



California Gold

Back-To-School

August 18, 2024

SANCTION:

Held under USA Swimming-Sierra Nevada Swimming Sanction Number: **SNS24-75**. 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 (Highway 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 20 lane, outdoor heated 25-yard by 50-meter pool, with eight (8) Short Course Yard lanes being used for competition. Separate warm-up lanes will be available throughout the competition.

CERTIFICATION: In accordance with USA-S Rule 202.4.11C. The competition course has a pool depth of 12 ft. to 7ft. at 3'3.5" and 12 ft. to 7ft. at 16' 5" at the start end. At the turn end it is 12 ft. to 7ft. at 3' 3.5" and 12 ft. to 7ft. at 16'5". The water depth of the separate warm-up area/lanes, in accordance with USA-S Rule 202.4.11C, has a pool depth of 7ft. to 3.5" ft. at 3' 3.5" and 7ft. to 3'6" ft. at 16' 5" at the start end. At the turn end the measurement of the warm-up area/lanes is 7ft. to 3.5" ft. at 3' 3.5" and 7ft. to 3'6" ft. 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.
- No warm-up in lane zero, due to the potential injury risk when doing a flip turn and hitting the in-the-wall steps for the ladder.

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 too 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. This meet is open to all LSC's.

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.

	Warm Ups		Meet Begins
Sunday, August 18, 2024	7:30 AM		8:30 AM

ENTRY FEES:

Event entry fees are \$5 per event. A \$10 participation splash fee will be charged for each swimmer.

ENTRIES:

Will be on omeswimconnection.com. Only the first 325 swimmers will be accepted. Entries will close Thursday, August 8, 2024, at midnight.

- 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.
- Swimmers are limited to a maximum of five (5) events.
- If the meet entries do not cap at the close on Thursday, August 8, 2024, deck entries will be accepted.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- **ENTRY LIMITS:** Should 12 & under events on the day be estimated to last longer than 4 hours, swimmers may be required to scratch down. A refund will be offered for five (5) or less entered events.
- If events are required to be scratched on the day of this meet, then deck entries will not be accepted on that day.
- All 25 Yard events will be started on the turn end of the pool without starting blocks.

CHECK-IN:

The meet will be deck seeded. Check-in will start at 7:00 AM on Sunday August 18, 2024. All swimmers must check-in prior to the close of their event. Check-in for the first four events will close 30 minutes before the start of that session; check-in for all subsequent events will close no more than 30 minutes before the estimated start time of the first heat of the event.

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 by the series of short whistles.
- Flyover starts will 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.
- 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.

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:	Leia Richter, buckwheet@gmail.com
Admin Official	TJ Kay, clmair2fly@yahoo.com
Meet Director:	John Griffin, johnlodiaquatics@sbcglobal.net

OFFICIALS' DRESS:

Official attire at this meet will be white 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 work the deck. Officials should bring minimal

belongings, your own clipboard, writing devices, and personal water bottle. Cinch bags or fanny packs may be worn for holding car keys, phone, and identification. 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 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 two plungers and no touch pads. One stopwatch will back-up the primary timing system of two 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

Event #		Age Group	Event
Girl	Boy		
1	2	13 & Up	100 Free
3	4	12 & Un	100 Free
5	6	10 & Un	100 Free
7	8	8 & Un	25 Free
9	10	13 & Up	100 Breaststroke
11	12	12 & Un	100 Breaststroke
13	14	10 & Un	50 Breaststroke
15	16	8 & Un	25 Breaststroke
17	18	13 & Up	200 IM
19	20	11 – 12	100 IM
21	22	9 - 10	100 IM
23	24	8 & Un	100 IM
25	26	13 & Up	100 Backstroke
27	28	12 & Un	100 Backstroke
29	30	10 & Un	50 Backstroke
31	32	8 & Un	25 Backstroke
33	34	13 & Up	100 Butterfly
35	36	12 & Un	100 Butterfly
37	38	10 & Un	50 Butterfly
39	40	8 & Un	25 Butterfly
41	42	12 & Un	50 Free
43	44	10 & Un	50 Free
45	46	13 & Up	50 Free

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

8&Un	10&Un	9-10	12&Un	11-12	13&Up
25 Free	50 Free	100 IM	100 Free	100 IM	100 Free
25 Breast	50 Breast		100 Breast		100 Breast
100 IM	50 Back		100 Back		200 IM
25 Back	50 Fly		100 Fly		100 Back
25 Fly					100 Fly
					50 Free