IM, and their own Timers for relays.

"Back To School Short Course Swim Meet"

Hosted by California Gold - Oakdale

August 24th, 2019

Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT Team Abbr.	Club Name
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Age	Date of Birth	Sex M F	LSC - (PC,SN)
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USA-#																				
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

of entries _____ x \$4.00 = \$ _____
 . Participation Fee = \$8.00
 . Total = \$ _____

Coach

Swimmer's Address

Home Phone	Cell Phone
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Email