



EGAC Summer Opening
April 17-19, 2020



SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number: #SNS20-11. 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 from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”

LOCATION:

Elk Grove Aquatics Center - 9701 Big Horn Boulevard, Elk Grove, California 95757

DIRECTIONS: Taking I-5 South, follow I-5 South to Elk Grove Blvd. Take exit 506 from I-5 South. Continue on Elk Grove Blvd. to Big Horn Blvd in Elk Grove, approximately, 11 minutes or 5.5 miles.

Taking I-5 South to Cosumnes River Blvd. Take the 510 from I-5 South. Get on CA-99 South. Follow CA-99 South to Elk Grove Blvd in Elk Grove. Take exit 286 from CA-99 South (approximately 3 minutes (3.3 miles). Take Laguna Springs Dr. and Lotz Parkway to Big Horn Blvd in Elk Grove, approximately, 11 minutes or 5.5 miles (approximately 4 minutes (1.5 miles).

FACILITIES:

Outdoor heated 25-yard by 50-meter pool. Eight (8) long course lanes will be used for competition; a separate 25-yard pool will be used for warm-up and warm-down during scheduled competitions.

CERTIFICATION:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C4 . In accordance with USA-S Rule 202.4.10C, the competition course has a pool depth of 13’ at 3’3.5” and 7’ at 16’5”. An additional 6 lane, 25-yard warm-up pool is available.

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, webcasting, television, psych sheets and live meet results.

SAFE SPORT:

Pursuant to USA-S Rule 202.4.10H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, restrooms or locker rooms. Sierra Nevada Swimming and the Elk Grove Aquatic Club would like to further state, “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. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images participating in the meet. Entry into this meet is acknowledgement and consent to this fact. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, 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. Pursuant to USA-S 202.4.10I deck changes are prohibited.

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.*

RESTRICTIONS:

- Smoking and the use or sale of other tobacco products is prohibited in all areas of the venue.
- The sale and use of alcoholic beverages are prohibited in all areas of meet venue.
- Glass containers are not allowed in the pool area.
- Elk Grove Aquatics Center prohibits dogs on campus, including animals left in cars on campus.
- No propane heaters allowed in the swimming venue except for snack bar/meet operations.
- 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.

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 vswimmer, Coach, and/or Team from the deck for violations of these rules.

RULES:

- Current USA Swimming 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.
- Those entries in excess of the above limitations will not be refunded.
- All events are long course meters 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 seed time will be accepted. **NT 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 without the use of the backstroke ledge.
- In accordance with USA-S Rule 202.4.10D 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.
- Swimwear must conform to USA Swimming rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
- All Coaches and Deck Officials must display their current 2020 USA Swimming Certification in a visible manner.

SPECIAL RULES:

- All heats for all events will be seeded fastest to slowest.
- For the 200 IM, 400 IM and 400 Free on Friday, swimmers must provide their own timers. 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. Chase starts will be used.

TIME (this is a split session meet):

	Check-In	Warm Ups	Meet Begins
Friday	4:15PM	4:30PM	5:30PM
Saturday & Sunday 13&Over	7:15AM	7:30AM	9:00AM
Saturday & Sunday 12&Under	11:30AM	Immediately upon conclusion of first session	1 hour after warm-up begins

Warm-ups will close 15 minutes prior to the start of competition and the final 15 minutes of warmups for the PM sessions will be reserved for 8&Under swimmers only.

Check-in for the first four events of each session will close 30 minutes before the start of that session.

*The afternoon sessions will start no earlier than the published timeline prior to the meet.

An Officials' Meeting will be held 45 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, swimmers will be allowed to 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 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.

ATTENTION HIGH SCHOOL ATHLETES (February through May): If you are a high school athlete in season, you need to be Unattached at this meet. It is the athlete's responsibility to be Unattached while swimming at this meet. You can un-attach at the meet, by seeing the Computer Operator, if necessary. This does not apply to athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

ENTRY LIMITS & SCRATCH DOWNS:

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. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed for food or cash at the snack bar.
- The meet will be capped at 350 swimmer for all sessions, or when it is estimated sessions with swimmers 12 & Under will exceed 4 hours. Each swimmer is limited to 8 events total, and 4 events per day.

ENTRY FEES:

\$4.50 per event (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 \$12.00 per swimmer surcharge. Deck entries are \$7.00 per event plus surcharge. Entry fees are non-refundable except in the event of a required scratch down.

ENTRIES:

ONLINE ENTRIES: Online entries will be accepted through Thursday, April 9, 2020 at 11:59 PM or until caps are reached. Enter at: ome.swimconnection.com/meets 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. Online meet entry is not required in order to enter this meet, but highly recommended to ensure you are entered in the meet.

MAILED ENTRIES: Entries must be on a SAMMS Consolidated Entry Card. Entry cards must be completely filled out & legible; incomplete cards will not be accepted. NO REFUNDS. Mailed entries must be postmarked by midnight Monday, April 6, 2020, and mailed to, EGAC - Nolan Rogers, PO BOX 580495 Elk Grove, CA 95758

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. No telephone confirmations will be made. Per SN Policy – Teams hosting BB +/- shall give Sierra Nevada Swimming Teams priority over Teams outside the LSC. Entries from other Teams outside Sierra Nevada Swimming may enter four (4) days after the priority period for Sierra Nevada Teams. 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

DECK ENTRIES: Deck entries for each session will only be accepted prior to the start of the session if the Meet Director & Meet Referee determine 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, April 12, 2020.

AWARDS:

- 13+ Swimmers – (13-14, 15-16, 17-18, 19+ will not be awarded) No awards will be offered, other than SNS "A" pins for new SNS "A" Times.

- 12&Under Swimmers – (8-Un, 9-10, & 11-12): All age groups will be seeded together, but awarded separately in each group 8-Un, 9-10, & 11-12. Ribbons will be awarded to first to eighth (1-8) in each age designated event. SNS "A" Pins will be awarded to swimmers attaining SNS "A" times for the first time. Awards must be picked up at the meet – they will not be mailed.

ADMISSION: Free

PROGRAMS:

The meet will be available on MeetMobile. No programs or reports will be provided. Prior to attending the meet the psych sheets will be available on the Sierra Nevada Swimming website for download and printing prior to attending the meet.

SNACK BAR & HOSPITALITY:

A snack bar will be available, serving breakfast, lunch and snack food. 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 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. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

OFFICIALS:

All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify 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. Weather permitting; rain gear may be worn if necessary.

- Meet Referee:** Melissa Serrao
- AO Official:** Dominique Parke
- Head Starter:** Amber Ponciano
- Meet Director:** Irene Nakaoka

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:

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

Forty-five (45) minutes 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:

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 posted on the Sierra Nevada website

MEET SETUP:

- No meet setup is allowed the day prior of start date
- Tents and/or canopies may be moved and/or removed by the Meet Director if necessary for the safety of participants.
- Tents and/or canopies must be properly secured.

SCHEDULE OF EVENTS

Session 1 - Friday			
Event #		Age	Event
1	2	11&Over	400 IM
3	4	9-12	200 IM
5	6	11&Over	400 Free

Session 2 - Saturday			
Event #		Age	Event
7	8	13&Over	200 IM
9	10	13&Over	100 Back
11	12	13&Over	200 Breast
13	14	13&Over	100 Fly
15	16	13&Over	50 Free

Session 4 - Sunday			
Event #		Age	Event
29	30	13&Over	200 Free
31	32	13&Over	100 Breast
33	34	13&Over	200 Back
35	36	13&Over	200 Fly
37	38	13&Over	100 Free

Session 3 - Saturday			
Event #		Age	Event
17	18	12&Under	50 Free
19	20	9-12	200 Fly
21	22	12&Under	100 Back
23	24	12&Under	50 Fly
25	26	9-12	200 Free
27	28	12&Under	100 Breast

Session 5 - Sunday			
Event #		Age	Event
39	40	12&Under	100 Free
41	42	9-12	200 Breast
43	44	12&Under	50 Back
45	46	12&Under	100 Fly
47	48	9-12	200 back
49	50	12&Under	50 Breast

***200IM, 400 Free & 400 IM swimmers are responsible for providing their own Timers.

SUMMARY OF EVENTS BY AGE

	8&Under	9-10	11-12	13-18
Friday		200 IM	200 IM 400 IM 400 Free	400 IM 400 Free
Saturday	50 Free 100 Back 50 Fly 100 Breast	50 Free 200 Fly 100 Back 50 Fly 200 Free 100 Breast	50 Free 200 Fly 100 Back 50 Fly 200 Free 100 Breast	200 IM 100 Back 200 Breast 100 Fly 50 Free
Sunday	100 Free 50 Back 100 Fly 50 Breast	100 Free 200 Breast 50 Back 100 Fly 200 Back 50 Breast	100 Free 200 Breast 50 Back 100 Fly 200 Back 50 Breast	200 Free 100 Breast 200 Back 200 Fly 100 Free