



**22<sup>nd</sup> Annual  
Summer Sanders Long Course  
SR+ Swim Meet  
&  
Time Trials**

**Hosted by California Capital Aquatics  
June 6-9, 2019**

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

***\*\*Each Day has an 800 swimmer cap\*\****

**SANCTION:**

Swim Meet held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS 19-18  
Time Trials held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS 19-19

According to 202.4.9, "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 202.4.10D, "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.

**LODGING:**

Thank you to Placer Valley Tourism for coordinating **SPECIAL HOTEL ROOM RATES** for this year's Summer Sanders Meet! Information can be found at the following link:  
<https://www.placertourism.com/events/summer-sanders-swim-meet/>

**FACILITY:**

Outdoor, heated 9-lane, 50-meter course with touch pads at both ends. In accordance with 202.4.10C, 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. 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 copy of such certification is on file with USA Swimming. 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. **Parking on THURSDAY, June 6<sup>th</sup> will be limited until 5:45 PM, it is recommended to find parking at the gravel lot to the north of the pool, the overflow lot across the street at Woodcreek Oaks intersection, and the high school lots.** 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 THURSDAY, June 6, 2019 at 1:00 PM!**

**SAFE SPORT:**

According to USA Swimming Rule 202.4.10H: **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 202.4.10I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited (DECK CHANGES ARE PROHIBITED).** According to 202.4.10J 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.

**RULES:**

Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All events are trials and finals format, except for the 1500M freestyles. **All swimmers are limited to seven (7) TOTAL events, with no more than three (3) individual events per day including Time Trial. Swimmers that meet at least one time standard, may enter ONE (1) additional event as a bonus events.** Each swimmer is allowed a total of one (1) bonus swims 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 FOR EVENTS ON FRIDAY, SATURDAY, AND SUNDAY. 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. 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:**

**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 6, 2019 at 12:00 PM (NOON).**

**The scratch deadline for Friday's events is Thursday, June 6, 2019 at 6:30 PM**

**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.**

**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, except for 400m events, where the fastest two heats of an event shall be circle seeded. This meet will run fastest to slowest in all events, with exception of the events previously identified as timed finals.

**DISTANCE EVENTS:**

**The 1500-meter Freestyles will be swum as timed finals. Swimmers in the 1500-meter Freestyle events must be positively checked by 12:00 PM on Thursday, June 6, 2019 VIA EMAIL to [mark.brown.15@gmail.com](mailto:mark.brown.15@gmail.com) in order to compete in the event. FINAL POSTING WILL BE AT APPROX 12:30 PM ON THE CCA WEBSITE AND WILL BE EMAILED TO COACHES. THESE EVENTS WILL BE LIMITED TO THE FASTEST CHECKED IN 45 MEN and THE FASTEST CHECKED IN 45 WOMEN.** Heats will be swum fastest to slowest, alternating women's heat/ men's heat. Swimmers shall provide their own Timers and Lap Counters. Lap counter devices will be provided. For those wanting an 800M split to count as an official time, the Meet Referee will have forms and instructions on what is needed to complete that process.

**PLEASE NOTE:** For the **400-meter IM and 400-meter Freestyle**, the top 4 seeded Women's heats for each event will be swum first followed by the top 4 seeded Men's heats for each event. The remaining heats for each event will then be swum fastest to slowest, alternating women than men. Only the top 2 heats of each of these events will be circle seeded.

**FINALS CHECK-IN:**

If you are one of the 36 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 (9) nine lanes. There will be a "D" Final, a "C" Final, Consolation Final, and Championship Final (swum in that order) for events 200-meter and shorter. The 400-meter Free/400-meter IM will only offer a "C" Final, Consolation Final, and Championship Final (swum in that order). The 1500-meter Freestyle and Relays will be TIMED FINALS.

**MIXED RELAYS:**

***We will be again including Mixed Gender Relays this year.*** The relays will be held after a 10-minute break at the conclusion of finals on FRIDAY (400-meter Medley Relay) and SATURDAY (400 Free Relay). Each team will have the option of submitting up to two (2) relays per event (A & B relay). Mixed gender relays must include two (2) male participants and two (2) female participants. Relay cards will be due by NOON of the day of the respective relay (Noon on Friday for the 400-meter Medley Relay, Noon on Saturday for the 400-meter Free Relay). Teams need to create their entry time using the aggregate times from their swimmers competing in the event. Relays will be **\$20.00 per entry. RELAY SWIMMERS MUST BE QUALIFIED AND ENTERED IN THE MEET. RELAYS WILL ALSO SCORE (TOP 9) THIS YEAR!**

**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 1500-meter freestyle events. Time Trials may be conducted at the discretion of the Meet Referee. Swimmers must provide their own Timers for Time Trial events. **Swimmers cannot exceed 3 events per day including Time Trials. Time Trials count toward a swimmer's individual event total for each day.**

Time Trials will be offered at **\$15.00 per event.** Time Trials will start after the completion of preliminaries for that day's session. Time Trial entry forms will be at the Clerk of Course by 7:00 AM on Friday and will be accepted until **10:00 AM each day.** **Swimmers are allowed (2) Time Trial swims for the entire meet.**

**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 11:59PM on Wednesday, May 29, 2019. Entry times must have been achieved between 12/1/2017 and the entry deadline!**

**ENTRY FEES:**

The meet entry fee is **\$10.00** per event (includes \$1.25 Age Group Travel, \$1.00 Senior Travel, \$.50 SNS General Fund), plus **\$13.00** per swimmer pool charge (Splash Fee).

**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 breakfast, lunch, and dinner as well as snacks and refreshments through the day. Timers will be given refreshments and snacks.

**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. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

**OFFICIALS:**

	MEET REFEREE:	<b>Bill Rose</b>	cbrose@omsoft.com
ADMINISTRATIVE REFEREE:		<b>Steve Covington</b>	stevecov@comcast.net
HEAD STARTER:	<b>Niffey Carmody</b>	niffeycarmody@sbcglobal.net	
	TEAM LEAD DECK REFEREE:	<b>Ted Curley</b>	
	TEAM LEAD CHIEF JUDGE:	<b>Jason Shibata</b>	
	MEET DIRECTOR:	<b>Mitchell Satz</b>	meetdirector@ccaswimming.org
	USA SWIMMING NATIONAL EVALUATOR:	<b>Jim Sheehan</b>	

**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 2019 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 tennis shoes, white polo shirts and navy- blue pants/shorts/skirts. Weather permitting, dress for the finals session on Friday, Saturday and Sunday will be white tennis shoes, white socks, 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, Bill Rose,** their application to work. All Stroke and Turn Officials need to apply by sending their application to the Meet Referee.

**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. 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](mailto: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 4:30 PM (required for all Officials).  
Official's Briefing for Prelims on Friday, Saturday and Sunday begin at 7:30 AM (required for all Officials).  
Official's Briefing for Finals on Friday and Saturday begin at 4:30 PM and on Sunday begin at 4:00 PM (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

**REQUIRED NUMBER OF TIMERS**

Each Team shall be assigned Lanes for Timing on Friday, Saturday and Sunday. Number of Timers is based on the SNS Timing Policy. Number of timing chairs per Team is based on the formula: (number of swimmers on a Team in the session/total number of swimmers in the session) x 54 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.

**Meet Schedule**

	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
<u>Warm –ups:</u>	n/a	6:30-8:15 AM	6:30-8:15 AM	6:30-8:15 AM
<u>Meet Begins:</u>	n/a	8:30 AM	8:30 AM	8:30 AM
<u>Finals Warm-Up:</u>	5:00 PM	4:30 PM	4:30 PM	3:30 PM
<u>Finals Begin:</u>	6:00 PM	5:30 PM	5:30 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.
- GENERAL WARM UP for FRIDAY/SATURDAY/SUNDAY AM will be 6:30-7:30 AM  
 - PUSH/PACE will run 7:30-8:15AM in LANES 1 & 9 in the COMPETITIONS POOL  
 - ONE WAY DIVES will run 7:30-8:15 AM in Lanes 2&8 (Deep End)
- GENERAL WARM UP PM FINALS: First 20 Min of Assigned Finals Warm Up Start Time  
 - PUSH/PACE will begin at conclusion of General Finals Warm Up in Lanes 1&9 until Finals Start  
 - DIVES begin at conclusion of Gen Finals Warm up on DEEP END Lanes 2&8 until Finals Start
- Lower 5 Lane REC pool will be open throughout the meet for general warm up WHEN A LIFEGUARD IS ON DUTY
- 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.**

**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 meet 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: 207.11.7B

**AWARDS:**

High Point awards will be given to the top (3) Three Women and Men.

**Individual Point Distribution**

	<u>1<sup>st</sup></u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>	<u>4<sup>th</sup></u>	<u>5<sup>th</sup></u>	<u>6<sup>th</sup></u>	<u>7<sup>th</sup></u>	<u>8<sup>th</sup></u>	<u>9<sup>th</sup></u>
Finals:	22	19	18	17	16	15	14	13	12
Consolation:	10	8	7	6	5	4	3	2	1
C & D Finals:	(no points awarded)								
Mixed Relays: (Top 9 Relays Will Score)	44	38	36	34	32	30	28	26	24

**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 (1) time standard may also enter ONE (1) additional event as a bonus event.

**“No Time” will NOT be accepted for bonus event, and bonus events must be 200-meter events or less.**

**Qualifying Time Standards**

**WOMEN’S EVENTS**

**MEN’S EVENTS**

	<u>Number</u>	<u>LCM</u>	<u>SCY</u>	<u>Number</u>	<u>LCM</u>	<u>SCY</u>
<b><u>Thursday, June 6</u></b>						
1500 Freestyle	1	19:48.09	19:12.89	2	18:58.89	18:19.79 (1650)
<b><u>Friday, June 7</u></b>						
200 Freestyle	3	2:20.39	2:03.09	4	2:10.74	1:53.96
100 Butterfly	5	1:11.69	1:03.19	6	1:06.79	0:58.69
200 Individual Medley	7	2:38.99	2:18.19	8	2:32.19	2:11.39
100 Backstroke	9	1:13.89	1:03.39	10	1:09.29	0:59.19
<b>FINALS ONLY: 400 Meter MIXED MEDLEY RELAY <u>Event # 101</u> (A &amp; B Max Per Team)</b>						
<b><u>Saturday, June 8</u></b>						
200 Backstroke	11	2:36.69	2:15.39	12	2:30.09	2:09.09
100 Breaststroke	13	1:23.99	1:12.89	14	1:17.89	1:06.89
50 Freestyle	15	0:29.89	0:26.39	16	0:28.29	0:24.69
400 Individual Medley	17	5:33.09	4:53.65	18	5:22.59	4:40.79
<b>FINALS ONLY: 400 Meter MIXED FREESTYLE RELAY <u>Event # 102</u> (A &amp; B Max Per Team)</b>						
<b><u>Sunday, June 9</u></b>						
200 Butterfly	19	2:38.79	2:19.69	20	2:29.69	2:10.09
200 Breaststroke	21	2:59.16	2:35.32	22	2:49.49	2:26.49
100 Freestyle	23	1:04.59	0:55.99	24	0:59.39	0:51.69
400 Freestyle	25	4:54.49	5:29.09 (500)	26	4:38.69	5:08.06 (500)

**Entry times must have been achieved between 12/1/2017 and the entry deadline!**

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