



## Hosted by the Elk Grove Aquatic Club December 2-4, 2016

### **SANCTION:**

Held under USA Swimming/Sierra Nevada Swimming Sanction # 72-16. In accordance with USA Swimming Rule (USA-S Rule) 202.4.8, "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."

### **SAFE SPORT:**

Pursuant to USA-S Rule 202.4.9H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, restrooms or locker rooms. Sierra Nevada Swimming and the Elk Grove Aquatic 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 202.4.9I deck changing is prohibited.

### **LOCATION:**

Sacramento City College Hoos Pool, 3835 Freeport Blvd, Sacramento, CA 95822

### **Directions:**

From Interstate 80 coming from the West and East: Take Interstate 80 to CA 99 South. Take exit 297 for 12<sup>th</sup> Avenue. Follow signs for Sutterville Road. Turn on to 12<sup>th</sup> Avenue and continue onto Sutterville Road. Parking is after the overpass; turn right into Sacramento City College entrance on Sutterville. Pool building will be on the left. A \$2.00 parking permit will be required to park at Sacramento City College and can be purchased at self-serve kiosks located in the parking lot. **Parking is free after 5PM on Friday and all weekend.**

### **COURSE:**

Indoor 25 yard 9 lane heated pool. A warm up pool is also available. The water depth of the pool, measured in accordance with Rule 202.4.9C, at the start end is 51/2' at 3' 3 1/2" and 5 1/2' at 16' 5" and at the turn end is 3 1/2' at 3' 3 1/2" and 4' at 16' 5". The competition course has been certified in accordance with 104.2.2C(4) According to 202.4.9G(1) the copy of such certification is on file with USA Swimming.

**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 meet.
- The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F
- Swimmers are limited to a maximum of four (4) events per day on Saturday and Sunday.
- Those entries in excess of the above limitations will not be refunded.
- All events are short course 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 seed time will be accepted.
- NT (No Time) entries will not be accepted.
- 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. In accordance with USA-S Rule 202.4.9D 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.

**CHECK-IN:**

Check-in on Friday begins at 3:30 PM for Session I. Check in on Saturday begins at 7:00 AM for Session II. Session III will start no sooner than 1 hour after the conclusion of the morning session. Check in on Sunday begins at 7:00 AM for Session IV. Session V will start no sooner than 1 hour after the conclusion of the morning session.

Swimmers must check-in with the Clerk of Course for the first 4 events by 8:00 AM. Check-in for the first four events of each session will close a half-an-hour before the scheduled start of the session.

Swimmers must check-in for later events, of that session, at least a half-an-hour prior to the estimated start of each event. Swimmers who do not check in for an event will not be allowed to swim that event. Swimmers who do not have current and active registration with USA Swimming will also not be able to swim their events.

**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 (Usually lanes 1 & 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 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 backstroker 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. The Meet Referee, Meet Director or a designee may remove a swimmer, coach, and/or team from the deck for violations of these rules.

**TIMES:**

Warm-ups on Friday begin at 4:00 PM for Session I. Warm-ups for Session II and IV will begin at 7:00AM, and the meet will begin no earlier than 8:30 AM. Warm-ups for Session III and V will begin when the first session for that day ends.

**SPECIAL RULES:**

All heats for all events will be seeded fastest to slowest. Events (400 IM, 500 & 1650 Freestyle) may be swum alternating women and men. For the 400 IM, 500 & 1650 Freestyle events, swimmers must provide their own Timers. Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge. **The 1650 will be capped at 32 swimmers.**

**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.

**ENTRY LIMITS & SCRATCH DOWN:**

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-S 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. Swimmers will be given a coupon for the value of the entry fee that can be redeemed for cash or used at the snack bar.
- The meet will be capped at 300 swimmers per session on Saturday and Sunday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

**ENTRY FEES:**

Individual entry fees (including deck entries) are \$4.00 per swimmer per event (including \$1.00 age group travel, \$.75 senior travel, \$.50 General Fund). There is also a pool surcharge of \$6 per swimmer to help cover the cost of the pool. Make checks payable to Elk Grove Aquatics Club. No refunds will be given.

**ENTRIES:**

Option 1: Entries must be post marked by Friday November 25, 2016 or hand-delivered to the Cosumnes River Aquatics pool by Friday, November 25th. Individual entries must be on a Consolidated Entry Form (SAMMS consolidated card). Entry forms must be filled out completely and legibly. "No time" entries will be accepted. Late and deck entries will be accepted if the entry limit has not been reached. Deck entries will be for time only (not awarded or scored).

Mail Entries to:

Cosumnes River Aquatics

Post Office Box 580495  
Elk Grove, CA 95758

Option 2: Online Meet Entries will be accepted at <https://ome.swimconnection.com/meets> until Thursday November 24, 2016 at 11:59 PM or until session is closed. You will receive immediate confirmation of acceptance via email. The “billing information” email should be brought to the meet as proof of entry. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming.

**ENTRY CAP:**

This meet will be limited to the first 300 swimmers for each session. Submitted entries will be processed as received. If the entry limit is reached while processing a team entry, the balance of that team will be processed. **Early entries are strongly encouraged! If the cap is not met by 11:59 PM, December 1, 2016, we will be accepting deck entries until we reach our cap or until our meet closes.** Deck entries for each session will only be accepted prior to the start of the session if the Meet Director determines 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. For inquiries about deck entries, email the Meet Director no sooner than Monday November 28<sup>th</sup>, 2016.

**RELAYS:**

Relay entries are due at least 3 hours prior to the conclusion of each session, in which relays are held. Only swimmers already entered in the meet will be eligible to participate on relays.

**ADMISSION:** Free.

**OFFICIALS:**

Head Referee: Bill Fisher                                      Head Starter: Ted Curley  
Admin Official: Lexie Insogna  
Meet Director: Eddie Maximo  
Questions: Eddie Maximo ([Coacheddie@egacgators.com](mailto:Coacheddie@egacgators.com))

All certified Officials with current USA Swimming registration from an LSC are welcome to work this meet. An Officials meeting will begin 30 minutes prior to the start of each session. All working Officials must have passed the background check and athlete protection training mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify this condition has been met. All Officials must wear their officials' credentials visibly while working on deck. Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy blue pants/shorts/skirts.

All Coaches must have evidence of their USA Swimming Certification on hand. Any Coach unable to present evidence of certification will not be allowed to coach on the Pool Deck. Programs will only be given to Coaches whose cards are visible. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

**MINIMUM OFFICIALS 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 the meet	Number of trained & carded officials required
0 to 10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

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.

**TIMERS:** Clubs 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 swimmer in the session) which is then [multiplied by] 27 timing chairs. 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 sent to participating teams.

**RESTRICTIONS:**

Smoking and the use of other tobacco products are prohibited at the Sacramento City College Hoos Pool 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. No pets are allowed. Personal propane heaters will not be allowed inside the facility.

**AWARDS:** Separate awards will be given to each age group (8 & under, 9/10, 11/12, 13/14, 15/16 and 17/18) in combined age group events.

- Awards must be picked up at the end of the meet-they will not be mailed.

**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.

**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. The results of this meet may be posted in real time on the Internet at <http://www.swimconnection.com/sn/exec/Meets>.

Friday December 2 <sup>nd</sup> , 2016			
Session I			
Girls	Boys	Age	Event
1	2	11 and over	500 Free
3	4	11 and over	400 IM
5	6	11 and over mix	1650 Free

Saturday December 3 <sup>rd</sup> , 2016			
Session II			
Girls	Boys	Age	Event
7	8	13 and over	200 IM
9	10	13 and over	100 Back
11	12	13 and over	200 Fly
13	14	13 and over	100 Breast
15	16	13 and over	50 Free

Saturday December 3 <sup>rd</sup> , 2016			
Session III			
Girls	Boys	Age	Event
17	18	11-12	200 IM
19	20	8 & U	25 Free
21	22	10U	50 Back
23	24	9-12	100 Back
25	26	8 & U	25 Breast
27	28	10U	50 Breast
29	30	9-12	100 IM
31	32	9-12	100 Free
33	34	8 & U	100 M.R.
35	36	9-10	200 M.R.
37	38	11-12	200 M.R.

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Sunday December 4 <sup>th</sup> , 2016			
Session IV			
Girls	Boys	Age	Event
39	40	13 and over	200 Free
41	42	13 and over	200 Back
43	44	13 and over	100 Fly
45	46	13 and over	200 Breast
47	48	13 and over	100 Free

Sunday December 4 <sup>th</sup> , 2016			
Session V			
Girls	Boys	Age	Event
49	50	11-12	200 Free
51	52	8 & U	25 Back
53	54	9-12	100 Breast
55	56	8 & U	25 Fly
57	58	10U	50 Fly
59	60	9-12	100 Fly
61	62	12 and under	50 Free
63	64	8 & U	100 F.R.
65	66	9-10	200 F.R.
66	67	11-12	200 F.R.