



# 26<sup>th</sup> Annual Summer Sanders LCM Meet SR+ Swim Meet Hosted by California Capital Aquatics June 7-9, 2024

**SANCTION:** Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS24-54  
Time Trials held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS24-54TT

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."

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

## **Meet Info:**

Timeline, psych sheets, timers requirements, and exception reports will be posted on the CCA website a few days after the entry deadline: <https://www.gomotionapp.com/team/pscca/page/team-info/cca-hosted-meets>

## **LODGING:**

Thank you to Placer Valley Tourism for coordinating SPECIAL HOTEL ROOM RATES for this year's meet may be found on the CCA Hosted Meet page or by entering the following link: <https://www.placertourism.com/events/summer-sanders-2024/>

## **FACILITY:**

Outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.11C, the surveyed competition course has a pool depth at the start end of 13 ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" 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 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 venue. The sale and use of alcoholic beverages is prohibited in all areas of the 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 OVERNIGHT.

**NO EZ-UP Set Up will be allowed before THURSDAY, June 6, 2024 at 6:00PM**

## **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: 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 events are trials and finals format. All swimmers are limited to seven (7) TOTAL events for the meet, with no more than three (3) individual events per day including Time Trials. Swimmers that meet at least one time standard may enter ONE (1) additional event as a bonus swim. Each swimmer is allowed a total of one (1) bonus swim for the entire meet. Additionally, when a submitted entry time matches a time of record, in the Swim Connection database or SWIMS database, for the same swimmer, same age, same stroke, and same distance, only then will the entry time be accepted as a qualified entry time. Only events 200 meters or less may be entered as a bonus event. No converted times will be accepted.

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."

Primary time will be the touch pads, the back-up system to the touch pads will be the average of the two button times and the back-up to the two buttons will be the one stop watch per lane.

**Meet will be capped at 750 swimmers 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 they 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 LONG COURSE METERS (LCM). 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 ENTERED OR PRELIMINARY TIMES EARNED. 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, June 6, 2024 at 6:00 PM**

**The scratch deadline for Saturday's events is 30 minutes after finals begin 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 SCOTT HASTINGS (scottlhastings@gmail.com) prior to the deadline. To scratch any of Saturday or Sunday's events, you can email SCOTT HASTINGS (scottlhastings@gmail.com) prior to the deadline or you may also scratch in person at the Clerk of Course Desk by the deadline. *Emailed scratches will receive a confirmation 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 400-meter events, where the fastest two heats of an event shall be circle seeded. The Preliminary Session will run fastest to slowest in all events.**

During the Preliminary Session, chase starts may be used with odd numbered heats starting at the west end of the pool and even numbered heats starting at the east end of the pool (closest to the scoreboard). All 50-meter events will start from the east end of the pool (scoreboard side).

### **DISTANCE EVENTS:**

The 1500-meter and 800-meter Freestyles will be swum as timed finals. Swimmers in the 1500-meter and 800-meter Freestyle events must positively check-in at the Clerk of Course by 10:00 AM on the day of the event. THE 1500-METER WILL BE LIMITED TO 27 WOMEN AND 27 MEN. THE 800-METER WILL BE LIMITED 36 WOMEN and 36 MEN. Heats will be swum fastest to slowest, alternating women's heat/ men's heat. Swimmers shall provide their own Timers and Lap Counters. Lap counter devices will be provided.

### **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. Refer to the scratch rules for penalties 207.11.6D(1).

### **FINALS:**

Nine (9) LCM lanes will be used for Finals.. There will be D & C Bonus Finals, a Consolation Final, and a Championship Final (swum in that order) in all events 200 and under (top 36 return from Trials). The 400 I.M. and 400 Freestyle will have ONLY a Consolation Final and Championship Final (top 18 return from Trials).

### **TIME TRIALS:**

*Time Trials will only be offered to those swimmers that are entered in the meet IF TIME PERMITS on Friday, Saturday, and Sunday.* No Time Trials will be offered for the 1500 or 800-meter freestyle events. Time Trials may be conducted at the discretion of the Meet Referee. Swimmers must provide their own Timers for Time Trial events. Swimmers cannot exceed 3 events per day including Time Trials. Time Trials count toward a swimmer's individual event total for each day. Time Trials will be offered at \$20.00 per event. Payments must be made via debit/credit card, NO CASH TRANSACTIONS! Time Trials will start after the completion of preliminaries for that day's session. Time Trial entry forms will be at the Clerk of Course by 7:00 AM on Friday and will be accepted until 10:00 AM each day. Swimmers are allowed (2) Time Trial swims for the entire meet. Only swimmers entered in this meet are allowed to swim time trials.

### **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. On-line entries must be received before 11:59 PM on Thursday, May 30, 2024. Entry times must have been achieved between 1/1/2022 and the entry deadline!

**ENTRY FEES:** The meet entry fee is \$11.00 per event plus \$15.00 per swimmer pool charge (Splash Fee).

**LATE ENTRIES:** LATE ENTRIES & DECK ENTRIES WILL NOT BE ALLOWED.

**SNACK BAR:** A snack bar or food trucks will be available on site.

**HOSPITALITY:** Hospitality will be provided for Coaches and Officials (snacks/breakfast/lunch/light dinner options).

### **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.

### **OFFICIALS:**

MEET REFEREE:	Melissa Szpik-Serrao	<a href="mailto:officialmelissasn@gmail.com">officialmelissasn@gmail.com</a>
ADMINISTRATIVE REFEREE:	Scott Hastings	<a href="mailto:scotlhastings@gmail.com">scotlhastings@gmail.com</a>
HEAD STARTER:	Bonnie Ragland	
TEAM LEAD CHIEF JUDGE:	Steven Adams	
TEAM LEAD DECK REFEREE:	Thad Winzenz	
MEET DIRECTOR:	Sami Waheed	<a href="mailto:meetdirector@ccaswimming.org">meetdirector@ccaswimming.org</a>
NATIONAL EVALUATOR:	Teri White	

**All Certified Officials with current USA Swimming registration are welcome to work this meet.** At the meet, all working Officials must display their 2024 USA Swimming Membership Card, with the Background Check and Athlete Protection Training dates showing, and showing that they have met their Concussion Course requirement, as well as the California required Mandatory Reporting: Understanding Your Responsibility for all California Officials. **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 will be white tennis shoes, white socks, navy-blue pants/shorts/skirts, and white polo shirts. Dress for the finals will be white tennis shoes, long navy-blue pants or skirts, a white polo shirt, with the exception of Saturday, when Officials will wear a Hawaiian shirt instead of a white polo during Finals. Weather permitting, the Meet Referee may allow navy shorts at finals, announcements will be made at briefings.

**Officials must apply to work this meet for all positions.**

Online Application to Officiate and Request for Evaluation is available at: <https://forms.gle/AHamEMVGXqEAnxfKA>

Applications for the assigned positions of Chief Judge, Starter, Deck Referee, and Administrative Official must be received no later than Monday, May 20, 2024. Notification of assigned positions will be sent by Thursday, May 23, 2024. All other applications must be received no later than Tuesday, May 28, 2024. We will try to accommodate all requests for evaluation but this may not be possible, especially for the assigned positions. Requests will be considered in the order in which they are received with preference given to Officials who are available to work all sessions.

This meet has been designated as a training meet for N2 and N3 Officials. **OQM# 24-0099**

**To be evaluated for advancement, Officials must work a minimum of four (4) sessions at the meet. For an N3 evaluation to be valid it shall be done over 4 sessions in the position. N2 evaluation shall be done over 3 sessions in the position. Recertification evaluations shall each be done over two sessions; however, the official shall work at least 4 sessions at the meet for advancement or re-certification evaluation(s) to be valid.**

Advancement to N2 requires that Officials must have worked a minimum of 16 sessions in the position prior to requesting evaluation. An initial N3 evaluation requires prior N2 certification and the Official must have worked a minimum 8 sessions, at sectional or higher meets offering trial and final sessions, after receiving N2 certification in the position being requested. Please see USA Swimming N2 or N3 Evaluation and Certification Requirements prior to applying.

**Schedule of Official's Briefings:** Official's Briefing for Prelims on Friday, Saturday and Sunday begin at 7:30 AM. Official's Briefing for Finals on Friday and Saturday begin at 4:30 PM and on Sunday begin at 3:45 PM. All Officials are required to attend briefings.

**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 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.

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

**REQUIRED NUMBER OF 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] 18 timing chairs (36 if dual ends are required for timeline purposes). 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>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Warm-up:</u>	7:00 AM-8:45 AM	7:00 AM-8:45AM	7:00 AM-8:45 AM
<u>Meet Begins:</u>	9:00 AM	9:00 AM	9:00 AM
<u>Finals Warm-Up:</u>	4:30 PM-5:20 PM	4:30 PM-5:20 PM	3:30 PM-4:20 PM
<u>Finals Begin:</u>	5:30 PM	5:30 PM	4:30 PM

**WARM-UP RULES:** These 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 as determined by the supervising Referee
- GENERAL WARM UP for FRIDAY/SATURDAY/SUNDAY AM will be 7:00 AM-8:45 AM  
ONE WAY DIVES during the last 15 minutes of each session assigned by the supervising Referee.
- GENERAL WARM UP for PM FINALS: Begin 1 hour before the scheduled FINALS start time. DIVES available during the last 15 minutes of General Finals Warm up in Lanes Assigned by the supervising Referee until 10 minutes before the finals start.
- Lower 5 Lane REC pool will be open throughout the meet for general warm up WHEN A LIFEGUARD IS ON DUTY
- Coaches shall stand at the starting end of the pool and verbally start swimmers for dives, 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.**

### **ORDER OF SEEDING:**

Events will be seeded as follows: All times earned previously, whether they are long course meters or short course yards will be acceptable if they meet the minimum entry times and have been achieved between January 1, 2022 and the entry deadline. In seeding these times, the conforming times (LCM) will be arranged in time order followed by non-conforming (SCY) times. As bonus times are allowed, they will be seeded following the conforming qualifying times and non-conforming times. These bonus times will then be arranged in time order after the times that meet the qualifying standard, in the order of conforming LCM followed by non-conforming SCY. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7B.

**AWARDS:** High Point awards will be given to the top (3) Three Women and Men.

### **Individual Point Distribution**

	<b>1<sup>st</sup></b>	<b>2<sup>nd</sup></b>	<b>3<sup>rd</sup></b>	<b>4<sup>th</sup></b>	<b>5<sup>th</sup></b>	<b>6<sup>th</sup></b>	<b>7<sup>th</sup></b>	<b>8<sup>th</sup></b>	<b>9<sup>th</sup></b>
Finals:	22	19	18	17	16	15	14	13	12
Consolation:	10	8	7	6	5	4	3	2	1
C & D Finals:	(no points awarded)								

### **ORDER OF EVENTS:**

Listed below is the order of events and the time standards for each event. Swimmers must meet the time standard in either LCM (conforming) or SCY (non-conforming) to swim that event. Swimmers that meet at least ONE (1) time standard may also enter ONE (1) additional event as a bonus event.

**"No Time" will NOT be accepted for bonus events and bonus events must be 200-yard events or less.**

**2024 Qualifying Time Standards and Event Order**

**(SN SR+ Standards, last updated 4/1/2019)**

**Meet is LONG COURSE METERS (LCM)**

<b><u>WOMEN'S EVENTS</u></b>			<b><u>MEN'S EVENTS</u></b>			
<b><u>Number</u></b>	<b><u>LCM</u></b>	<b><u>SCY</u></b>	<b><u>Number</u></b>	<b><u>LCM</u></b>	<b><u>SCY</u></b>	
<b><u>Friday, June 7</u></b>						
200 Freestyle	1	2:20.39	2:03.09	2	2:10.74	1:53.96
100 Butterfly	3	1:11.69	1:03.19	4	1:06.79	0:58.69
200 Individual Medley	5	2:38.99	2:18.19	6	2:32.19	2:11.39
100 Backstroke	7	1:13.89	1:03.39	8	1:09.29	0:59.19
1500 Freestyle*	9	19:48.09	19:12.89(1650)	10	18:58.89	18:19.79(1650)
<b><u>Saturday, June 8</u></b>						
200 Backstroke	11	2:36.69	2:15.39	12	2:30.09	2:09.09
100 Breaststroke	13	1:23.99	1:12.89	14	1:17.89	1:06.89
50 Freestyle	15	0:29.89	0:26.39	16	0:28.29	0:24.69
400 Freestyle	17	4:54.49	5:29.09 (500)	18	4:38.69	5:08.06 (500)
<b><u>Sunday, June 9</u></b>						
200 Butterfly	19	2:38.79	2:19.69	20	2:29.69	2:10.09
200 Breaststroke	21	2:59.16	2:35.32	22	2:49.49	2:26.49
100 Freestyle	23	1:04.59	0:55.99	24	0:59.39	0:51.69
400 Individual Medley	25	5:33.09	4:53.65	26	5:22.59	4:40.79
800 Freestyle*	27	10:20.99	11:31.59(1000)	28	9:56.29	10:58.09(1000)

**\*Timed Finals events**

**Entry times must have been achieved between 1/1/2022 and the entry deadline!**

Thank you to **Placer Valley Tourism** for coordinating **SPECIAL HOTEL ROOM RATES** for this year's Summer Sanders Meet. Information can be found at the following link: <https://www.placertourism.com/events/summer-sanders-2024/>

