

# VACA SCY AGO SEASON FINALE

VACAVILLE SWIM CLUB

April 5-7, 2024

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## SANCTION

Held under USA Swimming-Sierra Nevada Swimming Sanction Number: SNS24-41.

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 from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

## NOTICE

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, web casting, television, psych sheet and live meet results. The results of this meet may be posted in real time on the internet and on Meet Mobile.

## 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, rest rooms or locker rooms.

Sierra Nevada Swimming and the Vacaville Swim Club 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. 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.**

According to 202.4.11N, a lifeguard will be present on the pool deck at all times during warm ups and competition. An AED device is located next to the lifeguard office just inside the main entrance to the pool facility.

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.

## LOCATION & DIRECTIONS

Walter Graham Aquatic Center, 1100 Alamo Dr., Vacaville, CA. 95687

From eastbound Interstate 80: Alamo Drive Exit, stay to the right. Turn right at the second light, Marshall Rd. (at McDonald's). Pool and parking on the left. Westbound Interstate 80: Alamo Drive exit, stay to the right. Turn right at the light (Alamo Dr.) Turn right at the third light, Marshall Rd. (at McDonald's). Pool and parking is on the left.

## FACILITIES

Outdoor, 10 lane, 25-yard pool, with deep gutters, and Kiefer lane lines. Eight (8) lanes will be used for competition. An 8-lane recreation pool will be available for warm-ups prior to the meet and for warm-up/cool down throughout the competition. The surveyed competition pool complies with USA Swimming Rule 103.3.1. In accordance with 202.4.11.C, the competition pool has a depth at the start end of 7ft to 12 ft at 3'31/2" and 7ft to 12 ft at 16'6" and at the turn end is 7ft to 12 ft at 3'31/2" and 7 ft to 12 ft at 16'6."

## PRE-MEET SETUP

Gates to the pool facility will open for tent and/or canopy setup at 3:30 PM on Friday, April 5, 2024. All tents and/or canopies must be properly secured. Tents and/or canopies may be moved and/or removed by the Meet Director if necessary for the safety of participants.

## RULES

**WARM-UP RULES:** The following rules apply to the warm-up period before the 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.
- Marshals / lifeguards shall be on the pool deck during the entire warm up period.
- 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.

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.

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.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- Swimmers may compete in not more than five (5) events per day on Saturday and Sunday; two (2) events on Friday; for a total of twelve (12) events during the meet.
- Those entries in excess of the above limitations will not be refunded.
- All events are SHORT COURSE YARDS and timed finals.
- In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seedtime will be accepted.
- No time (NT) entries will be accepted.
- In accordance with USA-S Rule 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.
- Also, 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 make arrangements for Coach supervision to ensure compliance with this requirement.

## 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.)

## SPECIAL RULES

- Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.
- All events will be swum fastest to slowest as Timed Finals.
- Swimmers in next heat will wait behind the Timer and wait to be called to the starting block.
- Swimmers will not be allowed to congregate behind the Timers.
- All 25 Yard events will be started on the turn end of the pool without starting blocks.

## ELIGIBILITY

All 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. Note that SNS 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 USA Swimming rule 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.

## TIME

### ALL EVENTS WILL BE SEEDED FASTEST TO SLOWEST, COMBINED GIRLS AND BOYS

	Warmups	Meet Begins
Friday	4:30 PM	5:30 PM
Saturday and Sunday	7:30 AM	9:00 AM

An Officials' Meeting will be held 30 minutes before the start of the session.

At the discretion of the Meet Referee, a Coaches Meeting will be held 15 minutes before the start of the session.

## ENTRY LIMITS & SCRATCH DOWN

The meet will be capped at 300 swimmers per session on Saturday and Sunday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

Should the session be estimated to last longer than 4 hours, swimmers will be required to scratch down until that requirement is met. Swimmers will be notified prior to the start of the session and issued a refund voucher at the Administrative Official's desk.

## ENTRY FEES

A \$10.00 participation splash fee will be charged for each swimmer plus a fee of \$5.00 per event per swimmer.

## ENTRIES

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

**ONLINE ENTRIES:** Online entries will be accepted through 11:59 PM on Thursday, March 28, 2024. Enter at: <http://ome.swimconnection.com> 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 above.

## RELAY ENTRIES & EVENTS

Relay entries for the 200 Free Relays (Events 1-4) must be submitted no later than 8:00 AM on Saturday, the day of the event.

Relay entries for the 200 Medley Relays (Events 35-38) must be submitted no later than 8:00 AM on Sunday, the day of the event.

**Relay fees are \$10.00 per relay entered, due upon receipt of the relay entry.**

Coaches may send relay team rosters to [meetdirector@vacavilleswimclub.com](mailto:meetdirector@vacavilleswimclub.com) prior to race day, payments for these entries will be accepted on deck.

## CHECK-IN

Positive check in is required only for distance events (400 I.M., 500 Free, 1000 Free and 1650 Free). Swimmers must check in for Friday distance events no later than 5:00 PM and Saturday and Sunday distance events, no later than 10:00 AM on the day of the event. All other events will be pre-seeded with **no** check in required.

A Check-in table will be located outside of the gate entrance to the competition pool and will be removed once check-in closes each day.

## AWARDS

Awards will be available for pick up at the awards room or tent located near the main entrance to the pool facility. Awards not picked up will be given to or mailed to a Coach or Team Representative at the end of the meet. Ribbons for 1<sup>st</sup> through 8<sup>th</sup> place awarded for age groups 6 & Under, 7 & 8, 9 & 10, 11 & 12 and 13 & 14. "A" Medals will be awarded to all swimmers achieving a new "A" time. Relays will not be awarded. Prizes for the winner of random Hot Heats will be awarded.

## DISTANCE EVENTS

Swimmers must provide their own Timers and Lap Counters (including counting devices) for the 400 I.M, 500 Free, 1000 Free and 1650 Free.

## ADMISSION

Admission is free. Meet information will be posted on Meet Mobile.

## SNACK BAR & HOSPITALITY

Light drinks and snacks will be available for sale and a food vendor may be available in the parking lot.

Hospitality will be available to Officials and Coaches.

## OFFICIALS

Meet Referee: Niffey Carmody  
Head Starter: Jeremy Craig  
Admin Official: Becky Craig  
Meet Director: David Ferguson, [meetdirector@vacavilleswimclub.com](mailto:meetdirector@vacavilleswimclub.com)

An Officials' Meeting will be held 30 minutes before the start of the session.

## OFFICIALS' DRESS

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.

## OFFICIALS' RULES

Current 2024 USA Swimming Membership/Certification Cards will be checked using the USA Swimming App to confirm membership is in good standing before being allowed to officiate. Officials must have the USA Swimming App on their phone to verify membership or have a printed Membership Card available.

**Each Team MUST, by the entry deadline, email the Meet Director a list of Officials who have agreed to represent that Team during the conduct of the meet and the days/sessions and preferred position.** 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 swimmers entered in meet per Team	Number of trained & carded Officials required
1 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 – 100	4
> 100	5

## 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. Those Coaches without evidence of certification will not be allowed to be at the meet and will be asked to leave.

At the discretion of the Meet Referee, a Coaches Meeting will be held 15 minutes before the start of the session.

## **TIMERS**

Three (3) Timers will be assigned per lane. The primary timing system will be a Colorado Timing System with three push-button plungers per lane and touch pads. One stopwatch per lane will back up the primary timing system.

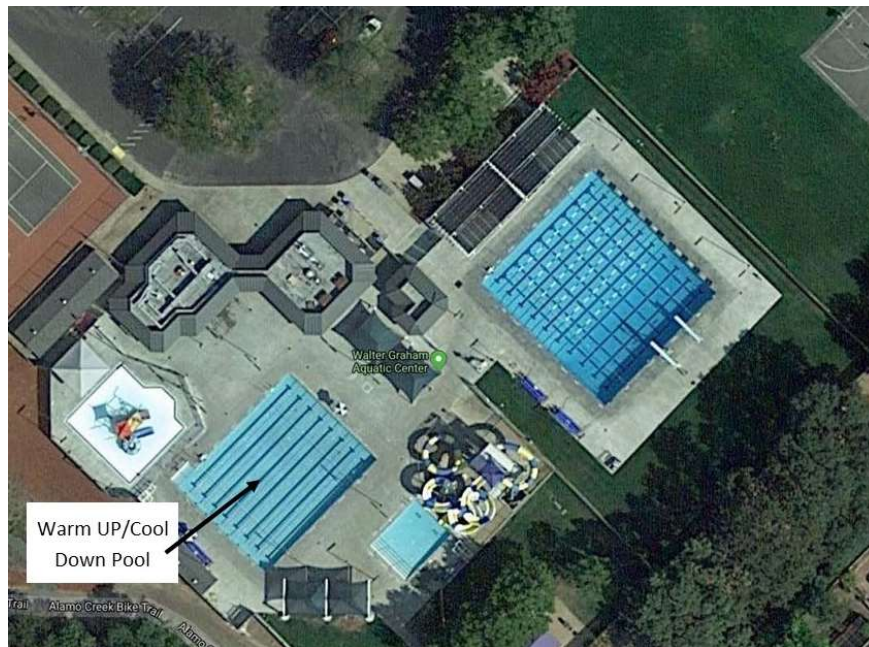
Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a Team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] NUMBER OF timing chairs. This number will 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.

## **RESTRICTIONS**

Smoking and the use of other tobacco products are prohibited at the Walter Graham Aquatic Center. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

## **PARKING**

Parking is available in the areas designated in the picture below.  
Green horizontal hashed areas are for general parking.  
The yellow diagonal hashed areas are reserved for Officials.



**OVERNIGHT ACCOMMODATIONS**

All are Vacaville Locations:

Holiday Inn Express	(707) 451-3500	Motel 6	(707) 447-5550
Fairfield Inn/ Marriott	(707) 469-0800	Best Western	(707) 448-8453
Hampton Inn & Suites	(707) 469-6200	Courtyard	(707) 451-9000
Residence Inn	(707) 469-0300		

**SCHEDULE OF EVENTS – ALL EVENTS ARE RUN FASTEST TO SLOWEST**

<b>FRIDAY – April 5, 2024</b>			
<b>Session 1</b>			
Girls Event #	Boys Event #	Age Group	Event
101	102	11-18	400 I.M.
103		12-UNDER	500 Free
104		OPEN	1000 Free

<b>SATURDAY – April 6, 2024</b>			
<b>Session 2</b>			
Girls Event #	Boys Event #	Age Group	Event
1	2	12-Under	200 Free Relay
3	4	13-Over	200 Free Relay
5	6	11-18	100 Free
7	8	10-under	100 Free
9	10	8-Under	25 Free*
11	12	11-18	200 Back
13	14	10-Under	50 Back
15	16	11-12	50 Back
17	18	11-18	100 Breast
19	20	10-Under	100 Breast
21	22	11-18	200 Fly
23	24	8-Under	25 Breast*
25	26	11-18	200 IM
27	28	10-Under	200 IM
29	30	11-12	50 Fly
31	32	10-Under	50 Fly
33	34	13-18	500 Free

<b>SUNDAY – April 7, 2024</b>			
<b>Session 3</b>			
Girls Event #	Boys Event #	Age Group	Event
35	36	12-Under	200 Medley Relay
37	38	13-Over	200 Medley Relay
39	40	11-18	200 Free
41	42	10-Under	200 Free
43	44	8-Under	25 Fly*
45	46	11-18	100 Fly
47	48	10-Under	100 Fly
49	50	11-12	50 Breast
51	52	10-Under	50 Breast
53	54	11-18	200 Breast
55	56	8-Under	25 Back*
57	58	11-18	100 Back
59	60	10-Under	100 Back
61	62	11-12	100 IM
63	64	10-Under	100 IM
65	66	11-18	50 Free
67	68	10-Under	50 Free
69		OPEN	1650 Free

**\* 25 YARD EVENTS WILL NOT HAVE USE OF STARTING BLOCKS, SINCE THEY WILL BE SWIMMING TOWARD THE TIMERS AND TOUCHPADS FROM THE TURN END OF THE POOL.**