

# JUNIOR + TRIALS/FINALS

Hosted by  
DART AT SACRAMENTO  
January 13-14, 2018

**\*\*Each Day has a 350 swimmer cap\*\***

**SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction # 1-18.

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 at <http://www.swimconnection.com/sn/exec/Meets>.**

**SAFE SPORT SAFE SPORT:** According to USA Swimming 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 DART 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. For the safety of the Athletes and according to 202.4.9I, changing into or out of swimsuits other than in the locker rooms or other designated areas is 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: American River College, 4700 College Oak Drive, Sacramento, California 95841**

Directions to the pool: Directions from Hwy 80: East on Madison Ave. Turn Right on College Oak Drive. Turn left on to Myrtle (parking will be on the right) or go two more blocks and turn left in to football stadium parking lot. Directions from Hwy 50: North on Watt Ave. Turn right on Auburn. Slight right on Winding Way. Stay straight on College Oak Drive. Parking will be on the right.

**Parking: American River College has a 24/7 parking policy. There is a \$2 per day parking permit that you can purchase at one of the parking kiosk.**

**FACILITIES:** Outdoor 25-yard pool with 8 lanes available for competition. An additional five (5) lanes will be available for warm-up/cool down throughout the competition. Locker rooms will be available on Saturday and Sunday. Hallways must be clear for college employees to be able to enter and exit office doors.

The competition course has a pool depth at the start end of 7 to 13 ft. at 16'5" at 3'3.5" and 13 ft at 16'5", and at the turn end it is 7' at 3' 3 1/2" and 7' at 16' 5".

The competition course has not been certified in accordance with **104.2.2.C(4)**.

**RULES:** Current USA-S and Sierra Nevada Swimming rules will govern the meet.

- Sierra Nevada warm-up procedures will be in effect.
- All events are trials and finals format, except for the **500-yard free** and **400-yard IM which will be timed finals**.
- **Swimmers are limited to a maximum of three (3) events per day.**
- **Swimmers that meet at least one (1) time standard may enter two (2) additional events as a bonus event per day.**
- **Only events 200 yards or less may be entered as a bonus event.**
- **No converted times will be accepted.**
- Those entries in excess of the above limitations will not be refunded.
- All events are **SHORT COURSE YARDS**.
- **MEET WILL CAP AT 350 SWIMMERS PER DAY. ALL EVENTS ON A DAY THAT REACHES 350 SWIMMERS**

## WILL CLOSE.

- **According to 202.2.9D** “Any swimmer entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start, or start each race from within the water. 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.” If an athlete is attending the meet without a USA Swimming Member-Coach, the Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the responsibility of the swimmer or their legal guardian to make such arrangements prior to the start of the meet.
- **There will be no on-deck registration at the meet.**

**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 207.11.6C, “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 207.11.6A and 207.11.6B of the Rules and Regulations will be barred from all further individual events on 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 (207.11.6E)

**CHECK-IN/SCRATCH:** All swimmers are automatically checked into their events which they are registered for. The only way to not be seeded, is to scratch before the event is seeded. If a swimmer is registered for more than 3 individual events in a day, they must scratch any additional individual events prior to the scratch deadline. If a swimmer fails to scratch out of any additional individual events, they will be seeded into the first 3 events they are registered for that day, and scratched out of any additional individual events for that day. The scratch deadline for Saturday’s events is Friday, January 12<sup>th</sup> by 6:00 PM. The scratch deadline for Sunday’s events is 30 minutes after finals begin on Saturday afternoon.

- To scratch any of Saturday’s events, you can email: [alisonappel@gmail.com](mailto:alisonappel@gmail.com) prior to the deadline. To scratch any of Sunday’s events, you can email: [alisonappel@gmail.com](mailto:alisonappel@gmail.com) prior to the deadline, or you may also scratch in person at the Clerk of Course Desk on Saturday 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 with exception of the events previously identified as timed finals. For prelims we will use a minimum of six (6) lanes with the option of running eight (8) lanes depending on the timeline. **This meet will run fastest to slowest in all events.**

**FINALS:** If you are one of the 24 finalists, **you will be seeded in Saturday 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 three (3) final heats: Bonus Final, Consolation Final, and Championship Final (swum in that order) in each event \*except the **400-yard IM** and **500-yard** freestyle events.

**DISTANCE EVENTS:** *The 500-yard free and 400-yard IM will be swum as timed finals.* Heats will be swum fastest to slowest, alternating women then men. Swimmers shall provide their own Timers. **Lap counting devices will not be provided.**

**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 championship meet, the non-conforming short course meter times will be arranged in time order next, followed by non-conforming **meters** 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 **yards** 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 **meters**.

After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.11.7B

**WARM-UP RULES:** The following rules apply to the warm up period before each session, and to warm-up/down during 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 and up to 2 lanes for one-way sprints.
- 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.

<b>TIMES:</b>	<b>Warm ups</b>	<b>Meet Begins</b>	<b>Finals Warm-up</b>	<b>Finals Begins</b>
<b>Saturday</b>	<b>7:30 AM</b>	<b>9:00 AM</b>	<b>TBA</b>	<b>TBA</b>
<b>Sunday</b>	<b>7:30 AM</b>	<b>9:00 AM</b>	<b>TBA</b>	<b>TBA</b>

**(Final's warm ups and start times may be ADJUSTED by DAYS AND TIMES AS NEEDED)**

**ELIGIBILITY:** No swimmer will be allowed to compete unless the swimmer is a member of USA swimming as provided in Article 302. Entrants without a current Registration number on their entries must present a current Registration Card (or Swim Connection Registration Verification email) prior to competition. Any swimmers entering as "pending" or "applied for", etc. will be verified with the SNS Registrar prior to the meet and, if validly pending, 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. Swimmers with no official time for an event may enter that event with an estimated time. No time entries will not be accepted. According to 302.4 - 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 FEES:** The meet entry fee is **\$8** per event (includes \$1.25 Age Group Travel, \$1.00 Senior Travel, \$.50 SNS General Fund), plus **\$12.00** per swimmer pool charge.

**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 **DART at Sacramento.**

Mailed entries must be postmarked by midnight Tuesday, **JANUARY 2, 2018** and mailed to: **DART at Sacramento, PO Box 601034, Sacramento, CA 95860**

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, JANUARY 4, 2018.** Enter at: <https://ome.swimconnection.com/SN/dart20180113> 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.

**Teams who would like to enter using Hy-Tek may request an event file and send their entries by email to the Meet Director. Please contact the Meet Director to confirm there is space in the meet before emailing team files.**

**AWARDS: No Awards**

**ADMISSION:** Free. **Psych Sheets** and **Pre-Seeded heats** for the Day's events will be sent out via email to the Coach attending.

**SNACK BAR & HOSPITALITY:** A snack bar will be available. Lunch and refreshments will be served to all working Officials and Coaches. Light refreshments will be served to all Timers.

**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: Mauricio Cordova  
Head Starter: Scott Sewell  
Admin Referee: Alison Appel  
Meet Director: Brian Nabeta and Rebecca Watson

**OFFICIAL'S DRESS:** Official Dress for Preliminaries will be white tennis shoes, white polo shirts and navy-blue pants/shorts/skirt. Final dress for all Officials will be white polo shirts, navy blue skirts or long blue pants with white tennis shoes. All working Officials must display current Membership/Certification cards at the meet. Weather permitting; rain gear may be worn if necessary.

**Schedule of Official's Briefings:** **Official's Briefing for Prelims will begin 30 minutes prior to the start of finals (required for all Officials). Official's Briefing for Finals will begin 30 minutes prior to the start of finals (required for all Officials).**

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.

**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:

<b>Number of a Team's swimmers entered in meet</b>	<b>Number of trained and carded Officials required</b>
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

**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 supplies 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 **American River College** 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. Glass containers as well as pets are not allowed in the pool area. Personal propane heaters will not be allowed inside the facility.

**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-time standard may also enter an additional event as a bonus event.

**“No Time” and converted times will not be accepted for bonus events.  
Bonus events must be 200 yard events or less**

# JUNIOR + TRIALS/FINALS

Hosted by

DART at Sacramento

January 13-14, 2018

Women #	LCM Standard	SCY Standard	Order of Events	SCY Standard	LCM Standard	Men #
1	1:09.49	1:01.09	100 Freestyle	57.09	1:04.99	2
3	3:17.19	2:54.09	200 Breaststroke	2:44.09	3:06.09	4
5	1:18.09	1:09.09	100 Butterfly	1:05.09	1:13.59	6
7	2:29.89	2:12.09	200 Freestyle	2:04.09	2:20.99	8
9	1:20.09	1:11.09	100 Backstroke	1:08.09	1:16.79	10
11	5:56.09	5:15.09	400 I.M. +	5:00.09	5:39.49	12

Women #	LCM Standard	SCY Standard	Order of Events	SCY Standard	LCM Standard	Men #
13	1:30.89	1:20.09	100 Breaststroke	1:15.09	1:25.39	14
15	2:48.99	2:30.09	200 Backstroke	2:28.09	2:46.79	16
17	2:54.79	2:35.09	200 Butterfly	2:27.09	2:45.89	18
19	31.99	28.09	50 Freestyle	26.09	29.79	20
21	2:49.79	2:30.09	200 I.M.	2:22.09	2:40.89	22
23	5:12.49	5:50.09	500 Freestyle +	5:30.09	4:54.59	24

+ Timed Finals. Heats will be swum fastest to slowest alternating women/men, 10 minutes after prelims of that day. Swimmers are expected to provide their own Lap Counter, lap counting device and Timers. **Bonus Event: Swimmers that qualify for fewer than 3 individual events** in a day may enter up to two (2) additional events that day, but may not swim more than three (3) individual events per day.