

WEAVERVILLE SWIM TEAM

2023 INVITATIONAL

Online entries at: swimconnection.com

July 21-23, 2023

Hosted by Weaverville Swim Team

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number, SNS23-69 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 Weaverville Swim Team agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California and Trinity County
- TEAMS:** **Age Group Open Swim Meet**
- LOCATION:** Lowden Park Pool. 101 Park Avenue, Weaverville, CA. 96093.
- DIRECTIONS:** From Redding: Highway 299 West. Turn right on Weaver Street. Immediately after Weaver curves to the left and becomes Lowden Street, turn right on Park Avenue. Turn onto the first driveway on left. Head towards softball field, pool is on the right.
From Highway 3: Turn left on Washington Street. Pass the park & softball field. Turn left on Lowden. Turn left on Park Ave. Turn onto the first driveway on left. Head towards softball field, pool is on the right.
- OFFICIALS:** Head Referee: Amber Ponciano
Head Starter: Veronica Albiez
Admin Official Sheryl Milam
Clerk of Course: Dero Forslund/Jill Lynn
Meet Directors: Heather MacLaren, (530) 739-2276 hрмаclaren@gmail.com
- 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. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck.
- COURSE:** Competition will be conducted in an outdoor 25 yard heated, 6-lane pool According to 202.4.11G(2) in the 2023 Rulebook, "The competition course has not been certified in accordance with 104.2.2C(4)." The copy of such certification is not on file with USA Swimming. The competition course has a pool depth at the start end of 6'11" at 3' 3 1/2" and 7'1" at 16' 5". On the turn end of the pool, there is a 4'2" depth at 3' 3 1/2" and a 4'3" depth at 16' 5" from the turn end.
- 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, webcasting, television, psych sheets and live meet results. The results of this meet may be posted on Meet Mobile.

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 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. 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. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee). 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: All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training, before they are allowed to enter the meet. No AED device is on premise. No lifeguard will be on duty for the duration of the meet. A WST coach is onsite with Lifeguard and CPR Certifications. In case of minor injury, a first aid station is available. In case of a major injury or medical distress call 911 or Trinity County Hospital at 530-623-5541.

According to 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

COVID POLICY: Weaverville Swim Team has taken enhanced health and safety measures for all members, athletes, spectators, Coaches and Officials. You must follow all posted instructions by Weaverville Douglas City Park and Rec District (WDCPRD).

By attending the Weaverville Waves Meet, you voluntarily assume all risks related to exposure to COVID-19.

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(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent 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.

SPECIAL PROCEDURES: Additional details will be communicated as we get closer to the events in regard to special procedures to be followed based on current facility rules

RULES: 2023 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. 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. All Coaches may be required to present their 2023 USAS Coach Membership card to the Meet Referee at the beginning of the meet. 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.

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 each be fined \$100.*

The meet will be pre-seeded and swum as timed finals.

A swimmer or his/her Coach must request an official time for the lead-off split of a relay from the Meet Referee on the day of the swim prior to the relay events.

In accordance with USA rule 202.4.11C the water depth shall be measured from 3' 3 1/2" to 16' 5" from the end wall and must be four (4) feet deep to allow racing starts. In water depths of less than four (4) feet, starts will be from the water. In pools with a depth of four (4) feet or greater the swimmer may start from the block which shall meet the height requirements of 103.13.

Swimmers may "SWIM-UP" in RELAYS. This means a swimmer below the designated age group (say an 8y/o swimming in the 9-10 group) can move up an age group to fill a relay. These Teams will receive scores and are eligible to ribbons

The Referee will conduct an in-person Coaches meeting at the closing of warm up before each session following social distancing guidelines. The Referee will announce location prior to each session.

RESTRICTIONS: Smoking or use of other tobacco products are prohibited anywhere within the swim venue including swimmer rest areas. Alcoholic beverages are not allowed in the pool area. **Pets are prohibited in the pool area (unless service dog papers have been provided to the Meet Director).** Portable propane tanks are not allowed in the pool area or on the grounds. Glass bottles or containers of any kind are not allowed on the pool deck or on the grounds.

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.).

ELIGIBILITY: This meet is limited to age group (18 years and younger) for all registered swimmers as defined by NVAL. 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.

Age on the first day of the meet determines the swimmers age group and all swimmers must swim in their own age group, except for the above-mentioned relay events. Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding.

Events will be swimming slowest to fastest.

ONLINE ENTRIES: ONLINE ENTRIES ARE REQUIRED

Online entries will be accepted through 11:59 PM., Sunday, July 16, 2023. Enter at: <http://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. 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

ENTRIES: Meet management will be done by HY-TEK.

If a swimmer does not have an official entry time, **it is strongly recommended that an estimated time be submitted in order for us to more accurately estimate our timeline. Other swimmers must submit their best official times.** "No Time" or "NT" will not be accepted Entry times must be submitted in yards. **Swimmers may compete in 2 events on Friday and up to 3 individual events plus 1 relay per day on Saturday and Sunday.** **If more than the maximum entries are submitted the Clerk of Course will scratch the last of the individual entries for that session. NO REFUNDS FOR ENTERING TOO MANY ENTRIES. THE MEET WILL BE CAPPED AT 275 SWIMMERS or when the four-hour time rule has been met.** If Team entries arrive before the meet cap is reached, all entries in that envelope will be entered in the meet even if this results in the cap being exceeded. If conditions warrant, the Meet Referee and the Meet Director may require a scratch down in order to comply with the four-hour rule for 12 and under swimmers. It is up to the Meet Referee and Meet Director to ensure that no sessions with swimmers 12 & Under are planned to last longer than 4 hours under USA-S Rule 205.3.1F. The Meet Referee and Meet Director may require swimmers to scratch-down if the 4-hour rule for 12 and under swimmers is not met. In this event refunds will be allowed.

RELAYS

Relay entries with fees will be submitted to the **Clerk of Course** each day no later than 10:30 AM by the Coach or a Team Rep at the meet. Do not send entries in advance. Entry cards must include a seed time and the names of the swimmers in the order they will swim along with any alternates if available. Each USA Team may enter more than one relay Team per event but only one of these relays will be allowed to score in each event.

ENTRY FEES: Individual event: \$5.00 per event.
(includes \$0.50 to Sierra Nevada General Acct., \$1.00 to Sierra Nevada Age Group acct. and \$0.75 to Sierra Nevada Senior Travel Fund),
Swimmer pool charge: \$10.00 per swimmer.
Relay Fees: \$10.00 per relay Team per race
(includes \$1.00 to Sierra Nevada General Acct., \$2.25 to Sierra Nevada Age Group, and \$1.25 to Sierra Nevada Senior Travel Fund).
There will be **NO REFUND of fees.**

Relay entry fees will be paid by a Team Representative **at the meet only.** Please do not send relay money with the other entries.

Please make checks payable to Weaverville Swim Team.

CHECK-IN: THIS MEET IS PRESEEDDED. There are no Deck Entries. All swimmers are automatically checked in to the events which they are registered for. The meet will start at 3:00 PM on Friday and 9:00 AM Saturday and Sunday.

WARM-UPS: Warm ups will be from 1:45 - 2:45 PM on Friday. On Saturday & Sunday warm-ups will start at 7:45 AM and end at 8:45 AM. Sierra Nevada warm-ups rules will be in effect. Warm-up lane and timing assignments will be available to Coaches on the Thursday prior to the meet by contacting the Meet Director. There is no warm up lane available once the meet begins. Coaches must be on deck to supervise their swimmers during warm up. Diving starts will be permitted only with a supervising Coach at the block. All swimmers must have a Coach present at warm-ups and during the meet. Arrangements must be made in advance for coaching coverage if a swimmer whose Team Coach will not be present wishes to enter this meet. The swimmer will notify the Meet Director and Meet Referee of the coverage arranged

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 (Usually lanes 1 & 6) and up to 2 lanes for one-way sprints (Usually lanes 2 & 5).
- 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.

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

Number of swimmers	Number of carded Officials
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

One half/hour before the scheduled start of each session, the Meet Referee will 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. All Officials will wear the traditional attire: blue short/pants/skirt with a collared white polo shirt and white tennis shoes, white socks, so they may be easily identified. All Officials must display their credentials while on deck and will be required; according to 2023 SN guidelines to present a current 2023 Membership/Certification card to the Referee or his/her designated representative prior to being allowed to work on deck. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available. Coaches are also required to display their registration credentials while on deck. The Referee will conduct an in-person Officials meeting 30 minutes before each session following social distancing guidelines. The Referee will announce location prior to each session.

TIMERS: **All Teams will be expected to provide volunteers to work as Timers.** Timers will be provided with shaded seating as well as snacks, lunch, and beverages. A Team Representative should check in with the Head Timer before 2:45 PM on Friday and 8:45 AM Saturday and Sunday to report the number of Timers from his / her Team. We will be using a Colorado timing system with 3 buttons and 1 stopwatch per lane. If the primary timing system fails 3 stop watches will be used.

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.

Timers will be provided for the 500 Free. Lap Counters and lap counting devices are the responsibility of the swimmer.

SCORING: Individual events: 7-5-4-3-2-1; Relays: 14-10-8-6-4-2.
Events with more than one age group will be broken down into age groups for scoring and awarding.

AWARDS: Heat winners: Heat Ribbons
Individual Events: 1st – 12th place ribbons for boys & girls in each age group
Relay Teams: 1st – 6th place ribbons for boys & girls in each age group.

Individual High Point: 1st – 3rd place medals for boys & girls in each age group
Team High Point: 1st, 2nd, & 3rd place trophies.
Standard “A” medals will be awarded swimmers achieving new A times, in each event regardless of place achieved in the event.

ADMISSIONS: Admission is free; A 3-day meet program will be available for \$5.00.

HOSPITALITY: Hospitality will be served and available to all working Officials, Timers, & Coaches.

SNACK BAR: A snack bar will be provided for the public on Saturday and Sunday.

Lodging

Motel Trinity
530-623-2129

Timber Lodge Motel (Douglas City)
530-623-6624

Weaverville Hotel & Emporium
623-4432

Weaverville Victorian Inn
530-623-2222

Indian Creek Lodge (Douglas City)
530-623-6294

49er Motel Gold Country Inn
530-623-4937

□ **Camping is available at Lowden Park for a fee. Camping registration will be done online, see attached. No camping prior to Friday.** □ Public restrooms and the use of non-heated showers will be available at the Lowden Park Pool.

**WEAVERVILLE SWIM TEAM 2023 INVITATIONAL
JULY 21-23, 2023**

Friday, July 21				Saturday, July 22				Sunday, July 23			
1	2	11-18	100 IM	15	16	13-18	100 Breast	49	50	13-18	100 Fly
3	4	8 & u	100 IM	17	18	11-12	50 Breast	51	52	11-12	50 Fly
5	6	9-10	100 IM	19	20	9-10	50 Breast	53	54	9-10	50Fly
7	8	11-18	200 IM	21	22	8 & U	25 Breast	55	56	8 & U	25 Fly
9	10	9-12	200 Free	23	24	13-18	200 Free	57	58	13-18	100 Free
11	12	8 & U	100 Free	25	26	11-12	100 Free	59	60	11-12	50 Free
13	14	11-18	500 Free	27	28	9-10	100 Free	61	62	9-10	50 Free
				29	30	8 & u	50 Free	63	64	8 & u	25 Free
				31	32	13-18	200 Back	65	66	13-18	200 Breast
				33	34	11-12	100 Back	67	68	11-12	100 Breast
				35	36	9-10	100 Back	69	70	9-10	100 Breast
				37	38	8 & U	50 Back	71	72	8 & U	50 Breast
				39	40	13-18	50 Free	73	74	13-18	100 Back
				41	42	8 & U	100 Medley	75	76	11-12	50 Back
							Relay	77	78	9-10	50 Back
				43	44	9-10	200 Medley	79	80	8 & u	25 Back
							Relay	81	82	13-18	200 Free Relay
				45	46	11-12	200 Medley	83	84	11-12	200 Free Relay
							Relay	85	86	9-10	200 Free Relay
				47	48	13-18	200 Medley	87	88	8 & U	100 Free Relay
							Relay				



Camping at Lowden Park, Waves Swim Meet July 21-23, 2022

Lowden Park Camping offers the following options:

RV Campsite (dry camp) \$35/night, price includes up to 1 kid tent that can be set up outside RV within RV camp area. May not be set up in reserved primitive spots.

NO PARKING ON GRASS OR PAVEMENT ALLOWED.

Primitive Camping \$25/night, includes one main tent and one kid tent to be set up next to main tent. (There will be two main Primitive Camping areas, A & B, both located in park next to pool)

Check in for all camping is 8:00 a.m. and sites are first come, first serve.

Saving RV spots is not allowed.

All camping needs to be prepaid. The link is below.

<https://www.eventbrite.com/e/waves-swim-meet-camping-2023-tickets-66491466667>

**Weaverville Swim Team
Invitational Swim Meet
July 21-23 2023
Camping RULES**

TENTS: Tent camping is available in designated areas only.
No open fires allowed!!

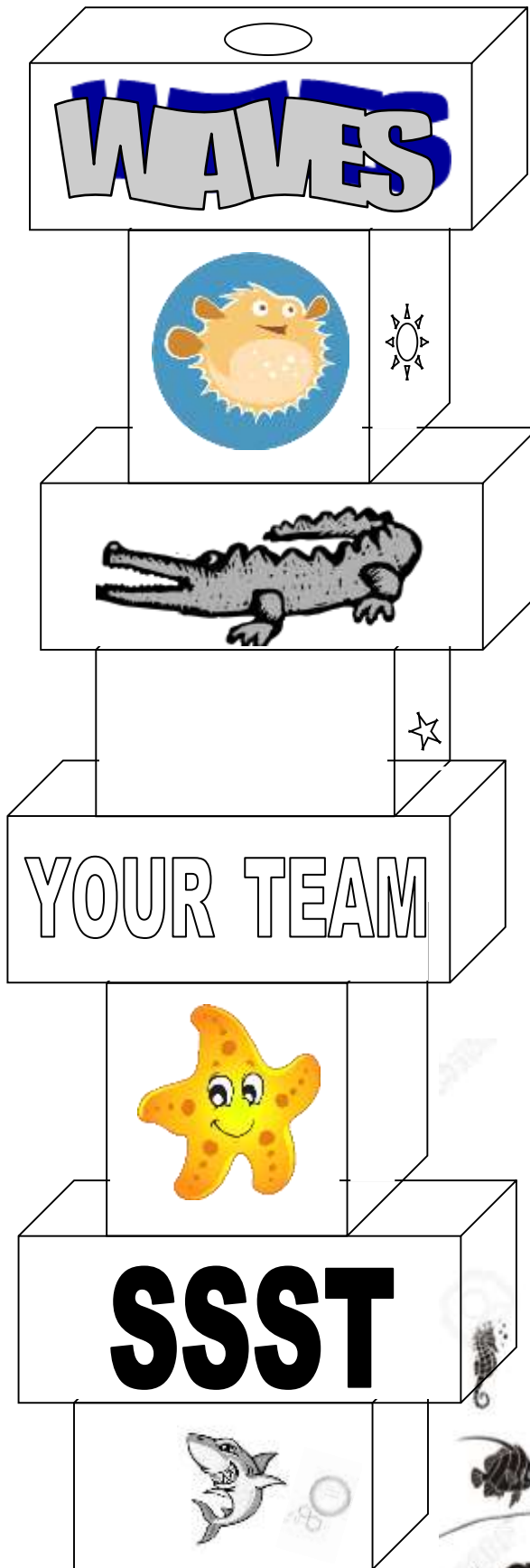
RV's: There is limited parking for campers, motor homes and trailers available near the rodeo grounds. No in and out during the weekend. No Sewer or water hook-ups are available.

ALL

CAMPERS:

1. Keep noise level down – be considerate of others and remember swimmers need their sleep!
2. Pick up trash and keep your area clean.
3. NO GLASS bottles allowed.
4. Pets must be on a leash.
5. Park quiet hours are 10:00 PM to 6:00 AM.
6. Showers (limited #) in the pool locker room available Sunday morning from 7:00 - 8:00 AM.
7. Keep belongings locked up

PLEASE NOTE: PARK SPRINKLERS IN UNDESIGNATED CAMPING AREAS WILL COME ON DURING THE NIGHT.



FRIENDLY TEAM COMPETITION UNDER THE SEA!

Once again we are inviting all teams to bring one completed block to add to our “Spirit Totem Pole” As a yearly tradition our totem pole allows teams to let their enthusiasm and creativity shine outside the pools as it does between the lanes.

The blocks will be stacked on top of each other on Friday prior to the start of the meet based on 1st come, 1st serve. Saturday & Sunday mornings, the blocks will be rearranged based on team standings.

BLOCKS MUST INCORPORATE BOTH THEIR TEAM MASCOT & THE UNDER THE SEA THEME

Blocks must be constructed of a cardboard box no larger than 3’ x 3’ rectangle shaped (no circles or triangles) Please decorate all sides, however leave a blank space 6” x 6”min on top and bottom to allow a pole to slide thru for stacking.

Boxes will be judged on a scale of 1-10 for creativity & spirit.

GET YOUR CREATIVE ON!!!

