Sierra Marlins
2024 Spring Splash
Long Course Swim Meet
April 12 – 14, 2024

Enter online at: https://ome.swimconnection.com/meets/3308

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction # SNS24-49.

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 event."

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 sheets and live meet results. The results of this meet may be posted in real time on the Internet 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 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.

Pursuant 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).
Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
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.*
No audio/visual recording of the entire meet will be permitted unless prior arrangements are made with the Meet Director and Meet Referee. Parents are welcome to record their own swimmer in an event, but not allowed to setup recording devices to record all races.
Pursuant to 202.4.11N, certified lifeguards and an AED device are available to athletes participating in the meet.
Pursuant to 102.10, there shall be a minimum of two Marshals present, one female and one male, during warm-up and the entire duration of the competition.

LOCATION: **Folsom Aquatic Complex, Lembi Park, 1200 Riley Street, Folsom, CA 95630**

PARKING: Free parking in designated areas of Lembi Park. Do not park in the parking lot directly across the street from the Aquatic Center, nor in the Walgreen's parking lot. Please use overflow parking at Wal-Mart. Do NOT park in the red zones. Spaces marked as 20-minute parking is strictly enforced. White loading zones requires a driver to stay in the vehicle and is for active loading and unloading only. RV parking will be allowed on Friday and Saturday nights in the designated RV parking area, please refer to the map on the team website.

FACILITIES: A 16 lane, outdoor heated, surveyed 25 yard by 50-meter pool will e used. Two 8 Long Course Meter lanes with touch pads will be used for competition. An additional 3 lanes will be available for warm-up/cool down throughout the competition.

Tents may be set-up in designated areas. There will be no set-up on the cement area behind the starting area under the diving boards. The Meet Director, Meet Referee or City of Folsom Personnel have final say to tent / location. If you set-up in an area which causes congestion, you may be asked to move. All tarps must be removed from the grass overnight**.**
There will be no participant/Coach set-up allowed before 3:00 PM on Friday, April 12th.

Smoking and the use of other tobacco products are prohibited at the Folsom Aquatics Center facility. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. No pets are allowed. Glass containers as well as pets are not allowed in the pool area. Personal propane or heaters will not be allowed inside the facility.

Cabana Rentals: The City of Folsom has three Cabana's that are available to rent for each day. The Cabana includes chairs with side curtains. These are being rented for **$50 per session**. We will also offer 10X10 tents with chairs and sidewalls for **$150 for the weekend**. If you are interested please email the Meet Director (meetdirector@sierramarlins.net) directly, this is a first come first serve opportunity.

CERTIFICATION: In accordance with USA-S Rule 202.4.11C, the ODD competition course has a pool depth of 14 ft. on the starting end at 3' 3.5" and 7 ft. at 16' 5" and on the turn end, the measurement is 4 ft. at 3' 3.5" and 7 ft. at 16' 5." The EVEN competition course has a pool depth of 4 ft. on the starting end at 3' 3.5" and 7 ft. at 16' 5" and on the turn end, the measurement is 14 ft. at 3' 3.5" and 7 ft. at 16' 5. The water depth of the separate warm-up pool, in accordance with USA-S Rule 202.4.11C, has a pool depth of 3.5 ft at 3' 3.5" at 16' 5" at the start end. At the turn end it is 3.5 ft at 3' 3.5" and at 16'5". There is **NO** diving in the warm-up pool. Three-point entries are required.

START TIMES: **THIS IS A SPLIT SESSION MEET**

	Check-in	Warm ups	Meet Begins
Friday	3:45-4:15PM	4:00 PM	5:00 PM
Saturday and Sunday 13 & Up	6:45-7:30 AM	7:00 AM	8:30 AM
Saturday and Sunday 12&Under	10:30AM-45 minutes before meet begins	Immediately upon conclusion of first session	One (1) hour after conclusion of first session*

Warm-ups will close 15 minutes prior to the start of competition and the final 15 minutes of warmups for the PM sessions will be reserved for 8&Under swimmers only.
Check-in for 12&U events will close 45 minutes before the start of each session.
***The afternoon sessions will start no earlier than the published timeline prior to the meet.**
An Officials' Meeting will be held 45 minutes before the start of each session.

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 are limited to a maximum of four (4) events per day on Saturday and Sunday; two (2) events per swimmer on Friday; for a total maximum of ten (10) events during the meet.**
- The maximum limit of ten (10) events during the meet will not apply if a mandatory scratch down is required.
- Those entries in excess of the above limitations will not be refunded.
- All events are LONG COURSE METERS 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 not be accepted, please provide an estimated seed time after consulting with your Coach for all events where this is a first swim.**
- 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. 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.

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.
- 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 & 8) & up to 2 lanes for one-way sprints (Usually lanes 2 & 7).
- 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 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.
- The last 15 minutes of warmups in the 12&Under session will be reserved for 8&Under Only swimmers.

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, could 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.

SPECIAL RULES: All heats for all events will be seeded fastest to slowest. **For the 800M Freestyle events, REGISTRATION WILL BE LIMITED TO THE FIRST 32 ENTRIES PER GENDER AND SWIMMERS MUST PROVIDE THEIR OWN TIMERS.** Flyover and/or chase 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.

ATTENTION HIGH SCHOOL ATHLETES (February-May): If you are a high school athlete in season, you need to be Unattached at this meet. It is the athlete's responsibility to be Unattached from this meet. You can unattach at the meet. This does not apply to athletes swimming under the rules of Nevada Interscholastic Activities Association (NIAA).

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 check-in and 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 302.3 in the 2024 Rulebook and in effect now — 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.

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. In this case, swimmers will be given a refund for those events.
- **The meet will be capped at 260 swimmers on Friday, 340 swimmers for 13&Over sessions and 365 for the 12&Under sessions or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.**

ENTRY FEES: **$6.00 per event** (includes $0.50 to Sierra Nevada General Fund, $1.00 to Sierra Nevada Age Group Travel Fund, and $0.75 to Sierra Nevada Senior Travel Fund) plus **$12.00 per swimmer surcharge**. Deck entries are $7.00 per event plus surcharge. Entry fees are non-refundable except in the event of a required scratch down. Make checks payable to SMST.

ENTRIES: **ONLINE ENTRIES:** Online entries will be accepted through Thursday, April 4, 2024 at 11:59 PM or until caps are reached. Enter at: https://ome.swimconnection.com/meets/3308 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. Online meet entry is not required in order to enter this meet, but highly recommended to ensure you are entered in the meet.

Teams who would like to enter using Hy-Tek may request an event file and send their entries by email to the Meet Director. Please contact the Meet Director to confirm there is space in the meet before emailing team files.

DECK ENTRIES: Deck entries for each session will only be accepted prior to the start of the session if the Meet Director & Meet Referee determine that sessions with swimmers 12&Under can be completed within four hours. **Deck entries will be swum for time only; will not be scored or awarded.** For inquiries about deck entries, email the Meet Director after Sunday, April 7, 2024**.**

CHECK-IN: The meet will be deck seeded. Check-in will start at 3:45 PM on Friday. Check-in for Saturday/Sunday AM sessions will start at 6:45 AM. Check-in for Saturday/Sunday PM sessions will start at 11:00 AM. All swimmers must check-in prior to the close of their event.

Check-in for the first four events of each session will close 45 minutes before the start of that session; check-in for all subsequent events will close no more than 45 minutes before the estimated start time of the first heat of the event. Check-in desk will be in front of the classroom facing the parking lot.

AWARDS:

- 13+ Swimmers – (13-14, 15-16, 17-18, 19+ will not be awarded) No awards will be offered, other than SNS "A" pins for new SNS "A" Times.
- 12&Under swimmers – (8-Un, 9-10, & 11-12): All age groups will be seeded together, but awarded separately in each group 8-Un, 9-10, & 11-12. Ribbons will be awarded to 1-8 in each age designated event. SNS "A" Pins will be awarded to swimmers attaining SNS "A" times for the first time. Awards must be picked up at the meet – they will not be mailed.

ADMISSION: Free.

PROGRAMS: The meet will be available on MeetMobile. No programs or reports will be provided. Prior to attending the meet the psych sheets will be available on the Sierra Marlins websites for download and printing prior to attending the meet.

SNACK BAR & HOSPITALITY: We will have a snack bar with limited food and drinks. Breakfast, lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS:

Meet Referee:	Ivan Hererra	Admin Official:	Hope Gawlick hope@gawlick.com
Head Starter:	Justin Jones	Meet Directors:	Kathleen Calkins meetdirector@sierramarlins.net
			Randi Lo

All working Officials (including trainees) must have passed the background check, athlete protection training (APT), and met the concussion protocol training 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 this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck. Please bring a printed copy of your Membership Card or have the USA Swimming App on your phone for verification.

OFFICIAL'S DRESS: Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. Weather permitting; rain gear may be worn if necessary.

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.

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

RULE:

Number of a Team's swimmers entered in meet	Number of trained and carded Officials required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

Forty-five (45) minutes before the scheduled start of each session, the Meet 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: 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. Each lane will have 2 timers for 13&O session and 3 for 12&U session.. 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. **For the 800M Freestyle (Saturday/Sunday) events, swimmers must provide their own Timers. We will provide lap counters.**

RESTRICTIONS: 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.)

Schedule of Events

Friday			Saturday				Sunday			
Event #	Age Group	Event	Event #		Age Group	Event	Event #		Age Group	Event
Session 1			**Session 2**				**Session 4**			
Mixed			G	B			G	B		
1	9-12	200M IM	5	6	13&Up	200M IM	31	32	13&Up	200M FREE
2	11&Up	400M IM	7	8	13&Up	50M BREAST	33	34	13&Up	50M BACK
3	9&Up	400M FREE	9	10	13&Up	100M BACK	35	36	13&Up	50M FLY
All events on Friday are mixed events running fastest to slowest			11	12	13&Up	100M FLY	37	38	13&Up	50M FREE
			13	14	13&Up	200M BREAST	39	40	13&Up	100M BREAST
			15	16	13&Up	100M FREE	41	42	13&Up	200M BACK
							43	44	13&Up	200M FLY
			17		11&Up	800 FREE		18	11&Up	800 FREE
			Session 3				**Session 5**			
			19	20	12&UN	200M FREE	45	46	11-12	200M BREAST
			21	22	12&UN	50M FLY	47	48	12&UN	50M BACK
			23	24	12&UN	100M BACK	49	50	12&UN	100M FLY
			25	26	12&UN	100M BREAST	51	52	11-12	200M BACK
			27	28	11-12	200M FLY	53	54	12&UN	50M BREAST
			29	30	12&UN	50M FREE	55	56	12&UN	100M FREE

Events – 17/18 (800M Freestyle) – Swimmers are responsible for providing their own Timers and Lap Counters.

There will be no break before the start of the 800M Freestyle's

At the discretion of the Meet Referee and the Meet Director, the 800M Freestyle's may be swum 2 per lane.