**Saturday, October 19th & Sunday, October 20th**

**SANCTION:**

Held under USA Swimming/ Sierra Nevada Swimming Sanction #SNS24-.

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.”

**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, web casting, television, psych sheets and live meet results.**

**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 **AquaSol** 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 the Program & Events Committee Coordinator (or his/her designee).

According to 202.4.11N, "Lifeguards will be available to athletes participating in the meet."

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.

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.

**LOCATION:**

Cameron Park CSD Aquatic Center, 2502 Country Club Drive, Cameron Park, CA 95682.

Directions to the pool: From Highway 50 heading east towards Placerville, exit Cambridge Drive. Turn left on to Flying C Road. Head west over the freeway over pass. Turn left onto Knollwood drive. Turn left onto Country Club Drive. Turn left into the Cameron Park CSD parking lot.

**FACILITIES:**

**OUTDOOR 25- YARD** pool with up to **8** lanes available for competition.There will be additional lanes available for warm-up/cool down throughout the competition.

**CERTIFICATION:**

Outdoor, surveyed and heated 10-lane, 25-yard course. In accordance with 202.4.11C, the competition course has a pool depth at the start end of 7’ at 3’ 3 1/2” and 7’ at 16’5” and at the turn end it is 7’ at 3’ 3 1/2” and 7’ at 16’ 5”.

**RULES:**

**WARM-UP 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.

• If used, Lifeguards 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.

• Circle swimming (2 lengths of the pool beginning at the starting end of the pool) will be implemented.

• 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.

Current USA-S and Sierra Nevada Swimming rules will govern the meet.

* All events are **SHORT COURSE YARDS** and timed finals.
* Properly registered 19-over swimmers may enter, but they will not be scored or awarded.
* 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.
* NT (No Time) entries will NOT 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 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.
* The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F

**SPECIAL RULES**:

Each session of the meet will be run fastest to slowest.

* Short whistles prompt the Timers to return to their chairs and the next heat to walk to the blocks.

Long whistle indicates that the swimmers should take and maintain their positions on the starting plat­form, the deck, or in the water. When the swimmers and Officials are ready, the Referee shall signal with an outstretched arm to the Starter that the swimmers are under the Starter's control.

**TIMES:**

|  |  |  |
| --- | --- | --- |
|  | **Warm ups** | **Meet Begins** |
| Saturday – Session 1 | **7:30 AM** | **9:00 AM** |
| Saturday – Session 2 | **One (1) hour following conclusion of Session #1** | **One (1) hour from the start of time of warm ups for Session #2** |
| Sunday – Session 3 | **7:30 AM** | **9:00 AM** |
| Sunday – Session 4 | **One (1) hour following the conclusion of Session #3** | **One (1) hour from the start time of the warm up for Session #4** |

An Officials’ Meeting will be held at the meet venue prior to each session.

**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 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.

**ENTRY LIMITS & SCRATCH DOWN**:

* Each swimmer is allowed to enter the following amount of events for each session:
	+ Session 1 & 3 = maximum of three (3) events
	+ Session 2 & 4 = maximum of two (2) events
* The meet will cap at **300** swimmers on Saturday and Sunday.

**ENTRY FEES:**

$5.00 per individual event for all entries (includes $0.50 to Sierra Nevada General Fund, $1.00 to Sierra Nevada Age Group Travel Fund, and $0.75 to Sierra Nevada Senior Travel Fund) plus an $12.00 per swimmer surcharge.

Entry fees are non-refundable except in the event of a required scratch down.

**ENTRIES:**

MAILED ENTRIES: Entries must be on a SAMMS Consolidated Entry Card. Entry cards must be completely filled out and legible; incomplete cards will not be accepted. NO REFUNDS. Make checks payable to **AquaSol Swim Team**.

Mailed entries must be postmarked by midnight Monday, **October 7th, 2024**  and mailed to:

**AquaSol Swim Team – Meet Entries**

**PO Box 824**

**Shingle Springs, CA 95682**

Mailed entries, postmarked prior to the due date, will not be accepted if received after the cap has been exceeded. Online entries are the best way to ensure you are entered in the meet. No telephone confirmations will be made.

ONLINE ENTRIES: Online entries will be accepted through Thursday, October 10th, 2024 11:59 PM.

Enter at: http://ome.swimconnection.com/sn to receive an immediate entry confirmation of acceptance via email. The “Billing Info” e-mail should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. 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 described below. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter the meet via US Mail. Online meet entry is not required in order to enter this meet.

Teams who would like to enter using Hy-Tek may request an event file and send their entries by email to the Meet Director. Please contact the Meet Director to confirm there is space in the meet before emailing Team files.

**DECK ENTRIES**:

Deck entries will not be allowed for this meet.

**CHECK-IN**:

The meet will be pre-seeded.

**AWARDS:**

There will be no awards for this meet.

**ADMISSION**:

Admission on the competition side of the pool deck will be limited to athletes, Officials, Coaches and Timers. Spectators will be able to watch from the outside of the pool area or in the lounge area of the pool near the entrance and locker rooms.

**SNACK BAR:**

There will be no snack bar.

**OFFICIALS**:

Meet Referee: **Dana Covington – danacov@comcast.net**

Head Starter: **Dean Darr**

Admin Official: **Steve Covington**

Meet Director: **Darin Mai – email address: coachdarin@aquasolswimteam.com**

All working Officials must have passed the background check and athlete protection training and concussion course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available. Before the beginning of the meet, the Meet Referee will verify that this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck.

**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 conditions, boots and parkas will be allowed.

**TEAM SET UP:**

The competition side of the pool is closed to spectators and will be available for competing athletes, Coaches, Officials and volunteers only. Spectators will be allowed to stand on the grass behind the turn side of the competition pool to view the competition. There is no set up of EZ ups, tents, umbrellas etc. on the grass on the competition side of the pool.

Teams are allowed to set up on the concrete patio on the pool deck inside the facility or in the breezeway just outside the facility.

**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 half 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.

|  |  |
| --- | --- |
| Number of swimmers per Team entered in meet | # of trained and carded officials required |
| 0 – 10 | 0 |
| 11 – 25 | 1 |
| 26 – 50 | 2 |
| 51 – 75 | 3 |
| 76 – 100 | 4 |
| 101 and up | 5 |

**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 be each fined $100.

**TIMING EQUIPMENT**:

Superior Swim Timing system will be used for competition. We will have two plungers and one watch per lane. Each lane will have two Timers.

**REQUIRED NUMBER OF TIMERS**:

Each Team shall be assigned Lanes for Timing on Saturday and Sunday. Number of Timers is based on the SNS 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) x 12 timing chairs (based on 6 lane usage) (or x16 if 8 lanes used for competition). 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 website and be sent to participating Teams.

**RESTRICTIONS**:

Smoking and the use of other tobacco products are prohibited at the Western Slope Aquatic facility. Anyone desiring to smoke or use other tobacco products must leave the facility to do so. The sale and use of alcoholic beverages is 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. Exceptions for the

foregoing restriction are only for Junior nationals, U.S. Open, National championships, and Olympic Trials.

1. 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.)

**ORDER OF EVENTS**

**ALL EVENTS WILL BE SWUM FASTEST TO SLOWEST**

**SESSION 1**

|  |  |  |
| --- | --- | --- |
| **Event #****Women** | **Order of Events –** **Saturday** | **Event #** **Men** |
| **1** | **400 I.M.** | **2** |
| **3** | **100 Backstroke** | **4\*** |
| **5** | **200 Freestyle** | **6** |
| **7** | **200 Butterfly** | **8\*** |
| **9** | **100 Breaststroke** | **10** |
| **11** | **1000 Freestyle** | **12** |

**+** Swimmer must provide their own lap counting device, Lap Counter and Timer.

**\*** If needed a 5 or 10 minute break can be added at the conclusion of the 100 backstroke and/or the 200 butterfly.

**SESSION 2**

|  |  |  |
| --- | --- | --- |
| **Event #****Women** | **Order of Events –** **Saturday** | **Event #** **Men** |
| **13** | **400 I.M.** | **14** |
| **15** | **100 Backstroke** | **16** |
|  | **5 – 10 minute break** |  |
| **17** | **200 Freestyle** | **18** |
| **19** | **200 Butterfly** | **20** |
|  | **5 – 10 minute break** |  |
| **21** | **100 Breaststroke** | **22** |

**SESSIONS 3**

|  |  |  |
| --- | --- | --- |
| **Event #****Women** | **Order of Events –****Sunday** | **Event #****Men** |
| **23** | **500 Freestyle++** | **24** |
| **25** | **100 Butterfly** | **26** |
| **27** | **200 Breaststroke** | **28** |
| **29** | **100 Freestyle** | **30** |
| **31** | **200 Backstroke** | **32** |
| **33** | **200 I.M.** | **34** |
| **35** | **50 Freestyle** | **36** |

**++** 500 Freestyle swimmers need to supply their own lap counting device and Lap Counters.

**\*** If needed a 5 or 10 minute break can be added at the conclusion of the 100 butterfly and/or the 200 backstroke.

**SESSIONS 4**

|  |  |  |
| --- | --- | --- |
| **Event #****Women** | **Order of Events –****Sunday** | **Event #****Men** |
| **37** | **500 Freestyle++** | **38** |
| **39** | **100 Butterfly** | **40** |
|  | **5 – 10 minute break** |  |
| **41** | **200 Breaststroke** | **42** |
| **43** | **100 Freestyle** | **44** |
|  | **5 – 10 minute break** |  |
| **45** | **200 Backstroke** | **46** |
| **47** | **200 I.M.** | **48** |