



Sierra Nevada Swimming  
**JOs or Bust**  
**Last Chance Qualifier**  
 Long Course BB± Swim Meet  
 June 28 – June 30, 2019



**Wear your Favorite Hawaiian Attire!!**

**SANCTION** Held under USA Swimming/Sierra Nevada Swimming Sanction #SNS19-35  
 According to USA Swimming Rule 202.4.9: "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."

**LOCATION** Charles Brooks Community Swim Center, 155 N. West Street, Woodland, CA 95695. From I-5 north or south, take the West Street exit; travel 1½ miles south. The pool is on the right, next to Woodland High School.

**FACILITIES** Outdoor heated 9-lane, 50-meter pool with locker rooms and rest areas. Heats may be run from both ends (two courses). If two courses are used, one course will be odd heats and the other course will be even heats. One lane will be used as a warm-up, cool-down lane throughout the competition.

**CERTIFICATION** The competition course has been certified in accordance with Rule 104.2.2C(4). The copy of such certification is on file with USA Swimming.  
 In accordance with Rule 202.4.10C, the competition course has a pool depth at both the start end and the turn end ranging from 4' 2" to 12' 5" at both the 3' 3 1/2" (1 meter) and 16' 5" (5 meter) mark.

**TIMES**

**THIS IS A SPLIT SESSION MEET**

	<b>Check-in</b>	<b>Warm ups</b>	<b>Meet Begins</b>
Friday	2:45 PM	3:00 PM	4:00 PM
Saturday and Sunday <i>12 &amp; under</i>	6:45 AM	7:00 AM	8:30 AM
Saturday and Sunday <i>13 &amp; over</i>	No later than 11:45 AM	Immediately upon conclusion of the 12 & under session	One hour after the conclusion of the 12 & under session

An Officials' Meeting will be held 30 minutes before the start of each session.

**No Set-up until Friday at 1:45 PM**

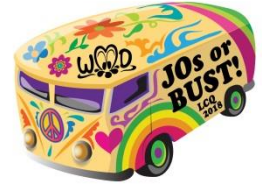
**RULES** Current USA-S and Sierra Nevada Swimming rules will govern the meet. Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet. The four-hour rule will be enforced. **Swimmers are limited to a maximum of four (4) events per day on Saturday and Sunday; two (2) events per swimmer on Friday; for a total maximum of ten (10) events during the meet. The maximum limit of ten (10) events during the meet will not apply if a mandatory scratch down is required.** Those entries in excess of the above limitations will not be refunded. All events are long course meters and timed finals. Properly registered 19-over swimmers may enter, but they will not be scored or awarded.

According to Rule 102.2.9, if a swimmer has no official time in the entered event, please submit an estimated appropriate seed time (please check with your Coach). **NT 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 without the use of



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the backstroke ledge. 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 (Rule 202.4.10D).

**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.
- 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 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.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

**SPECIAL RULES**

All heats for all events will be seeded and swum fastest to slowest. The 1500 Free, 400 IM and 400 Free will be swum boys and girls combined (MIXED events) and may be swum with two swimmers to a lane (staggered starts) with the permission of the Meet Referee. **The 1500 Free will be limited to the first 48 swimmers.** For the 1500 Free, 400 IM, and 400 Free events, swimmers must provide their own Timers and Lap Counters (1500 Free).

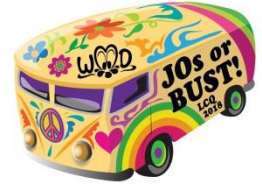
Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.

**SAFE SPORT**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. Pursuant to the USA Swimming Safe Sport and Sierra Nevada Swimming Athlete Protection Program, use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms (Rule 202.4.10H). Sierra Nevada Swimming and the Woodland 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



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flash devices at the start is also prohibited.

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited (Rule 202.4.10I). Deck changes are prohibited.

According to 202.4.10J 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 Chair or designee.

**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.

According to 302.3 in the 2019 Rulebook and in effect now — 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**

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 Swimming 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. **The meet will be capped at 275 swimmers on Friday and 340 swimmers per session on Saturday/Sunday**, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.

**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 Woodland Swim Team. Mailed entries must be postmarked by midnight Thursday, June 20, 2019, and mailed to:

Woodland Swim Team  
Attn: Meet Entries – JOs or Bust Meet  
PO Box 763  
Woodland, CA 95776

The cap will be determined when the entries are received. Mailed entries, with postmarks 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 11:59 PM, Thursday, June 20, 2019. Enter at: <http://ome.swimconnection.com/sn/wood20190628> 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. **NO REFUNDS.**



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**DECK ENTRIES** Deck entries for each session will only be accepted prior to the start of the session if the Meet Director and Meet Referee determine 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 after Sunday, June 23, 2019.

**SCRATCH DOWN** The Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. In this case, 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.

**ENTRY FEES** \$4.00 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 a \$8.00 per swimmer surcharge. Deck entries are \$5.00 per event plus surcharge. Make checks payable to **“Woodland Swim Team.”** Entry fees are non-refundable except in the event of a required scratch down.

**CHECK-IN** The meet will be deck seeded. Check-in for all sessions will start at 2:45 PM on Friday and 6:45 AM on Saturday/Sunday. All swimmers must check-in prior to the close of their event.

Check-in for the first four events of each session will close 30 minutes before the start of that session; check-in for all subsequent events will close no more than 30 minutes before the estimated start time of the first heat of the event.

Check-in will be located on the deck until the start of competition. Thereafter, check-in will be located in the office at the southwest corner of the facility.

**AWARDS** “A” Pins will be awarded to all swimmers achieving a new “A” time.  
No ribbons will be awarded to 13 & Over. Ribbons will be awarded to 12 & Under as follows:  
Green flight awards: double overlay ribbons 1<sup>st</sup> – 8<sup>th</sup>.  
White flight awards: single ribbon 1<sup>st</sup> – 8<sup>th</sup>.  
Two flights will be awarded in each event. Swimmers entering with a Sierra Nevada “BB” time or better in an event will be seeded in the Green flight. All others will be seeded in the White flight. All events will be seeded together by gender but awarded separately by age groups 8-un, 9-10, and 11-12. Awards must be picked up at the meet – they will not be mailed. It is recommended that they be picked up during the course of the day.

**ADMISSION** Free. A program may be available for a nominal cost. The meet will be on MeetMobile.

**MISCELLANEOUS** Snack Bar, taco food truck, and Boss Café mobile coffee will be available.

Light breakfast, light lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers. Officials, Coaches and Timers are encouraged to bring personal refillable containers for coffee, water and Gatorade.

**OFFICIALS**

Meet Referee:	Ted Curley
Head Starter:	Niffey Carmody
Admin Official:	Bill Fisher
Meet Director:	Ann Brunson (coachann.wst@gmail.com)



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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.

**COACHES**

All Coaches must have evidence of their USA Swimming Certification and will be required to check in at the Office 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. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

**OFFICIAL'S DRESS**

Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. Weather permitting; rain gear may be worn if necessary.

**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 meet	Number of trained and carded Officials required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

One half-hour before the scheduled start of each session, the Meet 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 swimmers in the session) which is then [multiplied by] the number of timing chairs needed. 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.

**RV PARKING**

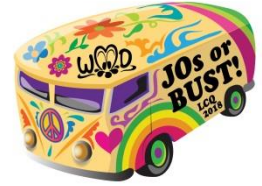
No overnight RV parking is allowed in the Woodland High School parking lots.

**RESTRICTIONS**

Smoking and the use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, and all other areas designated as swimmer rest areas. The sale and use of alcoholic beverages are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. Excessive volume of sound equipment will not be tolerated. No tarps or shade structures are to be set up outside the Swim Center. All tarps need to be removed from the grass areas at the conclusion of each day's competition (EZ Ups can stay up if they are fastened to the ground, but all ground covers must be off the grass). No personal shade structures are allowed on deck or outside the fenced pool area. Personal propane heaters will not be allowed inside the facility. No overnight parking is allowed at the Swim Center, except as provided above.



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**Schedule of Events**

FRIDAY Session 1				SATURDAY Session 2				SUNDAY Session 4			
Event #		Age Group	Event	Event #		Age Group	Event	Event #		Age Group	Event
G	B			G	B			G	B		
1	2	11 & over	200 IM	11	12	12 & under	200 FREE	35	36	11-12	200 FREE
3	4	10 & under	200 IM	13	14	12 & under	50 BACK	37	38	12 & under	100 FLY
5	6	11 & over	100 BACK	15	16	12 & under	100 BREAST	39	40	12 & under	50 FREE
7	8	10 & under	100 BACK	17	18	11-12	200 FLY	41	42	11-12	200 BACK
9		11 & over MIXED	1500 FREE	19	20	12 & under	100 FREE	43	44	12 & under	50 BREAST
				21	22	12 & under	50 FLY	45		12 & under MIXED	400 FREE
				23		11-12 MIXED	400 IM				
				Session 3				Session 5			
				25	26	13 & Over	200 FREE	47	48	13 & Over	200 FREE
				27	28	13 & Over	100 BREAST	49	50	13 & Over	100 FLY
				29	30	13 & Over	200 FLY	51	52	13 & Over	200 BACK
				31	32	13 & Over	100 FREE	53	54	13 & Over	50 FREE
				33		13 & Over MIXED	400 IM	55		13 & Over MIXED	400 FREE

**Summary of Events by Age Group**

	10-Under	11-12	13-18
<b>FRIDAY</b>	200 IM 100 BACK	200 IM 100 BACK 1500 FREE	200 IM 100 BACK 1500 FREE
<b>SATURDAY</b>	200 FREE 50 BACK 100 BREAST 100 FREE 50 FLY	200 FREE 50 BACK 100 BREAST 200 FLY 100 FREE 50 FLY 400 IM	200 FREE 100 BREAST 200 FLY 100 FREE 400 IM
<b>SUNDAY</b>	100 FLY 50 FREE 50 BREAST 400 FREE	200 BREAST 100 FLY 50 FREE 200 BACK 50 BREAST 400 FREE	200 BREAST 100 FLY 200 BACK 50 FREE 400 FREE