



Dual Distance Meet-January 24, 2020 SASO and VJO

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction #SNS20-4.

In accordance with USA Swimming Rule (USA-S 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 injury to anyone during the conduct of the meet.

NOTICE: By entering this meet, the athlete or his/her guarding consents to the publication, via electronic, print or media, information and/or imagery related to their publication at this meet. Such information and imagery may include, but is not limited to, photographs, video, webcasting, television, psych sheets and live meet results. **The results will be posted on Meet Mobile.**

SAFE SPORT: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP) will govern this meet.

Pursuant to USA-S Rule 202.4.10H use of audio or visual recording devices, including a cell phone that is not permitted in changing areas, rest rooms or locker rooms.

Sierra Nevada and SASO Swimming 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.

According to 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) and any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Program & Events Committee Chair.

LOCATION: Solano College, 4000 Suisun Valley Road, Fairfield, CA 94534

FACILITIES: 20 lane, outdoor heated 25 yard by 50-meter pool. Up to 10 short course lanes will be used for competition. A warm-up area will be provided throughout the meet. In accordance with 202.4.10C, the competition course has a pool depth of 6-13 feet at the start end and at the turn end it is 4 feet. This competition course has been certified in accordance with 104.2.2C(4).

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.
- 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. 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.

RULES:

- Sierra Nevada warm-up procedures will be in effect and a copy of these 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 two events per day during the meet.
- All events are Short Course Yards
- NT (No Times) WILL be accepted.
- In accordance with USA-S Rule 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.

SPECIAL RULES: 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: There is only a single session on Friday, January 24. Warm-ups will begin at 4:00 PM. Meet will begin at 4:40 PM. All events are pre-seeded.

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. 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 USA Swimming rule 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.

ENTRIES: Entry fee is \$10 splash fee plus \$2.25 per event. Swimmers will enter on their team website Late entries will ONLY be accepted for events with open lanes (no deck entries will be accepted.) Entry fees are non-refundable except in the event of a mandatory scratch down.

SASO Swimmers-enter on the SASO website.

VJO Swimmers-entry information will be available on the VJO website.

Swimmers are limited to two events per day. No Times (NT) will be accepted. Swimmers may not swim the 500 and the 1650.

Entries will be due by 11:59 PM on Tuesday, January 21, 2020

CHECK-IN: All events are pre-seeded. No check-in is required.

SCRATCHES: Scratches will be accepted until 11:59 AM on Friday, January 24, 2020

AWARDS: No awards for this meet.

ADMISSION: Admission is free. No programs will be available for sale. Programs will be posted on the SASO website prior to the meet.

HOSPITALITY: Drinks will be available at the meet. No food will be provided.

SNACK BAR: No snack bar. Treats will be available for all swimmers following the meet.

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

All working Officials are expected to display, while officiating the meet, their current 2019 USA Swimming Certification Card, showing the current expiration date of their Background Check and Athlete Protection Training.

OFFICIAL'S DRESS: Official attire at this meet will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. For wet or cold conditions, boots and parkas will be allowed. Official briefing will be 30 minutes prior to the beginning of this one-day session.

OFFICIALS: All parents who are certified Stroke and Turn Officials are highly encouraged to work at this meet. One half-hour before the scheduled start of the meet, the Meet Referee shall conduct an Official's meeting.

TIMERS: Parents are required to time at the meet. Timing assignments will be sent out prior to the meet.

OFFICIALS:

Meet Referee: Jorge Merodio

Head Starter: Phil Grant

Admin Official: Mel Pracale-Tellechea

Meet Director: Ricky Silva

rickys@sasoswimming.org

SCHEDULE OF EVENTS

Friday, January 24, 2020

Girls Event

1
3
5

Event

Open 50 free
Open 500 free
11 and older 1650 free

Boys Event

2
4
6