



Sprint and Relay Meet

Hosted by
Redding Swim Team
September 21, 2024



ENTER ONLINE at: <http://ome.swimconnection.com>

SANCTION: SNS25-7

Held under USA Swimming/Sierra Nevada Swimming Sanction Number SNS25-7- 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."

ELIGIBILITY:

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 compete. 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 swim 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. **Flex members will be under the seasonal membership rules. If a flex member participates in more than two sanctioned meets prior to the meet they will need to upgrade their memberships to premium (year-round) USA Registration.**

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.

NOTICE:

By entering this meet, the athlete or his/her parent or guardian consents to the publication, via electronic, print, or other media, of all 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 sheets and live meet results. The results of this swim meet may be posted on Meet Mobile.

LOCATION: Shasta Community College, 11555 Old Oregon Trail, Redding, 96003

Directions to the pool: From I-5 take 299 East/Burney Exit (#680), turn east onto 299 East, proceed approximately 2 miles to Old Oregon Trail/Shasta College exit, turn left (north) at the signal onto Old Oregon Trail. The college will be on the right. Drive .6 miles to the second Shasta College entrance and proceed east approximately .3 miles to a large parking lot. The pool is located east of the gym.

Day	Warm-ups	Meet Begins
Saturday	8:00 AM	9:00 AM

FACILITIES:

Outdoor surveyed 25-yard pool for competition. The number of competition lanes will be determined based on the size of the swim meet and the number of entries received. Additional lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available. Hallways must be clear for college employees to be able to enter and exit office doors.

CERTIFICATION:

In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 4 ft. at 3'3.5" and 4'4" ft at 16' 5" at the start end. At the turn end it is 4' ft at 3' 3.5" and 4'6" ft at 16'5". The water depth of the separate warm-up lane, in accordance with USA-S Rule 202.4.11C, has a pool depth of 4' ft at 3' 3.5" and 4'6" ft at 16' 5" at the start end, and at the turn end it is 4' ft at 3' 3.5" and 4'6" at 16'5".

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 swim meet.
- This is a Pre-Seeded Meet; all swimmers will be automatically checked in to their events.
- **Swimmers are limited to a maximum of three (3) individual events and three (3) relays. Relays will be organized on deck.**
- Those entries more than the above limitations will not be refunded.
- All events are SHORT COURSE YARDS and timed finals.
- All heats for all events will be seeded slowest to fastest.
- There will be no Deck Entries, since this meet will be pre-seeded.

- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F. Entries will be limited to 250.
- NT (No Time) entries will not be accepted, 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. 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.
- Also in accordance with USA-S Rule 202.4.11D, 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 warmup 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 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.
- 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 swim 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.

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. The Redding 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, except 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: 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, we will have lifeguards and EMT's available if needed for any medical needs arise. According to 102.10, we will have two Marshals present, one female and one male, at all swim meets and time trials.

AWARDS:

Awards will not be given out during this swim meet.

HOSPITALITY:

There will be drinks and snacks. Hospitality will be provided to all Officials and Carded Coaches with wristbands.

OFFICIALS:

Meet Referee: Bill Fisher (golfswim2004@yahoo.com)
 Head Starter: Gary Haslerud
 Admin Official: Dan Rupp
 Meet Director: Mark Wagner (reddingswimteam@yahoo.com)

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 swim meet, the Meet Referee will verify this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck. Current 2024 USA Swimming Certification Cards will be checked before being allowed to work the deck. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available. An Officials meeting will be held 30 minutes prior to the beginning of Saturday's session. Forty-eight (48) hours after the meet closing date the Official information (name and number of Officials and which session they are working) will be communicated to the Meet Director via email or phone.

OFFICIAL'S DRESS:

Official attire at this meet will be white tennis shoes, white socks, white polo shirts, and navy-blue pants/shorts/skirts. There will be a mandatory Officials meeting 30 minutes before the swim meet each session.

OFFICIALS REQUIRED

Number of Swimmers entered in meet per Team	Number of Trained and Carded Officials Required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

TIMERS, TIMING, RESTRICTIONS:

- Clubs will be assigned Lanes to time after entry deadline has passed.
- We will be using Colorado Timing- with 2 buttons and 1 stopwatch.
- 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.)

ENTRIES:

Swimmers may compete in up to three (3) individual events per day and maximum of three (3) relays. **Swimmers may enter more than entry maximum limit but will need to scratch down if they exceed the maximum individual event cap of three (3) individual events. Swimmers may only swim three (3) relays. Relays will be swimming as Mixed Gender and Coaches will have swimmers report to the blocks. Relay cards will not be needed. Refunds will not be given to those swimmers who enter more than a maximum of three (3) individual entries or unable to attend.** Swimmers must be entered in at least one individual event to be eligible to participate in the relays.

OPTION #1 FOR ENTRIES: Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation of acceptance. This method requires payment by credit card using the Swim Connection secure site. 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. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter by using mail entry or hand delivery. Online swim meet entry is in no way required or expected to enter this meet and is offered as a convenience. Check <http://ome.swimconnection.com/meets> for session open or closed status. Online entries will be accepted through Thursday, September 12, 2024. at 11:59 PM.

OPTION #2 FOR ENTRIES: Mailed entries use a SAMMS Consolidated Entry Card. Entry cards must be FILLED out and legible. The entry card may be reproduced. The meet entry card is available from the Sierra Nevada Swimming website. Entries must be received in hand (postmarks not acceptable) on or before Thursday, September 12, 2024. Absolutely no late, or telephone entries will be accepted. **There are no refunds.**

OPTION #3 FOR ENTRIES: Using a USA Swimming approved electronic file (Hy-Tek Team Manager) with a signed hard copy listing a contact person and phone number. Entries must be received (postmarks not accepted) on or before Thursday, September 12, 2024. Absolutely no late, or telephone entries will be accepted. **There are no refunds.**

ENTRY FEES:

\$4.50 per individual event (includes \$0.50 for SNS, \$1.00 for Age Group Travel Fund and \$0.75 for Senior Travel Fund).

In addition, there is a \$12.00 pool surcharge per swimmer to help cover the cost of the pool.

Redding Swim Team

P.O. Box 992112

Redding, CA 96099-2112

Phone Number (530) 246-2666

RELAYS:

Swimmers must have entered and have swum at least one (1) individual event to be eligible to participate in relays. Swimmers may participate in three (3) relays during this meet. Relays will be swimming as Mixed Gender and Coaches will have swimmers report to the blocks. Relay cards will not be needed. Coaches are responsible for creating their own relays and showing up to an open lane.

RESTRICTIONS

No overnight parking is allowed by Shasta College. Smoking and the use of other tobacco products are prohibited in all areas of the swim meet venue. The sale and use of alcoholic beverages are prohibited in all areas of swim meet venues. Glass containers, pets, propane heaters or any other type of heating device are not allowed in the facility.

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Summary of Events

	8&under	9-10	11-12	13 & up
Saturday	50 Free 25 Fly 25 Back 25 Breast 25 Free 100 IM (8 and older)	50 Fly 50 Back 50 Breast 50 Free 100 IM	50 Fly 50 Back 50 Breast 50 Free 100 IM 100 Free	50 Fly 50 Back 50 Breast 50 Free 100 IM 100 Free
	100 Medley Relay 100 Free Relay 100 Kick Board Relay		200 Medley Relay 200 Free Relay 100 Kick Board Relay 250 Free Relay (25, 50, 75 100)	
	8&under	9-10	11-12	13 & up
Saturday	25 Fly 25 Back 25 Breast 25 Free 50 Free 100 IM (8 and older)	50 Fly 50 Back 50 Breast 50 Free 100 IM	50 Fly 50 Back 50 Breast 50 Free 100 IM 100 Free	50 Fly 50 Back 50 Breast 50 Free 100 IM 100 Free
	100 Free Relay 100 Medley Relay 100 Kick Board Relay 150 Non-Free/Free Relay		250 Free Relay (25, 50, 75 100) 200 Medley Relay 100 Kick Board Relay 150 Non-Free/Free Relay	

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SATURDAY

Combined Events	Age Group	Event	Start Time
1	8&under	50 Free	9:00 AM
2	11-up	100 Free	
3	10&under	100 Free Relay	
4	11-up	50 Fly	
5	9-10	50 Fly	
6	8&under	25 Fly	
7	11&up	250 Free Relay (25, 50, 75 100)	9:30 AM
8	9-10	50 Back	
9	11&up	50 Back	
10	8&under	25 Back	
11	11&up	200 Medley Relay	10:00 AM
12	10&under	100 Medley Relay	
13	9-10	50 Breaststroke	
14	11&up	50 Breaststroke	
15	8&under	25 Breaststroke	
16	11&up	*100 Kick Board Relay	10:30 AM
17	10&under	*100 Kick Board Relay	
18	9-10	50 Free	
19	11&up	50 Free	
20	8&under	25 Free	
21	11&up	*150 Non-Free/Free Relay (alt, 25 non-free, 25 free)	11:00 AM
22	10&under	*150 Non-Free/Free Relay (alt, 25 non-free, 25 free)	
23	8&up	100 IM	

All Relays will not need entry cards, Coaches will organize them on deck. Swimmers may only participate in three (3) relays.

- Kick Board Relay – relay members will stack kick board through the progression of the relay. The first 25, the participant will use one (1) kick board, second 25 the participant will use two (2) kick boards and continue until the final participant will have all four (4) kick boards stacked while completing the relay. Four (4) participants maximum.
- Non-Free/Free Relay – relay participants will alternate 25 non-free leg then followed by 25 free relay leg. Three (3) to a maximum of six (6) participants.