



**FALL BACK INVITATIONAL**  
**Short Course Closed Invitational**  
**November 2-3, 2019**

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<b>INVITED TEAMS</b>	<b>Sierra Nevada</b> Aquasol Swimming Arden Hills Swimming California Capital Aquatics Davis Aquamonsters Northern Sierra Swimming SASO Swimming Sierra Marlins Swim Team Spare Time Aquatics Wolverine Aquatics	<b>Pacific Swimming</b> Almaden Riptides Marin Pirates Quicksilver Swimming Ruby Hills Aquatics Seaside Aquatics Walnut Creek Aquabears	<b>Colorado Swimming</b> Woodmore Waves Pueblo Swim Club
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**SANCTION** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS19-62

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."

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**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, web casting, television, psych sheets and live meet results. The results of this meet will be posted on Meet Mobile.

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**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.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

Sierra Nevada Swimming and SASO 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." The use of flash devices at the start is also prohibited. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images participating in the meet. Entry into this meet is acknowledgement and consent to this fact.

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Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, Officials and/or spectators are present, except with prior written approval by the Program & Events Committee Chair or designee.

Pursuant to USA-S 202.4.10I **deck changing is prohibited.**

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## **LOCATION**

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 <http://www.SASOswimming.org> on the "Contact Us" page.

## **PARKING:**

- Free weekend parking in all 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. **The parking lots located nearest to the pool are faculty/staff and cosmetology lots – they may not be used.**
- No parking or stopping in the red turnabout in front of the 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.
- Failure to comply with all parking rules and regulations could result in a ticket from the on-site Sherriff's department.

## **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 except for snack bar/meet operations.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws

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## **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.
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- 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 warm-up and competition pool will ONLY be open to USA swimming registered athletes affiliated with this meet.

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.

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## **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.

Tent setup will be allowed in the designated areas inside the pool and the cement areas surrounding the pool area. This includes the area behind the bleachers outside the pool gates. Additional areas may be available on campus as needed based on the size of the meet-this will be communicated to teams once the meet entries have closed. Tents are not allowed in the walkway near the locker rooms or in front of doors or building access.

The Meet Director, Meet Referee or Solano College Personnel have final say to "tent" location – if you set-up in an area which causes congestion or is causing problems, you may be asked to move. Smoking, tobacco products, and alcoholic beverages are not allowed within Solano College.

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## **CERTIFICATION**

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.9C, the competition course has a pool depth of 14 feet at 3' 3.5" and 6 ½ feet at 16' 5" at the start end. At the turn end it is 14 feet at 3' 3.5" and 6 ½ feet 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 14 feet at 3' 3.5" and 6 ½

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feet at 16' 5" at the start end, which is the same measurements as the competition pool. At the turn end it is 14 feet at 3' 3.5" and 6 ½ feet at 16' 5".

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## **RULES**

Current USA Swimming 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.
  - Swimmers are limited to a maximum of three (3) events per day. Those entries in excess of the above limitations will not be refunded.
  - Swimmers may only enter in either Session A or Session B. They may not swim both sessions.
  - All events are short course yards.
  - 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.
  - 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.
  - Swimwear must conform to USA Swimming rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
  - All Coaches and Deck Officials must wear their current 2019 or 2020 USA Swimming Membership/Certification cards in a visible manner.
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## **SPECIAL RULES**

- **Session A - Trials & Finals (11 & Older):**
    - 11-12 Sierra Nevada JO time standards used for all ages to qualify for Session A events.
    - NT (No Time) entries will NOT be accepted.
    - Swimmer with one or more time standards may swim up to 3 bonus events. The 400 IM and 500 free MAY NOT be swum as bonus events.
    - Time verifications may be used for 11-12 year old swimmers. Any 11-12 swimmer entered in an event (excluding bonus) may be removed if they DO NOT meet the minimum time standard. Swimmers removed from their individual event may be removed from bonus events if applicable.
    - Session A Prelim events will be swum combined, but will be separated as 11-12, 13-14 and 15 and older for finals.
    - Session A 13-14 and 15 and older swimmers will have a championship and consolation finals during the finals session. 10 lanes will be used for finals.
    - Session A 11-12 year old swimmers will have a Championship final during the finals session. 10 lanes will be used for finals.
    - All preliminary heats for all events will be seeded fastest to slowest.
    - The 400 IM and 500 Free be swum at timed finals during the prelims session. These will be offered as 11-12 and 13 and older. Slowest heats of girls and boys may be combined with approval of Head Ref.
    - The 400 IM and 500 Free will be swim alternating girls and boys.
    - **500 Free swimmers must provide their own Timers and Lap Counter.**
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- All events in Session A will be swum as Trials and Finals, except for the 400 IM and the 500 Free, which will be swum as timed finals events. All events are pre-seeded except 500 Free and 400 IM.
- 400 IM/500 Free are positive check-in. Check-in for 500 Free and 400 IM will be close at 9:30 am each day.

- **Session B – Timed Finals (Open):**

- **Pre-Seeded (no penalty for no show)**

- Open to all ages with no time standard requirements.
- NT will be accepted for B Session entries only.
- Events will be swum as timed finals.

- 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.

**TIME**

	<b>SESSION A Prelims</b>	<b>SESSION B</b>	<b>SESSION A FINALS</b>
<b>SATURDAY</b>	8:30 AM (7:00 AM warm-ups)	Warm-ups begin at the conclusion of Session A (not before 12:30 AM)	No earlier than 1 hours after conclusion of Session B
<b>SUNDAY</b>	8:30 AM (7:00 AM warm-ups)	Warm-ups begin at the conclusion of Session A (not before 12:30 AM)	No earlier than 1 hours after conclusion of Session B

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 302.4 – 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.

Any USA-S Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the athlete’s USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer’s legal guardian to arrange for supervision by a USA-S Member-Coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete’s USA-S Club Member-Coach.

**ENTRY FEES**

SESSION A: \$14 Splash Fee, \$5.50 per event entered

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SESSION B: \$14 Splash Fee, \$4.00 per event entered

Deck entries will NOT be accepted.

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## 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 SASO SWIMMING. Mailed entries must be postmarked by **midnight Monday, October 21, 2019**, and mailed to:

SASO Swimming  
5055 Business Center Drive  
Suite 108 – PMB 256  
Fairfield, CA 94534

The cap will be determined when the entries are received. Mailed entries, with postmarks 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. Refunds will not be available unless the meet is cancelled or in an event of a mandatory scratchdown. Entries may close prior to the entry deadline to adhere to the USA swimming 4 hour rule for 12 and under swimmers.

ONLINE ENTRIES: Online entries will be accepted through **11:59 PM., on Tuesday, October 22, 2019**. Enter at: <http://ome.swimconnection.com/sn/> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail 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.

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## CHECK IN

**Session A prelims** will be pre-seeded except for the 400 IM and 500 Free. There is a positive check-in required for the 400 IM and 500 Free. Seeding for 500 Free and 400 IM will be completed after 10:00 AM each day.

**Session B** will be pre-seeded.

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## SCRATCHES

USA Swimming and Sierra Nevada scratch rules for Session A Preliminary and Finals will be enforced.

Scratch Rules: In meets holding trials and finals, a modified version of rule 207.12.6.B and 207.12.6.C will apply to a swimmer failing to compete in a trial heat for which he has not scratched and is seeded to swim. The modified version of this rule will allow the Clerk of Course to check scratches at the check-in table for deck seeded meets. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.12.6.C. 207.12.6.C states that, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an

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individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.12.6.A and 207.12.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day.

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 (207.12.6.E).

FINALS CHECK-IN: If you are one of the finalists refer to the USA Swimming rule. 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 intent to scratch. Swimmers will be seeded in finals unless they scratch. Refer to the scratch rules for penalties.

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**AWARDS**

- Swimmers will be awarded 1<sup>st</sup> – 10<sup>th</sup> place for Session A Finals and Session B.
- "A" Pins awarded for swimmers achieving a new A time in Session B only.
- High Points Awards will be awarded to the top point scorer in Session A in the following age groups: 11-12, 13-14, 15 and older. Points are awarded to finalist swimmers only.

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**ADMISSION**

Free. The meet will be available on Meet Mobile.

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**SNACK BAR & HOSPITALITY**

A snack bar with healthful meals, drinks, and snacks will be available. Working Officials and Coaches will be served lunch and refreshments. Light refreshments will be served to all Timers.

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**OFFICIALS****Session A (Trials & Finals – 11 & older)**

**Meet Referee:** John Richardson

**Head Starter:** Ginger Leacox

**Admin Referee:** Niffey Carmody

**Meet Director:** Heather Merodio

Saso.meetdirector@gmail.com

**Session B (Timed Finals - Open)**

**Meet Referee:** Donna Evans

**Head Starter:** Jorge Merodio

**Admin Official:** Jennifer Ha

**Meet Director:** Heather Merodio

Saso.meetdirector@gmail.com

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**OFFICIALS DRESS**

Officials dress 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.

All working Officials must have passed the background check and athlete protection training mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck.

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**SPECIAL NOTE TO OFFICIALS: If you have any special dietary restrictions, please email the Meet Director.** We will do our best to accommodate you. Also, please **bring a refillable water bottle** so that SASO can help keep you hydrated.

## 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 the 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.

Coaches will be able to set up chairs and canopies on the Diving board and far side of the pool. See the included pool-deck map for approved locations.

**SPECIAL NOTE TO COACHES: If you have any special dietary restrictions, please email the Meet Director.** We will do our best to accommodate you. Also, please **bring a refillable water bottle** so that SASO can help keep you hydrated.

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## MINIMUM OFFICIALS RULE

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

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

Thirty minutes 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.

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## TIMERS

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. SASO will not provide timers during the prelims/finals session due to multiple other volunteer needs.

**SPECIAL NOTE TO TIMERS:** In an effort to reduce the amount of garbage created at the meet, we are asking Timers to **bring a refillable water bottle** to their timing chair so that SASO can fill it for you.

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**PRE-MEET SET UP**

- Gates will open at 6:30 AM for teams to set up on November 2 & 3.
- Teams/families are encouraged to set up tents & chairs on the area designated by SASO. This email will be sent out to participating teams prior to the meet.
- All tents and canopies must be properly secured.
- **There is limited deck space for spectators. On deck tents/canopies can only be set up behind the metal bars on the bleacher side of the pool deck.** The Host Team will have a designated area in the bleachers.
- Tents/chairs MAY NOT be set up in the breezeways or doorways as per Solano College rules.
- Tents and/or canopies may be moved and/or removed by the Meet Director if necessary for the safety of participants.
- The covered blue exercise area near the faculty lot 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.
- 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.
- Classes are in session on Saturday, including Solano College athletic team functions and practices on Sunday. Please be respectful of the faculty, students and Teams that we are sharing space with.

**SUMMARY OF EVENTS:** ALL ARE RUN FASTEST TO SLOWEST. *400 IM and 500 FREE will alternate girl/boy.*

**SATURDAY, November 2  
SESSION A**

Minimum Entry Time	Girl	Event	Age Group	Boy	Minimum Entry Time
2:24.49	1	200 Free	11 & Older	2	2:24.59
3:08.59	3	200 Breast	11 & Older	4	3:00.99
1:17.89	5	100 Back	11 & Older	6	1:15.79
2:47.89	7	200 Fly	11 & Older	8	2:43.99
1:04.69	9	100 Free	11 & Older	10	1:05.89
5:56.79	11	400 IM	11-12	12	5:46.39
5:56.79	13	400 IM	13 and older	14	5:46.39

**\*The 400 IM is a timed finals event-will be swum during the prelims session.**

**SESSION B**

Girl	Event	Age Group	Boy
15	100 Breast	9 & Older	16
17	50 Breast	OPEN	18
19	100 Back	9 & Older	20
21	50 Back	OPEN	22
23	100 IM	OPEN	24

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**SUNDAY, November 3**

**SESSION A**

Minimum Entry Time	Girl	Event	Age Group	Boy	Minimum Entry Time
1:18.29	25	100 Fly	11 & Older	26	1:16.49
2:45.59	27	200 IM	11 & Older	28	2:44.19
30.09	29	50 Free	11 & Older	30	30.19
1:27.39	31	100 Breast	11 & Older	32	1:25.49
2:43.99	33	200 Back	11 & Older	34	2:40.29
6:35.89	35	500 Free	11 & Older	36	6:27.49
6:35.89	37	500 Free	13 and Older	38	6:27.49

**\*The 500 free is a timed finals event-will be swum during the prelims session.**

**SESSION B**

Girl	Event	Age Group	Boy
39	50 Free	OPEN	40
41	100 Fly	9 & Older	42
43	50 Fly	OPEN	44
45	100 Free	OPEN	46

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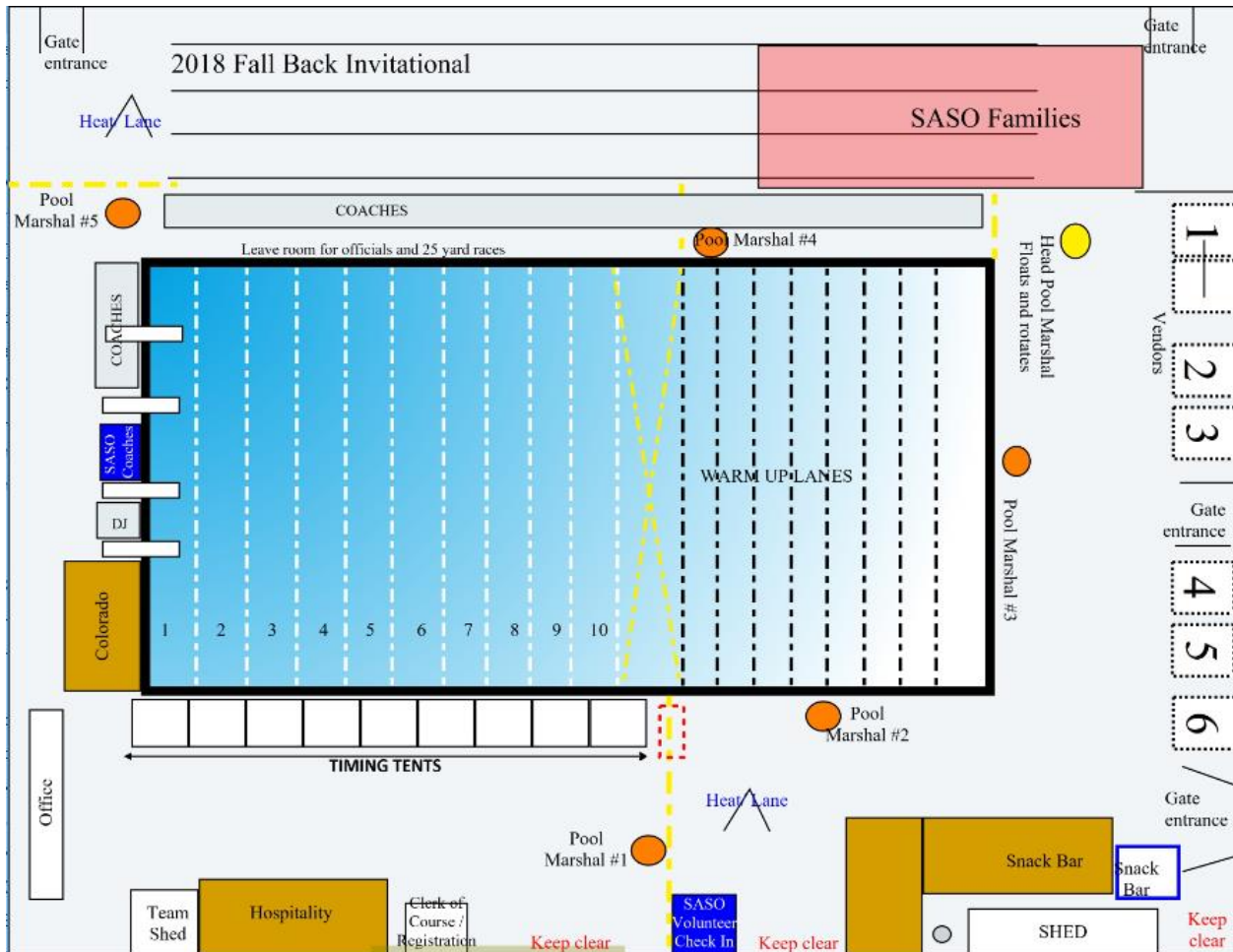
**HOTEL**                  Hilton Gardens Inn                  707-426-6900                  \$169 per night  
                                    Homewood Suites                  707-863-0300

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## Pool Map

The pool deck will be closed to all spectators. Only Coaches, Officials, swimmers and volunteers will be allowed in the closed portions of the pool deck.



Special thanks to our team sponsors:

