

Sierra Nevada Swimming
Senior Swimming Winter Championships
Jr+ Time Standards

Hosted by California Capital Aquatics
February 5th & 6th, 2022
REV 1

OPEN ONLY to Sierra Nevada Swimmers 13 years of age and older

SANCTION:

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS22-32

According to 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."

According to 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. 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: 3051 Woodcreek Oaks Blvd., Roseville, CA 95747.

FACILITY:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). Outdoor, heated 16-lane, 25-yard course with touch pads at the start end. Up to ten lanes may be used for preliminaries with eight lanes used for finals. In accordance with 202.4.11C, the competition short course has a pool depth at the start end of 7ft.-13ft at 3' 3 1/2" and 7ft.-13ft at 16'5" and at the turn end is 7ft.-13ft" at 3' 3 1/2" and 7ft.-13ft at 16' 5". An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. Colorado Starting, Timing and Scoreboard will be used. Locker rooms and rest areas are available. The competition course has been certified in accordance with 104.2.2C(4). The facility is equipped with Spectrum Fusion Starting blocks with reaction start surfaces and Spectrum Backstroke start ledges.

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, propane heaters or any other type of heating device are not allowed in the facility. **EZ Ups can stay up if they are fastened or weighted to the ground. Absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS. NO EZ-UP Set Up will be allowed before 5PM, Friday Feb 4th, 2022**

COVID-19:

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned practices or events, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS EVENT, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, SIERRA NEVADA SWIMMING AND

CALIFORNIA CAPITAL AQUATICS (CCA) ALONG WITH EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES, INCLUDING BUT NOT LIMITED TO THE MEET REFEREE (**John Richardson**), THE HEAD STARTER (**Melissa Spzik Serrao**), THE ADMINISTRATIVE OFFICIAL (**TJ Kay**), THE ADMINISTRATIVE REFEREE (**Scott Hastings**), AND THE MEET DIRECTOR (**Sami Waheed**), FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

SAFE SPORT:

According to USA Swimming 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 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 any time.

For the safety of the Athletes and according to 202.4.11I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (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).

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the **USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”)**, and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Attention Swimmers: Important New Regulation -- All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training, before they are allowed to enter the meet.

RULES:

Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All events are trials and finals format. **All swimmers are limited to eight (8) TOTAL events for the meet, with no more than three (3) individual events per day and one (1) Relay per day. Swimmers that meet at least one time standard, may enter TWO (2) additional events as bonus swims.** Each swimmer is allowed a total of two (2) bonus swims, not to exceed the limit of 6 (six) TOTAL individual events 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 yards or less may be entered as a bonus event.** No converted times will be accepted.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers will be allowed to check-in and compete. Note that Sierra Nevada Swimming 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.

MEET FORMAT:

The course for ALL SESSIONS will be SHORT COURSE YARDS FORMAT.

Time standards are SNS JR+ TIME STANDARDS with a MAXIMUM of TWO (2) BONUS EVENTS of 200 yards or under.

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 SEEDED AFTER THE SCRATCH DEADLINE, ACCORDING TO THE SWIMMERS SUBMITTED OR PRELIMINARY TIMES.** 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 Saturday's events is Friday, February 4th at 12:30 PM
The scratch deadline for Sunday's events is 30 minutes after finals begin on Saturday night
To scratch any of Saturday's events, you can email: scottlhastings@gmail.com prior to the deadline.
To scratch Sunday's events, you can email: scottlhastings@gmail.com before the deadline or you may also scratch in person at the Clerk of Course Desk 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, except for 400y/500y events, where the fastest two heats of an event shall be circle seeded. Preliminary Session will run fastest to slowest in all events, using UP TO 10 lanes of competition if needed based on entries

FINALS CHECK-IN: If you are one of the announced 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 207.11.6D(1).

FINALS: We will be using (8) eight lanes. There will be a Bonus Finals, Consolation Final, and Championship Final (swum in that order) in all events 200 and under (top 24 return from Trials). The 400 I.M. and 500 Freestyle will have ONLY a Consolation Final and Championship Final (top 16 return from Trials).

1000 FREESTYLE: The 1000-yard Freestyle will compete on Sunday prelims following a **15-minute break** at the conclusion of the 100- yard Backstroke events. The event will be seeded fastest to slowest alternating Girls/Boys. Swimmers are to provide their own Timers and Lap counters. Lap counting devices will be available at the facility for use.

RELAYS: **Teams will be allowed to enter a maximum of TWO (2) relays per event (A & B relay).**
Saturday: 400 MEDLEY RELAY
Sunday: 400 FREESTYLE RELAY
Saturday/Sunday Relays will be competed at the beginning of finals
Relay entries and relay only swimmers must be entered by the deadline

ENTRIES: Enter Online 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 11:59 PM on Thursday, January 27th 2022.**

ENTRY FEES: The meet entry fee is **\$11.00** per event (includes \$1.25 Age Group Travel, \$1.00 Senior Travel, \$.50 SNS General Fund), plus **\$15.00** per swimmer pool charge (Splash Fee).
Relays: \$20.00 per Relay Team entered. Relay only athletes **MUST** be listed on team entry form and pay athlete surcharges. Relay only athletes may NOT be deck entered. There are no refunds.

LATE ENTRIES: **LATE ENTRIES & DECK ENTRIES WILL NOT BE ALLOWED.**

SNACK BAR: Food Trucks will be on site for the event

HOSPITALITY: Light breakfast, lunch, and dinner along with snacks will be provided to registered coaches and officials.

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. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck.

OFFICIALS:

MEET REFEREE: John Richardson	jkrich49@gmail.com
ADMINISTRATIVE REFEREE: Scott Hastings	scotthastings@gmail.com
HEAD STARTER: Melissa Szpik Serrao	officialmelissasn@gmail.com
ADMINISTRATIVE OFFICIAL: TJ Kay	clmair2fly@yahoo.com
MEET DIRECTOR: Sami Waheed	meetdirector@ccaswimming.org

All Certified Officials with current USA Swimming registration are welcome to work this meet. At the meet, all working Officials, including Meet Marshals, must display their 2022 USA Swimming Membership Card, with the Background Check and Athlete Protection Training dates showing on the card, plus having met their Concussion Course requirement. Dress Code for all Officials during preliminaries and Finals on Saturday & Sunday will be white tennis shoes, white polo shirts and navy-blue pants/shorts/skirts. For wet/cold conditions boots and parkas will be allowed.

Schedule of Official's Briefings: TBD by Meet Referee after Meet Timelines are finalized.

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.

REQUIRED NUMBER OF TIMERS

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

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] 16 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 posted on the CCA Hosted Meets page.

Meet Schedule

	<u>Saturday</u>	<u>Sunday</u>
<u>Warm-up:</u>	7:30 AM-8:50 AM	7:30 AM-8:50 AM
<u>Meet Begins:</u>	9:00 AM	9:00 AM
<u>Finals Warm-Up:</u>	3:30 PM	3:30 PM
<u>Finals Begin:</u>	4:30 PM	4:30 PM

WARM-UP RULES:

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

- 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.
- ONE WAY DIVES and PACE will open at the discretion of the Safety Referee assigned to Warm Ups
- 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.**

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 (yards) will be arranged in time order. In a short course meet, non-conforming long course times shall precede non-conforming short course times. As bonus times are allowed, they will be seeded following the times that meet the qualifying times which are the conforming times, the non-conforming short course meter times and the non-conforming long course meter times. These bonus times will then be arranged in time order after the times that meet the qualifying standard, in the order of conforming yards, non-conforming short course meters and then non-conforming long course meters. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7B.

AWARDS:

High Point Awards will be given to the Top Three (3) Women and Men.

Team Awards will be given to the Top Three Scoring Teams COMBINED

Individual Point Distribution

(Bonus Final is NOT Scored)

	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>	<u>7th</u>	<u>8th</u>
Championship A Final:	20	17	16	15	14	13	12	11
Consolation B Final:	9	7	6	5	4	3	2	1

Relay 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>
Top 8 Relay Finishers:	40	34	32	30	28	26	24	22
9-16 Relay Finishers:	18	14	12	10	8	6	4	2

EVENT ORDER

Saturday February 5th		
Girls Event #	EVENT	Boys Event #
1	400 Medley Relay*	2
3	200 Backstroke	4
5	50 Freestyle	6
7	200 I.M.	8
9	100 Butterfly	10
11	200 Freestyle	12
13	200 Breaststroke	14
15	500 Freestyle	16
Sunday February 6th		
Girls Event #	EVENT	Boys Event #
17	400 Freestyle Relay*	18
19	200 Butterfly	20
21	100 Breaststroke	22
23	100 Freestyle	24
25	400 I.M.	26
27	100 Backstroke	28
	<i>15 min break</i>	
29	1000 Freestyle**	30
* Relays will be swum in order above during Finals		
** 1000 Freestyle will be a timed finals event alt Girl/Boy		

2022 Qualifying Time Standards

Short Course Yards	Women Long Course Meters	Sierra Nevada Junior⁺ Time Standards	Men Long Course Meters	Short Course Yards
:28.09	:31.99	50 Freestyle	:29.79	:26.09
1:01.09	1:09.49	100 Freestyle	1:04.99	:57.09
2:12.09	2:29.89	200 Freestyle	2:20.99	2:04.09
5:50.09	5:12.49	400/500 Freestyle	4:54.59	5:30.09
12:10.09	10:51.59	800/1000 Freestyle	10:15.99	11:30.09
19:35.09	19:58.59	1500/1650 Freestyle	18:52.29	18:30.09
1:11.09	1:20.09	100 Backstroke	1:16.79	1:08.09
2:30.09	2:48.99	200 Backstroke	2:46.79	2:28.09
1:20.09	1:30.89	100 Breaststroke	1:25.39	1:15.09
2:54.09	3:17.19	200 Breaststroke	3:06.09	2:44.09
1:09.09	1:18.09	100 Butterfly	1:13.59	1:05.09
2:35.09	2:54.79	200 Butterfly	2:45.89	2:27.09
2:30.09	2:49.79	200 I.M.	2:40.89	2:22.09
5:15.09	5:56.09	400 I.M.	5:39.49	5:00.09

Established and approved by the BOD on 3/15/17

Thank you to **Placer Valley Tourism** for coordinating **SPECIAL HOTEL ROOM RATES** for this year's Meet. Information can be found by visiting the CCA Hosted Meets page at www.ccaswimming.org.

