



RAD AGO Trials and Finals



Hosted by
Redding Breakfast Lions and Redding Swim Team
November 6-7, 2021

ENTER ONLINE at: <http://ome.swimconnection.com/sn/>

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS22-11. According to USA Swimming Rule 202.4.10, "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." In applying for this sanction Redding Swim Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California, the County of Shasta, and Shasta College.

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. 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 - 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.

NOTICE:

By entering this meet, the athlete or his/her parent or guardian consents to the publication, via electronic, print, or other media, of all 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 on Meet Mobile. The meet may be live-streamed and/or recorded for later viewing on one or more social media platforms.

LOCATION: Shasta Community College, 11555 Old Oregon Trail, Redding, 96003

Directions to the pool: From I-5 take 299 East/Burney Exit (#680), turn east onto 299 East, proceed approximately 2 miles to Old Oregon Trail/Shasta College exit, turn left (north) at the signal onto Old Oregon Trail. The college will be on the right. Drive .6 miles to the second Shasta College entrance and proceed east approximately .3 miles to a large parking lot. The pool is located east of the gym.

Days	Preliminary Warm-ups	Meet Begins	Finals Warm-ups	Finals Begins
Saturday	8:30 AM	10:00 AM	4:00 PM	5:00 PM
Sunday	7:30 AM	9:00 AM	3:00 PM	4:00 PM

(Final's warmups and start times may be ADJUSTED by DAYS AND TIMES AS NEEDED)

FACILITIES:

Outdoor 25-yard pool for competition. The number of competition lanes for both preliminary and final heats will be determined, based on the size of the meet and the number of entries received. Additional lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available. Hallways must be clear for college employees to be able to enter and exit office doors.

CERTIFICATION:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 4 ft. at 3'3.5" and 4'4" ft at 16' 5" at the start end. At the turn end it is 4' ft at 3' 3.5" and 4'6" ft at 16'5". The water depth of the separate warm-up lane, in accordance with USA-S Rule 202.4.11C, has a pool depth of 4' ft at 3' 3.5" and 4'6" ft at 16' 5" at the start end, and at the turn end it is 4' ft at 3' 3.5" and 4'6" at 16'5".

RULES

2021 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 USAS Registered Coach at the meet, report to the Deck Referee for lane and Coach assignment. All Coaches are required to present their 2021 USAS Coach Membership card to the Meet Referee and/or Administrative Referee prior to the beginning of the meet and/or each session in order to receive an identifying mark (wristband or similar) that must be displayed at all times while on deck and any appropriate paperwork.

According to 202.4.11D, "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." This meet is pre-seeded. Any swimmer who fails to compete in an individual event in which he/she was seeded will be barred (penalty scratched) for the rest of the day's individual events. This is a closed deck. No spectators will be allowed. Only working Officials, Administrative Staff, Volunteers, Marshals, Coaches with Athletes in a current or immediately upcoming event, and Athletes with an immediately upcoming event are allowed on the pool deck." Fly overs starts will be used and swimmers will exit on the left side of the block. If need swimmers in backstroke events may need to exit at the opposite end of the pool.

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.
- All events are trials and finals format, except the 1000-yard Freestyle.
- Swimmers are limited to a maximum of three (3) events per day.
- Those entries more than the above limitations will not be refunded.
- All events are SHORT COURSE YARDS.
- According to 202.4.11D "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." If an athlete is attending the meet without a USA Swimming Member-Coach, the Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the responsibility of the swimmer or their legal guardian to make such arrangements prior to the start of the meet.

WARM-UP RULES:

The following rules apply to the warmup 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)
- 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. 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.

SAFE SPORT

According to USA Swimming Rule 202.4.11H: "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 and the Redding 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 202.4.11I, deck changes are prohibited. According to 202.4.11J 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 Coordinator (or his/her designee). Adults participating in or associated with this meet, acknowledge

that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. ATTENTION SWIMMERS: All adult athletes (age 18+) are required to complete and keep his or her Athlete Protection Training current and up to date before they are allowed to enter the meet.

COVID INFORMATION, POLICIES, AND RULES

COVID information, policies, and rules are subject to change at any time based on the current conditions and requirements as determined by the State, County, and City on the date(s) of the event. Requirements and protocols may be more or less restrictive on the date(s) of the event.

"The Redding Swim Team is taking enhanced health and safety measures for our Participants, Volunteers, Coaches and Officials. You must follow all posted instructions while visiting the Shasta College Campus. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By visiting Shasta College Campus, you voluntarily assume all risks related to exposure to COVID-19." All Social Distancing Rules and Signage must be followed.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND SIERRA NEVADA SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

COACHES

All Coaches must have on them, in a visible location, their 2021 USA Swimming membership card with a background verification expiration date printed on it along with the athlete protection certification expiration date. 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 paperwork and an 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 each be fined \$100. All Coaches must check in each day with the Clerk of Course to receive their program and wristband. Only Carded Coaches are allowed at the Coaches tables.

A Coaches' meeting will be held 15 minutes prior to the start of each session. All Coaches are expected to be in attendance so that any final questions about or updates and clarifications to meet format, protocols, and expectations can be communicated.

OFFICIALS

Meet Referee: Bill Fisher (golfs swim2003@yahoo.com)

Head Starter: Gary Haslerud

Admin Referee: Amber Ponciano

Meet Director: Mark Wagner (reddingswimteam@yahoo.com)

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. Current 2021 USA Swimming Certification Cards will be checked before being allowed to work the deck. An Officials meeting will be held 30 minutes prior to the beginning of each session.

Forty-eight (48) hours after the meet closing date the Official information (name and number of Officials and which session they are working) will be communicated to the Meet Director via email or phone. In this correspondence a request for borrowing an Official can be included. The deadline for borrowing an Official to fulfill a Team requirement will be the daily Officials meeting. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as "time only" swimmers in all respects for that session. Official Dress for Preliminaries will be with white socks and white tennis shoes, white polo shirts and navy-blue pants/shorts/skirt. Final dress for all Officials will be white polo shirts, navy blue skirts or long blue pants with white socks, white tennis shoes. For wet or cold conditions, boots and parkas will be allowed. All working Officials must display current Membership/Certification cards at the meet.

OFFICIALS REQUIRED

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

MEET FORMAT/SCRATCH RULES:

- In meets holding trials and finals, a modified version of rule 207.11.6B and 207.11.6C will apply to a swimmer failing to compete in a trial heat for which they have not scratched and are seeded to swim. Swimmers may scratch the night prior to the next day's events by 5:00 PM by emailing Heidi Rupp at ruppmom3@yahoo.com.
- 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 207.11.6C. 207.11.6C states that, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.11.6.A and 207.11.6.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 (207.11.6E).
- 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.
- FINALS CHECK-IN: 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). Alternates will not be penalized. FINALS: Events 100 yards or shorter there will be (4) final heats. Events that are 200 yards there will be three (3) final heats. The 400 IM yards and/or 500 will be two (2) final heats. 1000-yard freestyle event will be timed finals. The final heats will be swimming in this order: D Final, Bonus Final, Consolation Final, and Championship Final.
- Final's warmups and start times may be ADJUSTED by DAYS AND TIMES AS NEEDED).
- We will be using Colorado with 2 buttons and 1 stopwatch.

ENTRIES

Swimmers may compete in up to 3 individual events per day. Swimmers that have achieved the qualifying time standard for an Open event must select those events. No Deck Entries will be accepted since the meet is pre-seeded.

OPTION #1 FOR ENTRIES: Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation of acceptance. This method requires payment by credit card using the Swim Connection secure site. 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. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter by using mail entry or hand delivery. Online meet entry is in no way required or expected to enter this meet and is offered as a convenience. Check <http://ome.swimconnection.com/meets> for session open or closed status. Online entries will be accepted through Monday, November 1, 2021, at 11:59 PM.

OPTION #2 FOR ENTRIES: Mailed entries use a SAMMS Consolidated Entry Card. Entry cards must be FILLED out and legible. The entry card may be reproduced. The meet entry card is available from the Sierra Nevada Swimming website. Entries must be received in hand (postmarks not acceptable) on or before Monday, November 1, 2021. Absolutely no late, or telephone entries will be accepted.

There are no refunds.

OPTION #3 FOR ENTRIES: Using a USA Swimming approved electronic file (Hy-Tek Team Manager) with a signed hard copy listing a contact person and phone number. Entries must be received (postmarks not accepted) on or before Monday, November 1, 2021. Absolutely no late, or telephone entries will be accepted. **There are no refunds.**

All entry times should be the swimmer's actual best times and be able to be verified if necessary. "No Time" or "NT" entries WILL NOT BE ACCEPTED for swimmers in any event they have not swum before. In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seed time will be accepted.

ENTRY FEES: \$6.00 per individual event (includes \$0.50 for SNS, \$1.00 for Age Group Travel Fund and \$0.75 for Senior Travel Fund). In addition, there is a \$12.00 pool surcharge per swimmer to help cover the cost of the pool.

If paying by check, make checks payable to Redding Swim Team and mail to:

Redding Swim Team

P.O. Box 992112

Redding, CA 96099-2112

Phone Number (530) 246-2666

ADMISSION: Free.

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.



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Women #	LCM Standard	SCY Standard	Saturday's Order of Events	SCY Standard	LCM Standard	Men #
1	1:09.49	1:01.09	Open 100 Freestyle	57.09	1:04.99	2
3	N/A	N/A	18 and under 100 Freestyle	N/A	N/A	4
5	3:17.19	2:54.09	Open 200 Breaststroke	2:44.09	3:06.09	6
7	N/A	N/A	11 and up 200 Breaststroke	N/A	N/A	8
9	2:48.99	2:30.09	Open 200 Backstroke	2:28.09	2:46.79	10
11	N/A	N/A	11 and up 200 Backstroke	N/A	N/A	12
13	1:18.09	1:09.09	Open 100 Butterfly	1:05.09	1:13.59	14
15	N/A	N/A	11 and up 100 Butterfly	N/A	N/A	16
17	N/A	N/A	12 and under 50 Butterfly	N/A	N/A	18
19	2:29.89	2:12.09	Open 200 Freestyle	2:04.09	2:20.99	20
21	N/A	N/A	11 and up 200 Freestyle	N/A	N/A	22
23	5:56.09	5:15.09	Open 400 IM	5:00.09	5:39.49	24
25	N/A	N/A	11 and up 400 IM	N/A	N/A	26
27	12:10.09	10:51.59	Open 1000 Freestyle	10:15.99	11:30.09	28

+1000 will be swum as a timed final, following a break after the 400 IM in the preliminary session.

Women #	LCM Standard	SCY Standard	Sunday's Order of Events	SCY Standard	LCM Standard	Men #
29	5:12.49	5:50.09	Open 500 Freestyle	5:30.09	4:54.59	30
31	N/A	N/A	18 and under 500 Freestyle	N/A	N/A	32
33	1:30.89	1:20.09	Open 100 Breaststroke	1:15.09	1:25.39	34
35	N/A	N/A	18 and under 100 Breaststroke	N/A	N/A	36
37	N/A	N/A	12 and under 50 Breaststroke	N/A	N/A	38
39	1:20.09	1:11.09	Open 100 Backstroke	1:08.09	1:16.79	40
41	N/A	N/A	18 and under 100 Backstroke	N/A	N/A	42
43	N/A	N/A	12 and under 50 Backstroke	N/A	N/A	44
45	2:54.79	2:35.09	Open 200 Butterfly	2:27.09	2:45.89	46
47	N/A	N/A	11 and up 200 Butterfly	N/A	N/A	48
49	31.99	28.09	Open 50 Freestyle	26.09	29.79	50
51	N/A	N/A	18 and under 50 Freestyle	N/A	N/A	52
53	2:49.79	2:30.09	Open 200 IM	2:22.09	2:40.89	54
55	N/A	N/A	11 and up 200 IIM	N/A	N/A	56