



Sac Regional Open Meet
13 & up age group, Trials & Finals
October 12th & 13th, 2019

Enter online at:

<https://ome.swimconnection.com/SN/SNS19-5420191012>

Each Day has a 300 Swimmer Cap

SANCTION: Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number:

According to 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 or must start each race from within the water without the use of the backstroke ledge. 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: Cameron Park CSD Aquatics Complex: 2502 Country Club Dr. Cameron Park, CA 95682.

FACILITY: Outdoor, heated 10-lane, 25 yard course. In accordance with 202.4.10C, the competition course has a pool depth at the start end of 7ft to 7ft 6in, at 3 feet 3-1/2 inches and at 16 feet 5 inches. At the turn end it is 7ft to 7ft 6in, at 3 feet 3-1/2 inches and at 16 feet 5 inches. Colorado Starting and Dolphin Timing system will be used. Locker rooms and rest areas are available. The competition course has not been certified in accordance with 104.2.2C(4) .

RESTRICTIONS: No overnight parking is allowed by the City of Cameron Park at the Cameron Park 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, propane heaters or any other type of heating device are not allowed in the facility. EZ Ups can stay up if they are fastened or weighted to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.

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 changing areas, rest rooms or locker rooms. Sierra Nevada Swimming and AquaSol 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. For the safety of the Athletes and according to 202.4.10I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited. 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.



Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern the meet.

RULES: Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All events are trials and finals format, except for the 1000 yard freestyle. All swimmers are limited to three (3) individual events per day and one relay. “No Time” Entries will be NOT be allowed. MEET WILL CAP AT 300 SWIMMERS PER DAY.

AWARDS: There will be no awards given at this 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 check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet. Deck entries will not be allowed for this meet. The Club will be fined \$100 for every entered swimmer that shows unregistered on a Registration Recon five (5) days prior to the meet. Flex members needing to upgrade to Premium will be exempt from the fine, however will need to be upgraded prior to the start of the meet to be eligible to swim. According to 302.3 in the 2019 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.

MEET FORMAT: Scratch Rules: Scratch Rule 207.11.6 will apply to a swimmer failing to compete in a trial heat for which he/she has not scratched and is seeded to swim. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6C, “In all events where preliminary heats are necessary or in any timed final event for which the swimmer has been positively checked in, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which such swimmer entered and has not been scratched in accordance with sub-paragraphs A and B above will be barred from all further individual and relay events of that day. The application of this penalty shall pertain to the order in which the event/heats are swum, not the numerical order of the events. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares an intent to swim prior to the close of the scratch box 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) All athletes who do not scratch an event by the scratch deadline are considered positively checked in for their events.

CHECK-IN/SCRATCH: All swimmers are automatically checked into their events which they are registered for. The only way to not be seeded, is to scratch before the event is seeded. If a swimmer is registered for more than 3 individual events in a day, they must scratch any additional individual events prior to the scratch deadline. If a swimmer fails to scratch out of any additional individual events, they will be seeded into the first 3 events they are registered for that day, and scratched out of any additional individual events for that day. There will be NO refunds for entering more than 3 events a day.



- The scratch deadline for Saturday's events (both Individual & Relay events) is Friday, October 11th by 6:00 PM.
- The scratch deadline for Sunday's events (both individual & Relay events) is 30 minutes after finals begin on Saturday afternoon.
- For the relays, Coaches will have the option of swapping swimmers at the time of the event. We need to know how many Relay Teams and entry time with the swimmers names you think will be competing in the event.
- Email relay entries to mtadayeski@comcast.net.

To scratch any of Saturday's events, you can email: mtadayeski@comcast.net prior to the deadline. To scratch any of Sunday's events, you can email: mtadayeski@comcast.net prior to the deadline, or you may also scratch in person at the Clerk of Course Desk on Saturday by the deadline.

PRELIMS: The meet will be seeded according to submitted times. The fastest or the first three heats of each event will be circle seeded with exception of the events previously identified as timed finals. For prelims we will use a minimum of six (6) lanes with the option of running eight (8) lanes depending on the timeline. **This meet will run fastest to slowest in all events.**

DISTANCE EVENTS: The 1000 yard freestyle will be swum as timed final. Heats will be swam fastest to slowest, alternating women and then men. Swimmers shall provide their own Timers, Lap Counters and lap counting devices.

FINALS CHECK-IN: If you are one of the 16 finalists, you will be seeded in Finals, unless you scratch during the appropriate time. Alternates will not be penalized. Swimmers will have 30 minutes, after the results of their completed events are announced, in which to scratch or declare their intention to scratch. Swimmers will be seeded in finals unless they scratch. Refer to the scratch rules for penalties 207.11.6D(1)

FINALS: We will be using (8) eight lanes. There will be a consolation Final, and Championship Final (swum in that order) in each event except the 1000 yard freestyle event.

ENTRIES: Enter Online at <https://ome.swimconnection.com/SN/SNS19-5420191012> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using their 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. On-line entries must be received before 11:59 PM on Thursday, September 26th, 2019.

ENTRY FEES: The meet entry fee is \$5.50 per event (includes \$1.25 Age Group Travel, \$1.00 Senior Travel, \$.50 SNS General Fund), plus \$8.00 per swimmer pool charge. There is no cost for relays.

SNACK BAR: On Saturday & Sunday the Team will be hosting a snack bar.



HOSPITALITY: Officials and Coaches will be served a lunch as well as snacks and refreshments throughout the day. Timers will be given refreshments and snacks.

COACHES: check in with the Clerk of Course or Check-in table at the meet to show proof of current registration with USA Swimming. 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 and the Coach and Club will be each fined \$100. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

OFFICIALS: Meet Referee: Ivan Herrera
 Administrative Referee: Steve Covington
 Head Starter: Carol Dammel
 Meet Director: Darin Mai (coachdarin@aquasolswimteam.com)

All Certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. At the meet, all working Officials must display their 2019 or 2020 USA Swimming Membership/Certification Card, with the Background Check and Athlete Protection Training expiration dates showing on the card. Dress Code for all Officials on Saturday & Sunday will be white socks and tennis shoes, white polo shirts and navy-blue pants/shorts/skirts.

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 per Team entered in meet	# of trained and carded officials required
0 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 – 100	4
101 and up	5

REQUIRED NUMBER OF TIMERS Each Team shall be assigned Lanes for Timing on Saturday and Sunday. Number of Timers is based on the SNS 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) x 24 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 posted on the website and be sent to participating Teams.

Meet Schedule

Saturday & Sunday:

Preliminaries ~ Warm – ups: 7:30-8:45 AM Meet Begins: 9:00 AM

Finals ~ Warm – ups: will begin 1 hour before the start of finals
Finals Begin: within 90 minutes of the conclusion of prelims

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

- 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.

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. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day.

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

RELAYS: The meet will start each day with a relay that is 200 yards in length. The Medley relay will compete on Saturday and the Freestyle Relay will compete on Sunday. The relays will be mixed gender. Each Team must consist of two (2) males and two (2) females on each relay Team. The relays are open in regards to the age of the swimmer (13 & up). Each swim Team will be allowed to have three relay Teams (A/B/C) compete in the relay of the day. There is **no** additional cost to enter a Team in relays.

ALL relay entries must be submitted by the scratch deadline to Mark Tadayeski at mtadayeski@comcast.net.



ORDER OF EVENTS:

ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST.

Event # Women	Order of Events (Saturday)	Event # Men
100	200 Mixed Medley Relay	
1	200 Free	2
3	100 Back	4++
5	400 I.M.	6
7	200 Fly	8++
9	100 Free	10
11	100 Breast	12
13	1000 Free+	14

+timed final – Swimmer must provide their own lap counting device, Lap Counter and Timer.

++ If needed there may be 10-minute breaks added into the sessions after event #4 and #8

Event # Women	Order of Events (Sunday)	Event # Men
101	200 Mixed Free Relay	
15	200 breast	16
17	100 fly	18+++
19	500 free	20
21	200 back	22+++
23	50 free	24
25	200 I.M.	26

+++If needed there may be 10 minute breaks added into the sessions after event #18 and #22