



# NVAL Meet

Hosted by  
Redding Swim Team  
July 28-30, 2023



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

## SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number **SNS23-68** In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "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."

## ELIGIBILITY:

This is a closed league meet. Swimmers must be a member of a Team in the NVAL's. All 18 & under swimmers must meet NVAL requirements, including having swum in at least two (2) league meets (meets hosted by NVAL Teams and/or the Sierra Nevada Junior Olympics Meet) in the 2023 Season.

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 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.

**Flex members will be under the seasonal membership rules. If a flex member participates in more than two sanctioned meets prior to the NVAL Meet they will need to upgrade their memberships to premium (year-round) USA Registration.**

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.

Additionally, each North Valley Team must have paid their NVAL dues prior to the entry's deadline. Teams that have not paid their dues are considered "not in good standing" with NVAL and may NOT participate. Checks payable to NVAL. Send dues payment to: NVAL. PO Box XXXX, Chico, CA (information is coming).

## 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: Redding Aquatic Center, 44 Quartz Hill Road, Redding, CA 96003.**

From I-5: Take 299 East/Burney Exit (#680), turn west onto Lake Blvd. and drive approximately .7 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is about a half mile on the left.

Days	Warm-ups	Meet Begins
Friday	8:30 AM	10:00 AM
Saturday	7:30 AM	9:00 AM
Sunday	7:30 AM	9:15 AM (*8:45 AM – 9:15 AM – Tribute to the Graduates)

## FACILITIES:

Two outdoor 25-yard pools for competition and warm down. The number of competition lanes 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.

## 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". A copy of the certification is on file with USA Swimming.

## 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.
- This is a Pre-Seeded Meet; all swimmers will be automatically checked in to their events.
- **Swimmers are limited to a maximum of three (3) individual events and one (1) relay per day.**
- Those entries more than the above limitations will not be refunded.
- All events are SHORT COURSE YARDS and timed finals.
- All heats for all events will be seeded slowest to fastest.
- **NT (No Time) entries will not be accepted**, 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. **Please provide an estimated seed time after consulting with your Coach for all events where this is a first swim.**
- 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 202.4.11D 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.

**Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in planning for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.**

#### **WARM-UP RULES:**

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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**

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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, rest rooms or locker rooms. Sierra Nevada Swimming and the Sierra Marlins 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 202.4.11I 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, except with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

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

Attention Swimmers: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training before they are allowed to enter the meet. According to 202.4.11N, the City of Redding will be providing medical supervision, Marshals, and lifeguards during the swim meet will be available to athletes participating in the meet.

According to 102.10, the City of Redding will be Marshals during the swim meet, one male and female.

#### **USA SWIMMING COVID-19**

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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 individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you or your child or children from becoming exposed to, contracting, or spreading COVID-19 while participating in USA 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, FORSEEN OR UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

## COACHES:

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All Coaches must have on them, in a visible location, their 2023 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 Saturday's session. All Coaches are expected to be in attendance so that any questions about or updates and clarifications to meet format, protocols, and expectations can be communicated.

## HOSPITALITY:

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There will be healthy meals, drinks, and snacks. Hospitality will be provided to all Officials and Carded Coaches with wristbands. Light snacks will be provided for Timers.

## OFFICIALS:

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Meet Referee: Bill Fisher ([golfswim2004@yahoo.com](mailto:golfswim2004@yahoo.com))

Head Starter: Gary Haslerud

Admin Official: Dan Rupp

Meet Director: Luke Blehm ([lukeblehm@yahoo.com](mailto:lukeblehm@yahoo.com))

An Officials meeting will be held 30 minutes prior to the beginning of Friday's, Saturday's, and Sunday's 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. All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility. Before the beginning of the meet, the Meet Referee will verify that these conditions have been met. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

## 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

## TIMERS, TIMING, RESTRICTIONS:

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- Clubs will be assigned Lanes to time after entry deadline has passed.
- We will be using Colorado Timing- with 2 buttons and 1 stopwatch.

## ENTRIES:

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Swimmers may compete in up to 3 individual events per day, maximum of 9 individual events plus relays. **Swimmers may enter more than entry maximum limit but will need to scratch down if they exceed the maximum individual event cap of nine (9) events. Swimmers may only swim one(1) relay per day. Refunds will not be given to those swimmers who enter more than maximum individual entries.**

**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 Thursday, July 20, 2023. 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 Thursday, July 20, 2023. 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 Thursday, July 20, 2023. Absolutely no late, or telephone entries will be accepted. **There are no refunds.**

## ENTRY FEES:

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\$4.00 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.

Redding Swim Team

P.O. Box 992112

Redding, CA 96099-2112

Phone Number (530) 246-2666

## AWARDS:

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Individual events are divided into two separate divisions: Seasonal and Year-Round. Both divisions will score first through twelfth place for individual events for the following age groups: 6-under, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. The top 3 high-point swimmers in each age group in both divisions will be awarded a trophy. In the event of a tie for the three High Point places, four trophies will be awarded. If there is a tie then the place below the tie will not be awarded, i.e. if two swimmers tie for first place there will be no second-place trophy but still a third-place trophy. 'Sierra Nevada Miner' Pins will be awarded to all swimmers achieving a new "A" time. Relays will be swum as only one division and will be awarded to sixth place. Teams will be awarded first through third in each division: Seasonal and Year-Round. The Spirit Banner will be awarded to the Team that displays the essence of the sport of swimming: sportsmanship, selflessness, and spirit of competition. Ballots will be given to each Team and the Head Officiating Team; the Meet Director will tally the ballots. Awards will be given to the Coaches the following day, except Sunday's awards will be given to the Coaches shortly after the end of the meet on Sunday. High Point and Team awards will be given out at an awards' ceremony shortly after the conclusion of the meet. Awards will not be mailed.

## RELAYS:

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Relays will be deck entered and cost \$9.00 per relay. Relay cards are due to the Clerk of Course no later than 1 hour after the start of the meet each day. Relay Team division designation is based on the designation of the Team. The four members of a Relay Team may be a combination of seasonal and year-round swimmers from the same Team and may not be unattached. Athletes are limited to one relay event per day and may compete on either an age group relay Team or an open age Team but not both. Age group relay Teams will be recognized for 8 and under, 9-10, 11-12, 13-14, and 15-18. Open relay Teams may be composed of swimmers of any age. Swimmers may only compete in one relay per day.

## SCORING:

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Teams are divided into 2 groups: Seasonal and Year-Round. Any Team who has more than 20% of their swimmers entered Championships as Year-round members will be classified as a Year-round Team. Only the top placing relay Team from a club in each age group and/or the open relay will be scored with points counting towards their Team's total score. Individual events are scored through 12th place, Relay events are scored through 6th place. Relay events will score first through 6th place in the following age groups: 8 and under, 9-10, 11-12, 13-14, and 15-18.

Scoring: As per rule 102.25.3:

Individual Events.....16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

Relay Events.....32, 26, 24, 22, 20, 18

Relays will be scored as one division, but the points credited to any Team will be reflected in the divisional standings. This means that a Seasonal Team will be credited points towards their Seasonal total, and Year-Round Teams will be credited points towards their Year-Round total.

## HOSPITALITY

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There will be healthy meals, drinks, and snacks. Hospitality will be provided to all Officials and Carded Coaches with wristbands. Light snacks will be provided for Timers.

## RESTRICTIONS

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No overnight parking is allowed by the City of Redding at the Redding Aquatics Center. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages are 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. **NO EZ-UP Set Up will be allowed before Friday, July 28<sup>th</sup>**

12 & UNDER SWIMWEAR RESTRICTION: Per 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 restrictions are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.

(2) A Technical Suit is one that has the following components:

- Any suit with any bonded or taped seams regardless of its fabric or silhouette.  
- or -
- 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.)

# NVAL Meet

Hosted by  
Redding Swim Team  
July 28 – July 30, 2023

## Summary of Events

	8&under	9-10	11-12	13-18
Friday	100 Free 50 Back 50 Fly	200 Free 50 Back 100 Fly	500 Free 50 Back 100 IM 100 Fly	*500 Free *100 Back *200 IM *200 Fly *50 Breast
Saturday	*25 Free *25 Fly 50 Breast *50 Free 100 Free Relay	50 Fly 100 Breast 100 Free 200 Free Relay	200 Free 50 Fly 100 Breast 100 Free 200 Free Relay	*200 Free *100 Fly *200 Breast *100 Free *50 Back *200 Free Relay
Sunday	*25 Breast *25 Back +100 IM (7-8 only) 100 Medley Relay	50 Breast 100 Back 100 IM 50 Free 200 Medley Relay	50 Breast 100 Back 200 IM 50 Free 200 Medley Relay	*100 Breast *200 Back *50 Fly *400 IM *50 Free *200 Medley Relay

\*These events will be awarded and scored in their specific age groups (6-under and 7-8) and (13-14, 15-16, 17-18).

All other 8 & under events will be awarded and scored as a single age group.

+The 100 IM listed in the 8 & under category is limited to 7–8-year-olds.

## July 28, 2023

### FRIDAY- Session 1

Girls #	Boys #	Age Group	Event
1	2	11-18	500 Free
3	4	9-10	200 Free
5	6	8 & Under	100 Free
7	8	13-18	100 Back
9	10	11-12	50 Back
11	12	9-10	50 Back
13	14	8 & Under	50 Back
15	16	13-18	200 IM
17	18	11-12	100 IM
19	20	9-10	100 Fly
21	22	8 & Under	50 Fly
23	24	13-18	200 Fly
25	26	11-12	100 Fly
27	28	13-18	50 Breast

## July 29, 2023

### SATURDAY- Session 2

Girls #	Boys #	Age Group	Event
29	30	13-18	200 Free
31	32	11-12	200 Free
33	34	8 & Under	25 Free
35	36	13-18	100 Fly
37	38	11-12	50 Fly
39	40	9-10	50 Fly
41	42	8 & Under	25 Fly
43	44	13-18	200 Breast
45	46	11-12	100 Breast
47	48	9-10	100 Breast
49	50	8 & Under	50 Breast
51	52	13-18	100 Free
53	54	11-12	100 Free
55	56	9-10	100 Free
57	58	8 & Under	50 Free
59	60	13-18	50 Back
61	62	Open	200 Free Relay
63	64	15-18	200 Free Relay
65	66	13-14	200 Free Relay
67	68	11-12	200 Free Relay
69	70	9-10	200 Free Relay
71	72	8 & Under	100 Free Relay

## July 30, 2023

### SUNDAY- Session 3

Girls #	Boys #	Age Group	Event
73	74	9-10	50 Breast
75	76	11-12	50 Breast
77	78	13-18	100 Breast
79	80	8 & Under	25 Breast
81	82	9-10	100 Back
83	84	11-12	100 Back
85	86	13-18	200 Back
87	88	8 & Under	25 Back
89	90	13-18	50 Fly
91	92	9-10	100 IM
93	94	11-12	200 IM
95	96	13-18	400 IM
97	98	7-8	100 IM
99	100	9-10	50 Free
101	102	11-12	50 Free
103	104	13-18	50 Free
105	106	8 & Under	100 Medley Relay
107	108	9-10	200 Medley Relay
109	110	11-12	200 Medley Relay
111	112	13-14	200 Medley Relay
113	114	15-18	200 Medley Relay
115	116	Open	200 Medley Relay



## **Official Host Hotel**

Red Lion Hotel

1830 Hilltop Dr, Redding, CA 96002

NVAL Championships

Rate: Starts at \$169.00 + tax, breakfast included up to 4.

Discount available July 28-30, 2023

Group Code: NVAL0723

[Click here for booking link](#)