



California Gold Lodi Swim Club

Mel Enze LCM

June 21-23, 2024

SANCTION:

Held under USA Swimming-Sierra Nevada Swimming Sanction Number: SNS24-56. 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, webcasting, 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 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

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 CA Gold 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).

Pursuant to 202.4.11N:

- AED is located on the east side of the pool next to the pool office. Lifeguards and coaches on duty to assist.
- A dedicated phone/landline to 911 is located on the east side of the pool next to the pool office

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.

LOCATION: Tokay High School, 1111 W. Century Blvd, Lodi, Ca. 95240 (corner of Century Blvd. & Ham Lane, Lodi). From Highway 99, exit at Kettleman Lane (Hwy 12), take Kettleman Lane west 2 miles to Ham Lane, left on Ham Lane, 2 blocks. From I-5 - Exit Highway 12 East to Ham Lane, right on Ham Lane, 2 blocks. Pool located directly east of tennis courts. Parking is available in the school parking lot.

FACILITIES: A surveyed 9 lane, outdoor heated 50 meter by 25-yard pool. Eight (8) Long Course Meter lanes being used for competition. Separate warm-up lane will be available throughout the competition.

CERTIFICATION: In accordance with Article 202.4.11C, the competition course has a pool depth of 13 ft. at 3’ 3.5” and 11 ft at 16’ 5” at the start end. At the turn end it is 4 ft at 3’ 3.5” and 4 ft 6 inches at 16’ 5”. The water depth of the separate warm-up lane, in accordance with Article 202.4.11C, the competition course has a pool depth of 13 ft at 3’ 3.5” and 11 ft at 16’ 5” at the start end. At the turn end it is 4 ft at 3’ 3.5” and 4 ft 6 inches at 16’ 5”.

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 shall be on the pool deck during the entire warm up period.
- Up to 2 lanes can be used for pace 50’s and up to 2 lanes for one-way sprints.
- 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.

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 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.

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.

Day	Check-In	Warm Ups	Meet Begins
Friday	3:15 PM	3:30 PM	4:30 PM
Saturday	6:45 AM	7:00 AM	8:30 AM
Sunday	6:45 AM	7:00 AM	8:30 AM

ENTRY FEES:

Event entry fees are \$5 per event. A \$12 participation splash fee will be charged for each swimmer.

ENTRY LIMITS:

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 Swimming 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. The meet will be capped at 250 swimmers on Friday and 325 swimmers per session on Saturday/Sunday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

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. Registration will be on omeswimconnection.com. Entries will close Thursday, June 13, 2024, at midnight.

Deck entries for each session will only be accepted prior to the start of the session if the Meet Director and Meet Referee determine that sessions with swimmers 12 & Under can be completed within four hours. Deck entries will be swum for time only; they will not be scored or awarded. Fees will be \$6 per event.

No time (NT) entries will be accepted.

CHECK-IN:

The meet will be deck seeded. Check-in for all sessions will start at 3:15 PM on Friday and 6:45 AM on Saturday/Sunday. All swimmers must check-in prior to the close of their event.

Check-in for the first four events of each session will close 30 minutes before the start of that session; check-in for all subsequent events will close 30 minutes before the event is scheduled.

SPECIAL RULES:

- Events are Girls odd number and Boys even numbers.
- All heats for all events will be seeded and swum fastest to slowest.
- Swimmers in next heat will wait behind the Timer and wait to be called to the starting block.
- Events 1-6 on Friday (200 IM, 400 IM, 400 Freestyle) may be swum alternating women and men. For the 400 events, swimmers must provide their own Timers and Counters.
- Flyover starts may be used at the discretion of the Meet Referee during single-course sessions. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.
- At the discretion of the Meet Referee, events may be combined to Mixed Gender if it assists in the timely completion of the meet

AWARDS:

No awards will be given.

SNACK BAR & HOSPITALITY:

A snack bar will be available, serving breakfast, lunch, and snack food. Lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS:

- Meet Referee: Diane Walker, dwakas@gmail.com
- Head Starter: Scott Hastings, scotthastings@gmail.com
- Admin Official: Roberta Savage, robertasavage2004@gmail.com
- Meet Director: John Griffin, johnlodiaquatics@sbcglobal.net

OFFICIAL’S 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:

All working Officials 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. Official’s meeting will be held 30 minutes before the start of the session.

MINIMUM OFFICIAL’S RULE:

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:

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

One half-hour before the scheduled start of the 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.

COACHES:

All Coaches must check in with the Meet Referee. Coaches will verify that their USA SWIMMING membership is current and receive a wrist band to wear during the meet. Programs are available to card-carrying Coaches from the Clerk of Course. 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.

TIMERS:

Clubs/Teams will be assigned lanes for timing. Colorado Timing System will be used with three plungers and no touch pads. One stopwatch will back-up the primary timing system of three Colorado Timing plungers for each competition lane.

RESTRICTIONS:

Smoking and the use of other tobacco products are prohibited. Anyone desiring to smoke or use other tobacco products must leave the **CAMPUS** 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.

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.)

SCHEDULE OF EVENTS- ALL EVENTS RUN FASTEST TO SLOWEST

FRIDAY Session 1				SATURDAY Session 2				SUNDAY Session 3			
Event #		Age Group	Event	Event #		Age group	Event	Event #		Age Group	Event
G	B			G	B			G	B		
1	2	9 & Over	200 IM	7	8	OPEN	200 FREE	21	22	OPEN	100 FREE
3	4	11 & Over	400 IM	9	10	12 & Under	50 FLY	23	24	12 & Under	50 BACK
5	6	9 & Over	400 FREE	11	12	OPEN	100 FLY	25	26	OPEN	100 BACK
				13	14	12 & Under	50 BREAST	27	28	11 & Over	200 BACK
				15	16	OPEN	100 BREAST	20	30	11 & Over	200 BREAST
				17	18	11 & Over	200 FLY	31	32	12 & Under	50 FREE
				19	20	13 & Over	50 FREE				

Once the entry deadline has passed and the total number of entries are known, breaks may be added between events at the discretion of the Meet Referee, Admin Official and Meet Director with or without notice.

SUMMARY OF EVENTS BY AGE GROUP

Day	10 & Under	11-12	13 & Over
FRIDAY		200 IM 400 IM 400 FREE	200 IM 400 IM 400 FREE
SATURDAY	200 FREE 50 FLY 100 FLY 50 BREAST 100 BREAST	200 FREE 50 FLY 100 FLY 50 BREAST 100 BREAST 200 FLY	200 FREE 100 FLY 100 BREAST 200 FLY 50 FREE
SUNDAY	100 FREE 50 BACK 100 BACK 50 FREE	100 FREE 50 BACK 100 BACK 200 BACK 200 BREAST	100 FREE 100 BACK 200 BACK 200 BREAST