



DART SWIMMING



DART Long Course Invitational

Sunday June 2 2024

Solano Community College

Teams: **This is a closed invitational to the following teams:**
DART-SN, CCA-SN, NSS-SN, PSL-PC, NVST-PC, TIDE-PC

Entries: This is a team entered meet. Only team entries will be accepted.
Entries are due by midnight on Saturday May 25, 2024.

Sanction: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS24-57

"In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless 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 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, psyche sheets and live meet results. The results WILL be posted on Meet Mobile.

Assumption Of Risk Disclaimer:

By participating in this event, you agree to protect, defend, indemnify and hold harmless the DART Swimming, Fairfield-Suisun Unified High School District and Rodriguez High School and their respective officers, agents, employees, contractors, and volunteers and any other co-sponsoring agencies from and against any and all claims or causes of action for death, personal injury or property damage which may arise as a result of my or my children's participation.

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 DART 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. 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 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: 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 description of the medical supervision (e.g., lifeguards, EMT, AED device, etc.) available to athletes participating in the meet, needs to be included in this Meet Announcement. A certified lifeguard will be on deck and will oversee a first aid station as well as pool safety equipment (rescue tube and backboard.)

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: Solano Community College, 4000 Suisun Valley Road, Fairfield, CA

Parking is available in the student lots. Parking passes are not required on weekends. Parking in staff parking or access roads is not allowed and subject to ticketing or being towed.

Facilities: An outdoor heated 50 meter pool with up to 7 lanes for competition. Up to 2 lanes will be available for warmups during competition.

- No overnight parking is allowed on campus or in nearby streets.
- Glass containers are not allowed in the facility.
- Smoking and the use of other tobacco products are prohibited on campus.
- The sale and use of alcoholic beverages is prohibited on campus.
- Dogs and other animals are prohibited on campus. Animals may not be left in cars on campus.
- No propane heaters allowed on campus.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited on campus. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from campus. Noncompliance may result in reporting to law enforcement authorities and ejection from campus. Law enforcement officers (LEO) are exempt per applicable laws.

Certification: A surveyed outdoor heated 9-lane, 50-meter pool with locker rooms and rest areas. Up to two lanes will be used as a warm-up, cool-down lane throughout the competition.

Rules: Current USA-S and Sierra Nevada Swimming rules will govern the meet. The meet is being run as a single session meet.

- Sierra Nevada warm-up procedures will be in effect and a copy of these will be posted at the meet.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1 F.
- Swimmers are limited to three events per day.
- All events are LONG COURSE METERS and timed finals.
- NT (no times) 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 race 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.
- All Coaches and Deck Officials must wear their current 2024 USA Swimming Membership/Certification in cards in a visible manner. Cards will not be visible, since they are huge and probably will not be printed. They can be seen on the USA Swimming app.
- Properly registered 19-over swimmers may enter, but will not be scored or awarded.

Warmup 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.
- Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 10 or 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 9 or 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 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.

Special Rules: All heats for all events will be seeded fastest to slowest.

Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water and stay close to the edge of the pool at the completion of their heats.

- The meet will be seeded on Saturday, June 1. All scratches are due by the end of the day on Friday, May 31.

Eligibility: All swimmers must have a current USA Swimming Membership. The SN Swimming Registrar will verify all swimmer's memberships prior to the meet, and if valid, will be allowed to check-in and compete. Note that SN Swimming does not allow swimmers to register for a USA Swimming membership at the meet.

According to 302.3 in the 2023 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 per event against the Individual, Member Coach or Member Club submitting the entry.

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.

Entry Info: It is up to the Meet Director and Meet Referee to ensure that no sessions with swimmers 12 and under are planned to last longer than 4 hours under USA-S Rule 205.3.1F.

Teams can opt to send an entry file and a Team check. Entry checks for Teams will be due the

Meet Referee will verify that these conditions have been met. All Officials must wear their Official's credentials visibly while working on deck.

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

Officials Rule:

Each Team shall provide to the Meet Referee a list of Officials who have agreed to represent their Team during the meet as per SN Swimming rules.

Number of a Teams Swimmers Entered	Required Number of Officials
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

Thirty (30) 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 their swimmers treated as "time-only swimmers" in all aspects of that session.

Coaches:

All Coaches must have evidence of their USA Swimming Certification, as well as completion of the California required "Mandatory Reporting: Understanding Your Responsibility," Coaches will be required to check in with the Clerk of Course at the meet to show proof and sign in on a provided check in sheet. 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. Programs will be provided to approved Coaches.

Timing:

Teams 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 will supply Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs.

The meet will use a Colorado electronic timing system with buttons (3 timers per lane.) We will be limiting the area behind the blocks to swimmers, Officials, Coaches and active Volunteers.

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. Exceptions for the foregoing restriction are only for Junior Nationals, U.S. Open, National Championships, and Olympic Trials.

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.

WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.)

KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.

Sunday, June 2

Girls	Event	Age	Boys
1	400 Free-mixed	Open	1
2	100 Breaststroke	Open	3
4	50 Breaststroke	12 and under	5
6	100 Backstroke	Open	7
8	50 Backstroke	12 and under	9
10	200 IM	Open	11
12	100 Butterfly	Open	13
14	50 Butterfly	12 and under	15
16	100 Freestyle	Open	17
18	200 Freestyle	Open	19
20	50 Freestyle	Open	21
22	400 IM-mixed	Open	22