



Summer Sanders Long Course JR+ Swim Meet & Time Trials

Hosted by California Capital Aquatics

Sponsored by:



June 12 - 15, 2014

Enter online at: <http://ome.swimconnection.com/meets>

*****This meet is pre-seeded, see check in/scratch rules for details*****

*****Each Day has a 800 swimmer cap*****

SANCTION:

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: 6-14

Time Trials held under USA Swimming/Sierra Nevada Swimming Sanction Number: 7-14

According to 202.2.8, "In granting this approval, 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."

According to 202.2.9.D, "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. 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."

LOCATION:

Roseville Aquatics Complex

Traveling on I-80, exit Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right side:
3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

FACILITY:

Outdoor, heated 9-lane, 50 meter course with touch pads at both ends. In accordance with 202.2.9.C, the competition course has a pool depth at the start end of 13ft at 3' 3 1/2" and 12ft at 16'5" and at the turn end is 4' 6" at 3' 3 1/2" and 4'6" at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. A state of the art Colorado Scoreboard provides race information to the competition venue. Locker rooms and rest area are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

RESTRICTIONS:

No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. Glass containers, pets, or propane heaters are not allowed in the facility. **EZ Ups can stay up if they are fastened to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.**

E-Z up set-up will not be allowed before 8:00am on Thursday, June 12, 2014.

****According to USA Swimming Rule 202.2.9.H: 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 California Capital Aquatics 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 anytime.

For the safety of the Athletes and according to 202.2.9.I, changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is strongly discouraged.

RULES:

Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All events are trials and finals format, except for the 800 and 1500m freestyles. **All swimmers are limited to three (3) individual events per day including Time Trials. Swimmers that meet at least one time standard, may enter one (1) additional event as a bonus event.** Each swimmer is allowed a total of one (1) bonus swim for the entire meet. Additionally, when a submitted entry time matches a time of record, in the Swim Connection database or SWIMS database, for the same swimmer, same age, same stroke, and same distance, only then will the entry time be accepted as a qualified entry time.

Only events 200 meters or less may be entered as a bonus event.

No converted times will be accepted.

MEET WILL CAP at 800 SWIMMERS PER DAY. ALL EVENTS ON A DAY THAT REACHES 800 SWIMMERS WILL CLOSE.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer's 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.

MEET FORMAT:

Scratch Rules: Scratch Rule 207.11.6 will apply to a swimmer failing to compete in a trial heat for which he/she has not scratched and is seeded to swim. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.11.6.C, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance with rule 207.11.6.A and 207.11.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day. Additionally that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.11.6.E).

CHECK-IN/SCRATCH:

THIS MEET IS PRESEEDDED. All swimmers are automatically checked into their events which they are registered for. If a swimmer is registered for more than 3 events in a day, they must scratch any additional events prior to the scratch deadline. If a swimmer fails to scratch out of any additional events, they will be seeded into the first 3 events they are registered for that day, and scratched out of any additional events for that day.

The scratch deadline for Thursday's events is Thursday, June 12, 2014 at 4:30pm.

The scratch deadline for Friday's events is Thursday, June 12, 2014 at 6:00pm

The scratch deadline for Saturday's events is 30 minutes after finals begin on Friday night

The scratch deadline for Sunday's events is 30 minutes after finals begin on Saturday night

To scratch any of Thursday's events, you can email: mark.brown.15@gmail.com prior to the deadline, or you may also scratch in person at the Clerk of Course Desk on Thursday by the deadline

To scratch any of Friday's events, you can email: mark.brown.15@gmail.com prior to the deadline, or you may also scratch in person at the Clerk of Course Desk on Thursday by the deadline.

PRELIMS:

The meet will be seeded according to submitted times. The fastest or the first three heats of each event will be circle seeded with exception of the events previously identified as timed finals. This meet will run **fastest to slowest** in all events.

FINALS CHECK-IN:

If you are one of the 27 finalists, **you will be seeded in finals unless you scratch during the appropriate time.** Alternates will not be penalized. Swimmers will have 30 minutes, after the results of their completed events are announced, in which to scratch or declare their intention to scratch. **Swimmers will be seeded in finals unless they scratch.** Refer to the scratch rules for penalties 207.11.6.D(1)

FINALS:

We will be using nine lanes. There will be a Bonus Final, Consolation Final, and Championship Final (swum in that order) in each event *except the 800 and 1500m freestyle events.

TIME TRIALS:

Time Trials will only be offered to those swimmers that are entered in the meet if time permits No Time Trials will be offered for the 800 and 1500 meter freestyle events. For all other events, Time Trials will be offered in the order of that days scheduled events, then, if time permitting, then the previous day's events will be offered. **Swimmers must provide their own timers for Time Trial events. Swimmers cannot exceed 3 events per day including Time Trials. If a scratch-down is needed to swim Time Trials, No Refunds of entry fees will be given.**

Time Trials will be offered at **\$10.00 per event.** Time Trials will start after the completion of preliminaries for that day's session. The deadline for Time Trial Entries will be announced, when the estimated preliminary timelines are available. Time Trial entry forms will be at the Clerk of Course by 7AM on Friday and will be accepted until **11:00 am each day.**

Swimmers are allowed 2 Time Trial swims for the entire meet.

ENTRIES:

There are two options for meet entries:

Option # 1: On-line entries, enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. 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. **On-line entries must be received before 11:59PM on Wednesday, June 4, 2014.**

Option # 2: SAMMS entries use a **CONSOLIDATED ENTRY CARD** (copy attached). Entry cards must be completely filled out. The entry card may be reproduced. The entry card is available from the Sierra Nevada Swimming internet web site: <http://sn-swimming.org>. Entries must be postmarked on or before **Friday, May 30, 2014,** or hand delivered to the Roseville Aquatics Complex box marked "Summer Sanders Entries/Meet Director" **before 7:30PM on Wednesday, June 4, 2014. Absolutely no late, telephone, or "no time," entries will be accepted. No refunds.**

Send SAMMS entries to:

Summer Sanders Jr+
c/o Mark Brown
6721 5th St.
Rio Linda, CA
95673

ENTRY FEES:

The meet entry fee is **\$8.00** per event (includes \$1.25 Age Group Travel, \$1.00 Senior Travel, \$.50 SNS General Fund), plus **\$12.00** per swimmer pool charge.

For SAMMS entries, make checks payable to: **California Capital Aquatics**

ADMISSION:

Admission is free.

A four-day program will be available for \$6.00 (includes finals sheets for Friday, Saturday, and Sunday).

SNACK BAR:

A snack bar will be available with a lunch menu, refreshments, and snacks during trials and finals with the exception of Thursday night which will be closed.

HOSPITALITY:

Officials and Coaches will be served a lunch and dinner as well as snacks and refreshments through the day. Timers will be given refreshments and snacks.

COACHES:

All coaches must have on them, in a visible location, their 2014 USA Swimming membership card with a criminal background expiration date printed on it along with the athlete protection certification expiration date. Programs will only be given to coaches whose cards are visible.

OFFICIALS:

MEET REFEREE: Bill Rose
ADMIN REFEREE: Bill Fisher
HEAD STARTER: Niffey Carmody
TEAM LEAD CHIEF JUDGE: Will Halligan
MEET DIRECTOR: Pete Votava meetdirector@ccaswimming.org

USA Swimming National Evaluator: Lucy & Dick Duncan

All Certified officials with current USA Swimming registration from any LSC are welcome to work this meet. At the meet, all working officials must display their 2014 USA Swimming Membership Card, with the Background Check and Athlete Protection Training expiration dates showing on the card. Dress Code for all officials on Thursday night and Trials Fri, Sat, Sun. will be white polo shirts and navy blue pants/shorts/skirts. Weather permitting, dress for the finals session on Friday, Saturday and Sunday will be long navy blue pants or skirts and a Hawaiian shirt.

Officials must apply to work this meet. All Officials wanting an assigned position need to send to the Meet Referee their application to work **before Wednesday, June 4, 2014. All Stroke and Turn Officials need to apply by sending their application to the Meet Referee before Monday, June 9, 2014. This is a qualifying meet for National Officials Certification.** We will apply for approval that this meet will be a Qualifying Meet for National Officials Certification. In order for the LSC Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement by the National Evaluator. In order for the N2 Officials to advance to their highest certification, the Official needs to have officiated at a minimum of four (4) sessions at two "Qualifying" meets in the 36 months prior to applying for the N3 Certification. **In order for the Qualifying Meet to be valid for the Official, the Official has to work four (4) sessions.** All officials are urged to attend the mini-clinic briefings, whether or not they desire N2 or N3 certification evaluations. Remember, in order to be eligible for the N2 or N3 certification, an official has to have been an official for at least a year at the LSC level or equivalent. It is expected that swimmers will be capable of swimming National Championships and/or Junior National Championship qualifying times at this meet. This meet is open to all Officials who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to be evaluated at this meet, please email request form to the **Meet Referee**, Bill Rose, at cbrose@omsoft.com. We will try to accommodate all requests for evaluation but this may not be possible, especially at the Deck Referee, Starter and Chief Judge positions. Requests will be considered in the order in which they are received.

Schedule of Official's Briefings:

Official's Briefing for Thursday will begin at 4:30pm (required for all officials).

Official's Briefing for Prelims on Friday, Saturday and Sunday begin at 7:30am (required for all officials).

Official's Briefing for Finals on Friday, Saturday and Sunday begin at 4:30pm (required for all officials).

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 Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100<	5

Meet Schedule

	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Warm-ups:</u>	n/a	7:00-8:15 am	7:00-8:15 am	7:00-8:15 am
<u>Meet Begins:</u>	n/a	8:30 am	8:30 am	8:30 am
<u>Finals Warm-Up:</u>	4:00pm	4:30pm	4:30pm	4:30pm
<u>Finals Begin:</u>	5:00pm	5:30pm	5:30pm	5:30pm

WARM-UP RULES:

The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- Marshals / Lifeguards shall be on the pool deck during the entire warm up period.
- 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 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, or the Marshal and the Meet Referee may remove a swimmer, coach, and/or team from the deck for violations of these rules. In facilities that have a warm up and/or warm down area, Marshals shall provide supervision of the area(s) at all times.

ORDER OF SEEDING:

Events will be seeded as follows: All times earned previously, whether they are meters, yards or short course meters will be acceptable if they meet the minimum entry times. In seeding these times, the conforming times (meters) will be arranged in time order. In a long course championship meet, the non-conforming short course meter times will be arranged in time order next, followed by non-conforming yard times. As bonus times are allowed, they will be seeded following the times that met the qualifying times which are the conforming times, the non-conforming short course meter times and the non-conforming yard times. These bonus times will then be arranged in time order after the times that meet the qualifying standard, in the order of conforming meters, non-conforming short course meters and then non-conforming yards. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7.B

AWARDS:

High Point awards will be given to the top three women and men.

Individual Point Distribution

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>
Finals:	22	19	18	17	16	15	14	13	12
Consolations:	10	8	7	6	5	4	3	2	1
Bonus:	(no points awarded for Bonus Heat)								

DISTANCE EVENTS:

The 800m and 1500m freestyles will be swum as timed finals. Swimmers entered in the 800m/1500m must positively check in by 5:00pm on Thursday, to be seeded. We will be following a modified Olympic schedule with the 1500M Freestyle offered to Men, and 800M Freestyle offered to women. Heats will be swum fastest to slowest, alternating women, then men. Swimmers shall provide their own timers. Lap counter devices will be provided by California Capital Aquatics.

ORDER OF EVENTS:

Listed below is the order of events and the time standards for each event. Swimmers must meet the time standard in either LCM or SCY to swim that event. Swimmers that meet at least one time standard may also enter an additional event as a bonus event.

The bonus events must be indicated on the entry card by placing a "B" after the event number.

Bonus Events must also meet the Bonus Time Standard for that event which is also listed below.

"No Time" and converted times will not be accepted for bonus events

Bonus events must be 200 meter events or less

Qualifying Time Standards:

WOMEN'S EVENTS

MEN'S EVENTS

	<u>Number</u>	<u>Meters</u>	<u>Yards</u>	<u>Number</u>	<u>Meters</u>	<u>Yards</u>
<u>Thursday, June 12</u>						
800 Freestyle (W)*	1	10:44.39	12:10.09 (1000)			
1500 Freestyle (M)*				2	19:29.99	18.30.09 (1650)
<u>Friday, June 13</u>						
200 Freestyle	3	2:26.79	2:12.09	4	2:17.99	2:04.09
100 Butterfly	5	1:16.39	1:09.09	6	1:12.09	1:05.09
200 Individual Medley	7	2:46.89	2:30.09	8	2:38.49	2:22.09
100 Backstroke	9	1:18.29	1:11.09	10	1:16.99	1:08.09
<u>Saturday, June 14</u>						
200 Backstroke	11	2:46.99	2:30.09	12	2:45.69	2:28.09
100 Breaststroke	13	1:28.59	1:20.09	14	1:23.49	1:15.09
400 Individual Medley	15	5:59.49	5:15.09	16	5:42.99	5:00.09
50 Freestyle	17	0:31.49	0:28.09	18	0:29.69	0:26.09
<u>Sunday, June 15</u>						
400 Freestyle	19	5:09.29	5:50.09 (500)	20	4:56.29	5:30.09 (500)
200 Butterfly	21	2:51.59	2:35.09	22	2:43.69	2:27.09
200 Breaststroke	23	3:12.39	2:54.09	24	3:01.89	2:44.09
100 Freestyle	25	1:07.79	1:01.09	26	1:03.69	0:57.09

MEET WILL CAP at 800 SWIMMERS PER DAY. ALL EVENTS ON A DAY THAT REACHES 800 SWIMMERS WILL CLOSE.



Bonus Event Time Standards:

	<u>WOMEN'S EVENTS</u>			<u>MEN'S EVENTS</u>			
	<u>Number</u>	<u>Meters</u>	<u>Yards</u>	<u>Number</u>	<u>Meters</u>	<u>Yards</u>	
<u>Thursday, June 12</u>							
800 Freestyle (W)*	1	Not available as a bonus event					
1500 Freestyle (M)*				2	Not available as a bonus event		
<u>Friday, June 13</u>							
200 Freestyle	3	2:37.69	2:19.89	4	2:34.89	2:16.19	
100 Butterfly	5	1:22.89	1:13.19	6	1:21.49	1:11.69	
200 Individual Medley	7	2:59.79	2:37.59	8	2:58.09	2:35.59	
100 Backstroke	9	1:23.29	1:14.19	10	1:23.59	1:12.29	
<u>Saturday, June 14</u>							
200 Backstroke	11	3:23.69	2:35.89	12	2:56.39	2:32.89	
100 Breaststroke	13	1:33.79	1:22.19	14	1:32.49	1:20.49	
400 Individual Medley	15	Not available as a bonus event			16	Not available as a bonus event	
50 Freestyle	17	0:33.69	0:29.49	18	0:32.59	0:28.59	
<u>Sunday, June 15</u>							
400 Freestyle	19	Not available as a bonus event			20	Not available as a bonus event	
200 Butterfly	21	2:59.29	2:38.59	22	2:58.49	2:35.29	
200 Breaststroke	23	3:23.69	2:56.89	24	3:20.79	2:52.89	
100 Freestyle	25	1:13.49	1:03.09	26	1:11.39	1:02.69	

MEET WILL CAP at 800 SWIMMERS PER DAY. ALL EVENTS ON A DAY THAT REACHES 800 SWIMMERS WILL CLOSE.

Please see a full list of hotel accommodations, restaurants, and other activities in the area at:

www.placertourism.com



Thank you attending our meet,

