



Matt Casto Memorial

Open Age Group Meet

Hosted by
Elk Grove Aquatics Club
December 4-5, 2021

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

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS22-26.

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/their 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: Elk Grove Aquatics Center (EGAC): 9701 Big Horn Blvd, Elk Grove, CA 95757

PARKING: Free parking in the Big Horn parking lot. Do not park in the Civic Center Drive parking lot. Do NOT park in the red zones. White loading zones require a driver to stay in the vehicle and are for active loading and unloading only.

DIRECTIONS: From I-5: Take Elk Grove Blvd east to Big Horn Blvd; turn right on Big Horn Blvd and turn left at the second stop light into the facility parking lot.

From Hwy 99: Take Elk Grove Blvd west to Big Horn Blvd; turn left on Big Horn Blvd and turn left at the second stop light into the facility parking lot.

TIME: Please check the times below – This is a SPLIT-SESSION FORMAT

	Check-In	Warm Ups	Meet Begins
Saturday & Sunday 13&O	7:00 AM	7:30 AM	9:00 AM
Saturday & Sunday 12&Under		Immediately upon conclusion of first session	No sooner than one hour after conclusion of first session

Swimmers must check-in with the Clerk of Course by 8:15 AM for morning session. Swimmers who do not check in for an event will not be allowed to swim that event. Check-in for the first four events of each session 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. Afternoon session will start no sooner than 1 hour after the conclusion of the morning session. Afternoon session swimmers must check-in by the conclusion of the morning session.

The last 20 minutes of the warm-ups in the afternoon will be dedicated to 8 and under swimmers only.

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 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.

FACILITY:

Outdoor heated 25-yard by 50-meter pool. Up to ten (10) Short Course lanes and touch pads will be used for competition. Colorado Starting, Timing and Scoreboard system will be used. Colorado Backstroke Start Devices will only be available to morning session swimmers. Coaches are required to have their athletes certified in backstroke device starts in order to use the devices.

All canopies must be secured with water buckets during the meet and must be taken down at the conclusion of their session. Tarps can be used under the canopies during the meet and must be removed from the grass at the conclusion of their session. Please do not leave any valuables at the facility overnight.

Please follow the signage on where to set up canopies.

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. Events are Girls odd numbers and Boys even numbers.

- Swimmers may compete in not more than four (4) events per day on Saturday and Sunday.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F.
- Those entries in excess of the above limitations will not be refunded.
- All events are short course 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 seed time will be accepted.
- NT (No Time) entries will be accepted.
- Flyover starts may be used if needed. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.
- Swimmers in next heat will wait behind the Timers and wait to be called to the starting block by a series of short whistles.

SPECIAL RULES:

All heats for all events will be seeded fastest to slowest. Events (400 IM and 500 Freestyle) may be swum alternating women and men. For the 400 IM and 500 Freestyle events, swimmers must provide their own Timers and lap counters. **This is a closed deck competition. Spectators are allowed only on the bleachers and upper concourse areas.**

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet, and if valid, will be allowed to check-in and compete. Note that 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.

CERTIFICATION:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C4. In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth at the start end of 13' at 3'3.5" and 7' at 16'5" and at the turn end it is 13' at 3'3.5" and 7' at 16'5". An additional 6 lane, 25-yard warm-up pool is available.

DISCLAIMER AND COVID INFORMATION:

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.

"We have taken enhanced health and safety measures – for you, our other guests, and swimmers. You must follow all posted instructions while visiting **Elk Grove Aquatics Center**, in Elk Grove, CA. 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 Center for Disease Control and Prevention, senior citizens and guest with underlying medical conditions are especially vulnerable. By attending the meet at **Elk Grove Aquatics Center**, in Elk Grove, CA, you voluntarily assume all risks related to exposure to COVID-19."

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.

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.

Face coverings are recommended for those that are not fully vaccinated when those individuals are in close contact situations with other individuals in accordance with CDC guidelines.

Spectators, participants, volunteers, Coaches and Officials shall not share personal items such as towels, equipment, water bottles, goggles, swim caps and any other items that don't belong to them.

SAFE SPORT:

Pursuant to USA-S Rule 202.4.11H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, restrooms or locker rooms.

Sierra Nevada Swimming and the Elk Grove Aquatic Club 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.

According to 202.4.11J, the 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. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

Pursuant to USA-S 202.4.11I deck changes are prohibited.

All applicable 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: Important New Regulation -- All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training, before they are allowed to enter the meet.

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 400 swimmers per session on Saturday and Sunday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours. Submitted entries will be processed as received. If the entry limit is reached while processing a team entry, the balance of that team will be processed.

ENTRY FEES:

Individual entry fees are \$4.00 per event plus \$10.00 pool surcharge per swimmer to help cover the cost of the pool. Entry fees are non-refundable.

ENTRIES:

ONLY ONLINE ENTRIES WILL BE ACCEPTED. Late and deck entries will not be allowed.

ONLINE ENTRIES: Online entries will be accepted through Thursday, November 25th, at 11:59 PM or until caps is reached. Enter at: ome.swimconnection.com/meets 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.

RELAY:

Relay entries are due at least 1 hour after the start of each session, in which relays are held. Only swimmers already entered in the meet will be eligible to participate on relays. **Relay fees are \$9.00 per relay entered, due upon receipt of the relay entry.** Meet Referee will make announcement regarding when relay entries are due.

RESTRICTIONS:

- Smoking and the use or sale of other tobacco products is prohibited in all areas of the venue.
- The sale and use of alcoholic beverages are prohibited in all areas of meet venue.
- Glass containers are not allowed in the pool area.
- Elk Grove Aquatics Center prohibits dogs on campus, including animals left in cars on campus.
- 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.

12 & UNDER RESTRICTIONS:

102.8.1.F SWIMWEAR (USA Swimming Rulebook): "No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet."

1. Exceptions for the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.
2. A Technical Suit is one that has the following components:
 - a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or
 - b. Any suit with woven fabric extending past the hips.

(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

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 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:

Head Referee: Melissa Szpik Serrao (officialmelissasn@gmail.com)

Head Starter: Diane Walker

Admin Official: Dominique Parks

Meet Director: Mirinda Collins/Chris Oshiro

Questions: Mirinda Collins (meetdirector@egacgators.com) or Chris Oshiro (coachchris@egacgators.com)

All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. An Officials meeting will begin 30 minutes prior to the start of each session. All working Officials must have passed the background check, athlete protection training, and the concussion course 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. Officials should bring minimal belongings, your own clipboard, writing devices, and personal water bottle. 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.

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 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.

Number of Team's swimmers submitting entries in each meet session:	Number of trained and carded Officials required per team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

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:

Colorado Timing and a two-button system will be utilized. There will be two (2) Timers per lane, from the same Team, one operating a plunger & a stopwatch and one Timer operating only a plunger & clipboard for recording times. Timing assignments will be made after meet entries online have closed. Elk Grove Aquatics Club will provide the Chief Timer.

AWARDS:

Swimmers 12 and under will be awarded ribbons for 1st through 8th place. Awards must be picked up at the end of the meet-they will not be mailed. "A" Medals will be awarded to all swimmers achieving a new "A" time. Relays will not be awarded.

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.

SCHEDULE OF EVENTS:

Session 1 - Saturday			
Event #		Age	Event
1	2	13 & Over	200 IM
3	4	13 & Over	100 Breast
5	6	13 & Over	200 Fly
7	8	13 & Over	100 Free
9	10	13 & Over	200 Back
11	12	13 & Over Mixed	200 Medley Relay
13	14	13 & Over	500 Free (Time Standard – 6:59.99)

Session 2 - Saturday			
Event #		Age	Event
15	16	9-12	200 IM
17	18	8 & Under	25 Breast
19	20	12 & Under	50 Fly
21	22	9-12	100 Fly
23	24	8 & Under	25 Fly
25	26	9-12	100 Free
27	28	12 & Under	100 Back
29	30	8 & Under	25 Free
31	32	12 & Under Mixed	200 Medley Relay

Session 3 - Sunday			
Event #		Age	Event
33	34	13 & Over	200 Free
35	36	13 & Over	100 Fly
37	38	13 & Over	200 Breast
39	40	13 & Over	50 Free
41	42	13 & Over	100 Back
43	44	13 & Over Mixed	200 Free Relay
45	46	13 & Over	400 IM (Time Standard – 6:44.99)

Session 4 - Sunday			
Event #		Age	Event
47	48	9-12	200 Free
49	50	8 & Under	25 Back
51	52	12 & Under	50 Breast
53	54	9-12	100 Breast
55	56	12 & Under	50 Free
57	58	9-12	100 IM
59	60	12 & Under	50 Back
61	62	12 & Under Mixed	200 Free Relay

SUMMARY OF EVENTS BY AGE

	8&Under	9-12	13 & Over
Saturday	25 Breast 50 Fly 25 Fly 25 Free 200 Medley Relay	200 IM 50 Fly 100 Fly 100 Free 100 Back 200 Medley Relay	200 IM 100 Breast 200 Fly 100 Free 200 Back 200 Medley Relay 500 Free
Sunday	25 Back 50 Breast 50 Free 50 Back 200 Medley Relay	200 Free 50 Breast 100 Breast 50 Free 100 IM 50 Back 200 Free Relay	200 Free 100 Fly 200 Breast 50 Free 100 Back 200 Free Relay 400 IM