

# STAS "ICE BREAKER" SWIM MEET

## December 12-13, 2009

Presented by:  
Spare Time Aquatics Sacramento  
Rio Del Oro Racquet Club, Sacramento, CA

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number 52-09
- LOCATION:** Rio Del Oro Racquet Club, 119 Scripps Drive, Sacramento, CA  
Directions from Downtown Sacramento: Take Highway 50 east to Howe Avenue. Turn left onto Howe Avenue, heading north travel 1.2 miles to American River Drive. Turn right onto American River Drive, heading east travel 0.1 miles to Scripps Drive. Turn left on Scripps Drive ending at 119 Scripps Drive. Parking in the main parking lot is reserved for Rio Del Oro Racquet Club Members. Swim meet parking will be available on Scripps Drive and in neighboring parking lots. Attendants will be on duty Saturday and Sunday to direct swim meet participants.
- FACILITY:** Competition will be conducted in a 25 yard 8 lane outdoor heated pool with a new 8 lane electronic display scoreboard. A separate 25 yard 6 lane outdoor heated pool will be available for warm-up throughout the meet. The competition course has not been certified in accordance with 104.2.2C(4).
- TIMES:** Saturday and Sunday: Warm-ups begin at 7:30 AM. Meet begins no earlier than 9:00 AM.
- RULES:** Current USAS and Sierra Nevada Swimming rules will govern the meet, including warm-ups. The meet will be deck seeded. All events are timed finals.
- ELIGIBILITY:** All swimmers must have a current USA Registration Card and must enter the number on their entry cards. Entrants without a current Registration Number on their entries must present a current Registration Card (or Swim Connection registration Verification e-mail) prior to competition. Any swimmers entering as "pending" or "applied for", etc., will be verified with the SNS Registrar prior to the meet and, if validly pending, will be allowed to check in and compete. All swimmers must swim in their respective age groups. Swimmers over the age of 18 may participate in 13-18 or 11-up events but will not receive awards or score points.
- CHECK-IN:** Saturday and Sunday: The meet will be deck seeded, slowest to fastest. All swimmers, or their coach or parent, must check-in prior to the close of their event. Check-in for the first four events will close each day by 8:30 AM. Check-in for later events will close 30 minutes before the estimated start of the event.
- RELAYS:** A 49'er relay event is offered each day. The relay consists of any combination of 4 girls and/or boys whose ages total 49 or less. Relay cards are due by 10:00 AM each day. This is not a nationally recognized event and as such the relay results will not be reported to the SWIMS or Swim Connection databases.
- ENTRIES:**  
**Option 1: Surface Mail Entries:**  
Entries are to be made on an individual S.A.M.M.S. Consolidated Entry Card. This form must be completely filled out, including best short course time. "No Time" entries will be accepted only if the swimmer has never swum this event before.  
**Option 2: Online meet Entries:**  
Enter at <https://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using their secure site. The cost of using Online Meet Entry 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 LIMITS:** **This meet will be capped at 325 swimmers for the Saturday and Sunday Sessions.**  
The Meet Director may choose to require scratches on either Saturday or Sunday or both days if necessary to comply with the four hour rule. Events scratched for this reason will be refunded at that time. Events scratched for other reasons will not be refunded. Entries will be accepted on a first-come, first-serve basis. Entries received after the cap is reached will be returned.
- ENTRY FEES:** **\$3.00 Per Individual Event** (includes \$.75 for Age Group Travel Fund, \$.50 for Senior Travel Fund, \$.50 for Sierra Nevada Swimming). In addition, there is a **\$5.00 meet participation fee**. NO REFUNDS. \$8.00 per Relay Entry. Relay fees are due the day of the relay event.  
Meet Entry Coordinator: Alan Tay, ct6825@gmail.com  
For mailed entries, make checks payable to "Rio Del Oro Racquet Club" and mail with entries to the Meet Entry Coordinator at: Alan Tay, 6825 Elvora Way, Elk Grove, CA 95757

- DECK ENTRIES:** Deck entries will be accepted ONLY if the entry limit is not reached and/or the four hour rule for swimmers 12 and under can be satisfied. The deck entry fee will be \$3.50 per event (plus \$5.00 participation fee). Deck entries will not be scored or awarded.
- DEADLINES:** **Mailed in entries must be postmarked on or before Saturday, November 28, 2009.**  
No phone, fax, or email entries will be accepted. Mailed entries without payment will not be accepted. Deadline for Online Meet Entry is midnight, Friday, December 4, 2009.
- PLEASE NOTE:** Smoking will not be allowed on the Rio Del Oro Racquet Club property. No pets are allowed. Overnight parking is not permitted at the Rio Del Oro Racquet Club. "Easy-ups" may be left overnight but ground tarps must be removed each day.
- SNACK BAR:** A snack bar will be available at the pool. Working officials and coaches will be served refreshments.
- ADMISSION:** Admission is free. A two day program will be available for \$3.00.
- AWARDS:** Ribbons will be awarded 1st through 8th for individual events. Separate awards will be made to the 13/14's, 15/16's, and 17/18's competing in the 13-18 events, to 6-under competitors competing in the 8-under events, and to the 7/8's competing in the 10-under events. Relays will be awarded ribbons for 1st through 3rd place only. "A" Medals will be awarded to "B" swimmers achieving "A" times. Awards must be claimed by the meet's end and won't be mailed to clubs.
- OFFICIALS:**  
Head Referee: Jeff Jones  
Head Starter: Steve Pinson  
Meet Director: Jeff Galvin

**MINIMUM OFFICIALS RULE:**

Each team shall, by the entry deadline, provide to the meet director a list of officials who have agreed to represent that 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 that have not provided sufficient officials shall have all their swimmers treated as "time only" in all respects for that session.

Number of swimmers entered in meet per team	Number of trained and carded officials required per team
0-10	0
11-25	1
26-50	2
51-75	3

**Summary of Events  
Saturday**

<b>8-under</b>	<b>10-under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
50 Free	100 Back	100 Breast	200 Free	200 Free
100 IM	100 Free	50 Back	200 Breast	200 Breast
25 Fly	50 Fly	100 Free	100 Fly	100 Fly
50 Back	100 Breast	50 Fly	200 Back	200 Back
25 Breast	200 IM	200 IM	50 Free	50 Free
49'er 200 Mixed Medley Relay*				

**Summary of Events  
Sunday**

<b>8-under</b>	<b>10-under</b>	<b>11-12</b>	<b>13-14</b>	<b>15-18</b>
25 back	50 Breast	100 Back	200 IM	200 IM
50 breast	100 IM	50 Free	100 Free	100 Free
25 Free	50 Free	50 Breast	100 Breast	100 Breast
100 Free	50 Back	100 IM	100 Back	100 Back
50 Fly	200 Free	200 Free	200 Fly	200 Fly
49'er 200 Mixed Freestyle Relay*				

\* 49'er Relay is any combination of 4 girls and/or boys whose ages total 49 or less.  
This is not a Nationally recognized event.

**Saturday, December 12, 2009 Order of Events**

<b>Girls</b>	<b>Boys</b>	<b>Age</b>	<b>Event</b>
1	2	11-12	100 Breast
3	4	10-under	100 Back
5	6	8-under	50 Free
7	8	13-18	200 Free
9	10	11-12	50 Back
11	12	10-under	100 Free
13	14	8-under	100 IM
15	16	13-18	200 Breast
17	18	11-12	100 Free
19	20	10-under	50 Fly
21	22	8-under	25 Fly
23	24	13-18	100 Fly
25	26	11-12	50 Fly
27	28	10-under	100 Breast
29	30	8-under	50 Back
31	32	13-18	200 Back
33	34	11-12	200 IM
35	36	10-under	200 IM
37	38	8-under	25 Breast
39	40	13-18	50 Free
41	41	49'er	Mixed 200 MedleyRelay

**Sunday, December 13, 2009 Order of Events**

<b>Girls</b>	<b>Boys</b>	<b>Age</b>	<b>Event</b>
43	44	11-12	100 Back
45	46	10-under	50 Breast
47	48	8-under	25 Back
49	50	13-18	200 IM
51	52	11-12	50 Free
53	54	10-under	100 IM
55	56	8-under	50 Breast
57	58	13-18	100 Free
59	60	11-12	50 Breast
61	62	10-under	50 Free
63	64	8-under	25 Free
65	66	13-18	100 Breast
67	68	11-12	100 IM
69	70	10-under	50 Back
71	72	8-under	100 Free
73	74	13-18	100 Back
75	76	11-12	200 Free
77	78	10-under	200 Free
79	80	8-under	50 Fly
81	82	13-18	200 Fly
83	83	49'er	Mixed 200 Free Relay