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| **SANCTION:**  | Held under USA Swimming/Sierra Nevada Swimming Sanction # **4-18**.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.” |
| **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 on Meet Mobile.** |
| **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, rest rooms or locker rooms.Sierra Nevada Swimming and the Spare Time Aquatics 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 flash devices at the start is also prohibited.Pursuant to USA-S Rule 202.4.9I deck changes are prohibited.According to 202.4.9J, 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, except when prior written approval by the Program Operations Vice Chair is granted. |
| **LOCATION:** **DIRECTIONS:** | Diamond Hills Sports Club and Spa, 1510 Neroly Road, Oakley, CA 94561From I-5 South, left onto CA-160 South, exit CA-4 towards Brentwood, right on E. 18th Street, continue onto MainStreet, right onto Neroly Road. Enter on the northeastern side of the building. **No parking on Daffodil Drive and/or in adjacent** **Neighborhood because your vehicle may be ticketed and/or towed.** Please park **only** in Diamond Hills Sports Club and Spa parking lot. Parking Marshals will be on site to direct you to the approved areas for parking. |
| **FACILITIES:**  | Competition will be conducted in a 25 yard 8 lane outdoor heated pool with an electronic scoreboard. A separate 25Yard 4 lane outdoor heated pool will be available for warm-up and cool-down throughout the meet. The competition course has not been certified in accordance with section 104.2.2C(4).  |
|  | In accordance with Article 202.2.9C, the competition course has a pool depth of 6’ 6” at 3’ 3.5” and 6’ 2” at 16’ 5” at the start end. At the turn end, it is 3’ 6” at 3’ 3.5” and 4’ 3” at 16’ 5”. The separate warm-up pool has a pool depth at the start and turn end of 5’ to 3’ 5” depending on the lane. |
| **RULES:**  | **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.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; for a total maximum of **eight** (**8**) events during the meet.
* The maximum limit of **eight** (**8**) 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 **SHORT COURSE YARDS** 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 seedtime 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.
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| **SPECIAL RULES:** | All heats for all events will be seeded fastest to slowest. 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. |
| **TIMES:** |

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|  | **Warm ups** | **Meet Begins** |
| Saturday | **07:30 AM** | **09:00 AM** |
| Sunday | **07:30 AM** | **09:00 AM** |

 An Officials’ Meeting will be held 30 minutes before the start of each session. |
| **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 302.4 in the 2017 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 & 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 refunded the $4.00 per event entry fee for each mandatory scratch. In case of a scratch down, the 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/Sunday, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours.
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| **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. Entry fees are non-refundable except in the event of a required scratch down. Make checks payable to Diamond Hills Swim Club. |
| **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 Diamond Hills Sports Club. Mailed entries must be postmarked by midnight Friday,January 5th, 2018, and mailed to: **Diamond Hills Sports Club ATTN: Cindi Coats****1510 Neroly Road****Oakley, CA 94561**The cap will be determined when the entries are received. Mailed entries, postmarked 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 on Friday, January 5th, 2018. Enter at: http://ome.swimconnection.com/sn/ 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. **Online entries will be accepted until the meet cap is reached, or until 11:59 PM on Wednesday, January 10th, 2018.** |
| **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 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 after **Sunday, January 7th, 2018.** |
| **CHECK-IN:**  | The meet will be deck seeded. Check-in for all sessions will start at 7:30 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 by the gate to the pool deck. |
| **AWARDS:** | Ribbons will be awarded for 1st – 8th place for individual events.“A” medals will be awarded to “B” or “BB” swimmers achieving new “A” times. |
| **ADMISSION:**  | Free. A Winter Frenzyprogram may be available for $5.00. The meet will be available on MeetMobile.   |
| **SNACK BAR & HOSPITALITY:**  | The snack bar at Diamond Hills Sports Club and Spa will be open serving breakfast and lunch items and is located inside the main building. Refreshments will be served to all working Officials and Coaches. Lunch for Coaches and Officials will be dependent on timeline. |
| **OFFICIALS:****OFFICIAL’S** **DRESS:****COACHES:** | Meet Referee: Charlie GonzalesHead Starter: Melissa SerraoAdmin Official: Amy GonzalesMeet Director: Matthew Paige, cindic@sparetimeinc.com 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 that 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.For wet conditions, boots and parkas will be allowed. 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.  Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.  |
|  | 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 meet0-1011-2526-5051-7576-100>100 | Number of trained and carded Officials required0 1 2 3 4 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:** | TIMING: 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] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host Team will supply 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 Diamond Hills Sports Club and Spa 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 glass containers are allowed in the meet venue.
* No pets are allowed.
* Personal propane heaters will not be allowed inside the facility except for snack bar/meet operations.
* Overnight parking is not permitted at the Club.
* “Easy-Ups” may be left overnight but ground tarps must be removed each day.
* ***The facility is a private club and will be open for members during the competition. Limited use of the facility, especially locker rooms and showers, will be directed by meet staff.***
* Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
* Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
* 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.
* Park in legal parking spaces only. Do not leave your car in the pick-up/drop-off zones and absolutely no parking in the adjoining neighborhoods. Please note that bags and personal belongings are subject to search. Restrooms for girls and boys are located in the hallway near the DHSC Kids’ Club or in the pool house/storage building at the far end of the competition pool. Children under 17 years old and younger are NOT allowed in the adult locker rooms unless accompanied by their parent/guardian. Children 4 years and older may not use the locker room of the opposite sex. Pool usage is restricted to the warm-up/cool-down and the competition pools. The covered pool is off limits to all meet attendees. No one shall use the workout areas of the Club, including Tennis Courts and Youth Center facility.
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**Summary of Events**

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| **Saturday** | **Sunday** |
| Event # | Age Group | Event | Event # | Age Group | Event |
| **Session 1** | **Session 2** |
| G | B |  |  | G | B |  |  |
| 1 | 2 | 13-18 | 200 Free | 35 | 36 | 13-18 | 200 IM  |
| 3 | 4 | 11-12 | 200 Free | 37 | 38 | 11-12 | 200 IM |
| 5 | 6 | 9-10 | 200 Free | 39 | 40 | 9-10 | 100 IM |
| 7 | 8 | 8&U | 100 Free | 41 | 42 | 8&U | 100 IM |
| 9 | 10 | 13-18 | 100 Breast | 43 | 44 | 13-18 | 100 Back |
| 11 | 12 | 11-12  | 100 Breast | 45 | 46 | 11-12 | 100 Back |
| 13 | 14 | 9-10 | 100 Breast | 47 | 48 | 9-10 | 100 Back |
| 15 | 16 | 8&U | 25 Breast | 49 | 50 | 8&U | 25 Back |
| 17 | 18 | 13-18 | 200 Back | 51 | 52 | 13-18 | 100 Free |
| 19 | 20 | 11-12 | 50 Back | 53 | 54 | 11-12 | 100 Free |
| 21 | 22 | 9-10 | 50 Back | 55 | 56 | 9-10 | 100 Free |
| 23 | 24 | 8&U | 50 Back | 57 | 58 | 8&U | 50 Free |
| 25 | 26 | 13-18 | 50 Free | 59 | 60 | 13-18 | 100 Fly |
| 27 | 28 | 11-12 | 50 Free | 61 | 62 | 11-12 | 100 Fly |
| 29 | 30 | 9-10 | 50 Free | 63 | 64 | 9-10 | 100 Fly  |
| 31 | 32 | 8&U | 25 Free | 65 | 66 | 8-under | 25 Fly |
|  | 34 | OPEN | 500 Free | 67 |  | OPEN | 500 Free |

**Summary of Events by Age Group**

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| --- | --- | --- | --- | --- |
|  | **8-under** | **9-10** | **11-12** | **13-18** |
| **Saturday** | 25 FREE25 BREAST50 BACK100 FREE | 200 FREE100 BREAST50 BACK50 FREE500 FREE (BOYS) | 200 FREE100 BREAST50 BACK50 FLY500 FREE (BOYS) | 200 FREE100 BREAST200 BACK50 FREE500 FREE (BOYS) |
| **Sunday** | 100 IM25 BACK25 FLY50 FREE | 100 IM100 BACK100 FLY100 FREE500 FREE (GIRLS) | 200 IM 100 BACK100 FLY100 FREE500 FREE (GIRLS) | 200 IM100 BACK100 FLY100 FREE500 FREE (GIRLS) |