

Sierra Nevada Swimming **Senior Winter Championships**



Hosted by California Capital Aquatics
February 2nd - 4th, 2024

OPEN ONLY to Sierra Nevada Swimmers 13 years of age and older

SANCTION:

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: **SNS24-35**

According to 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."

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."

LOCATION:

Roseville Aquatics Complex: 3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

FACILITY:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). Outdoor, heated 16-lane, 25-yard course with touch pads at the start end. Up to ten lanes may be used for preliminaries with eight lanes used for finals. In accordance with 202.4.11C, the competition short course has a pool depth at the start end of 7ft.-13ft at 3' 3 1/2" and 7ft.-13ft at 16'5" and at the turn end is 7ft.-13ft" at 3' 3 1/2" and 7ft.-13ft at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. Colorado Starting, Timing and Scoreboard will be used. Locker rooms and rest areas are available. The competition course has been certified in accordance with 104.2.2C(4). The facility is equipped with Spectrum Fusion Starting blocks with reaction start surfaces and Spectrum Backstroke start ledges.

RESTRICTIONS:

No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. 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, 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 3PM, Friday Feb 2nd, 2024**

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 changing areas, rest rooms or locker rooms.** Sierra Nevada Swimming and California Capital Aquatics 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, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (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: 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.

According to 202.4.11N, Lifeguards, AED and First Aid will be available to athletes participating in the meet.

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

RULES:

Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All individual events are trials and finals format (except 1000 yard Freestyle). **All swimmers are limited to seven (7) TOTAL individual events for the meet, with no more than three (3) individual events per day.**

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, these swimmers 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.

MEET FORMAT:

The course for ALL SESSIONS will be SHORT COURSE YARDS FORMAT.

Scratch Rules: Scratch Rule 207.11.6 will apply to a swimmer failing to compete in a trial heat for which he/she has not scratched and is seeded to swim. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6.C, "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 with 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 (207.11.6.E)

CHECK-IN/SCRATCH:

THIS MEET IS SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS SUBMITTED OR PRELIMINARY TIMES.

All swimmers are automatically checked into their events which they are registered for. If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day and scratched out of any additional events for that day.

The scratch deadline for Friday's events is Thursday, February 1st at 5:30 PM.

The scratch deadline for Saturday's events is 30 minutes after competition begins on Friday night.

The scratch deadline for Sunday's events is 30 minutes after finals begin on Saturday night.

To scratch any of Friday's events, you can email: robertasavage2004@gmail.com before the deadline.

To scratch any of Saturday's events, you can email: robertasavage2004@gmail.com before the deadline or you may scratch in person at the Clerk of Course Desk by the deadline.

To scratch Sunday's events, you can email: robertasavage2004@gmail.com before the deadline or you may scratch in person at the Clerk of Course Desk by the deadline.

PRELIMS:

The meet will be seeded according to submitted times. The fastest or the first three heats of each event will be circle seeded, except for 400y/500y events, where the fastest two heats of an event shall be circle seeded. Preliminary Session will run fastest to slowest in all events, using UP TO 10 lanes of competition if needed based on entries

ORDER OF SEEDING:

Events will be seeded as follows: All times earned previously, whether they are meters, yards or short course meters will be acceptable. In seeding these times, the conforming times (yards) will be arranged in time order. In a short course meet, non-conforming long course times shall precede non-conforming short course times. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7B.

FINALS CHECK-IN:

If you are one of the announced finalists, **you will be seeded in Finals unless you scratch during the appropriate time.** 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 intention to scratch. **Swimmers will be seeded in finals unless they scratch.** Refer to the scratch rules for penalties 207.11.6D(1).

FINALS:

We will be using (8) eight lanes. There will be a Bonus Finals, Consolation Final, and Championship Final (swum in that order) in all events 200 and under (top 24 return from Trials). The 400 I.M. and 500 Freestyle will have ONLY a Consolation Final and Championship Final (top 16 return from Trials).

1000 FREESTYLE:

The 1000-yard Freestyle will compete as a Timed Final on Friday PM. The event will be seeded fastest to slowest alternating Girls/Boys. Swimmers are to provide their own Timers and Lap counters. Lap counting devices will be available at the facility for use.

RELAYS:

Teams will be allowed to enter a maximum of TWO (2) relays per event (A & B relay).

Friday: 200 MEDLEY RELAY and 200 FREESTYLE RELAY (10 Min break before/after 1000 Free)

Saturday: 400 MEDLEY RELAY

Sunday: 400 FREESTYLE RELAY

Saturday/Sunday Relays will be competed at the end of finals after a 5 Min break following events 20 and 32.

ENTRIES:

Enter Online at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming. **On-line entries must be received before 11:59 PM on Thursday, January 25th 2024.**

ENTRY FEES:

The meet entry fee is **\$8.00** per event (includes \$1.25 Age Group Travel, \$1.00 Senior Travel, \$.50 SNS General Fund), plus **\$20.00** per swimmer pool charge (Splash Fee).

Relays: Relay Team entries will be **Free**. Relay only athletes **MUST** be listed on team entry form and pay athlete surcharges. Relay only athletes may **NOT** be deck entered. There are no refunds.

LATE ENTRIES:

LATE ENTRIES & DECK ENTRIES WILL NOT BE ALLOWED.

HOSPITALITY:

Light breakfast, lunch, and dinner along with snacks will be provided to registered coaches and officials.

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. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck.

OFFICIALS:

MEET REFEREE: **Jeff Jones**
ADMINISTRATIVE REFEREE: **Roberta Savage**
HEAD STARTER: **Leia Richter**
TEAM LEAD CHIEF JUDGE: **Hisako Watanabe-Cenizal**
ADMINISTRATIVE OFFICIAL: **TJ Kay**
MEET DIRECTOR: **Sami Waheed**

jeff@jones-law.com
robertasavage2004@gmail.com
buckwheet@gmail.com
hwatanabecenizalcrna@gmail.com
clmair2fly@yahoo.com
meetdirector@ccaswimming.org

All Certified Officials with current USA Swimming registration are welcome to work this meet.

All Deck Officials must be registered with USA Swimming for 2024 and 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.

Dress Code for all Officials during preliminaries and Finals on Saturday & Sunday will be white tennis shoes, white polo shirts and navy-blue pants/shorts/skirts. For wet/cold conditions boots and parkas will be allowed.

Schedule of Official's Briefings: TBD by Meet Referee after Meet Timelines are finalized.

REQUIRED NUMBER OF OFFICIALS:

Each Team shall, by the entry deadline, provide to the Meet Referee a list of Officials who have agreed to represent the Team during the conduct of the meet. One half hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of Officials comparing the number of entries against the number of Officials present representing each Team. Those Teams who have not provided a sufficient number of Officials as indicated in the following table shall have all of their swimmers treated as "time only" in all respects for the session. Neither the athletes nor the Team shall be eligible for awards.

REQUIRED NUMBER OF TIMERS

Number of Swimmers Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100<	5

Timing lanes will be assigned 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] 16 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 posted on the CCA Hosted Meets page.

Meet Schedule

<u>Warm-up:</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Meet Begins:</u>	4:00 PM	7:30 AM-8:50 AM	7:30 AM-8:50 AM
	5:15 PM	9:00 AM	9:00 AM
<u>Finals Warm-Up:</u>		3:30 PM	3:30 PM
<u>Finals Begin:</u>		4:30 PM	4:30 PM

WARM-UP RULES:

The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- Lifeguards shall be on the pool deck during the entire warm up period.
- 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.
- ONE WAY DIVES and PACE will open at the discretion of the Safety Referee assigned to Warm Ups
- 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.**

AWARDS:

High Point Awards will be given to the Top Three (3) Women and Men.

Team Awards will be given to the Top Three Scoring Teams COMBINED

Individual Point Distribution

(Bonus Final is NOT Scored)

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>
Championship A Final:	20	17	16	15	14	13	12	11
Consolation B Final:	9	7	6	5	4	3	2	1

Relay Point Distribution

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>
Top 8 Relay Finishers:	40	34	32	30	28	26	24	22
9-16 Relay Finishers:	18	14	12	10	8	6	4	2

Thank you to **Placer Valley Tourism** for coordinating **SPECIAL HOTEL ROOM RATES** for this year's Meet. Information can be found by visiting the CCA Hosted Meets page at www.ccaswimming.org.



EVENT ORDER

Friday, February 3rd		
Girls Event #	EVENT	Boys Event #
1	200 Medley Relay	2
3	1000 Freestyle	4
5	200 Freestyle Relay	6
Saturday February 4th		
Girls Event #	EVENT	Boys Event #
7	500 Freestyle	8
9	200 Backstroke	10
11	50 Freestyle	12
13	200 I.M.	14
15	100 Butterfly	16
17	200 Freestyle	18
19	200 Breaststroke	20
21	400 Medley Relay*	22
Sunday February 5th		
Girls Event #	EVENT	Boys Event #
23	100 Backstroke	24
25	200 Butterfly	26
27	100 Breaststroke	28
29	100 Freestyle	30
31	400 I.M.	32
33	400 Freestyle Relay*	34

* Relays will be swum in order above during Finals

2023-2024 SNS Senior Championship Time Standard*

Girls		Boys		
SCY	LCM		LCM	SCY
29.49	33.79	50fr	30.19	26.39
1:03.99	1:13.49	100fr	1:06.89	57.89
2:18.69	2:38.29	200fr	2:26.09	2:06.79
6:11.99	5:32.89	400M/500fr	5:09.89	5:44.09
11:50.79	10:35.39	800M/1000fr	10:00.09	11:02.59
19:47.29	20:20.49	1500M/1650fr	18:59.09	18:30.39
1:09.39	1:21.09	100ba	1:14.39	1:03.19
2:31.39	2:54.99	200ba	2:41.39	2:17.49
1:19.69	1:32.39	100br	1:23.49	1:11.09
2:52.79	3:20.49	200br	3:01.39	2:36.19
1:09.39	1:19.29	100fl	1:11.79	1:02.69
2:33.49	2:53.99	200fl	2:39.99	2:20.49
2:34.89	2:58.19	200im	2:43.99	2:20.89
5:30.49	6:18.79	400im	5:47.29	5:03.69

*Approved by SNS BOD 10/18/2023 & Corrected/Updated 11/10/2023