



2020 CCA March Into Long Course



Hosted by:

California Capital Aquatics

March 28th, 2020

Entry limit of 300 swimmers for session A

SANCTION:

Held under USA Swimming/Sierra Nevada Swimming Sanction Number: SNS20-10

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).
Traveling on I-80, Take Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right-hand side.

TIMES:

Warm-ups for Session A begin at 8:00 AM and end at 9:30 AM; the meet will begin at 9:45 AM. **Session B (800 Freestyle Session)** warm ups will begin immediately at the conclusion of Session A, with meet start 30 Minutes after the conclusion of the Relays from Session A.

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.
 - Up to 2 lanes can be used for pace 50's (Usually lanes 1 & 9) and up to 2 lanes for one-way sprints (Usually lanes 2 & 8).
 - 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.

FACILITY: An outdoor, heated 9-lane, 50-meter pool with locker rooms and rest areas. An additional outdoor, heated 5-lane 25-yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. The competition course has been certified in accordance with 104.2.2C(4) . The copy of such certification is on file with USA Swimming. In accordance with 202.4.10C, the competition course has a pool depth at the deep end of 13ft at 3' 3 ½" and 12ft at 16'5" and in the shallow end is 4' 6" at 3' 3 ½" and 4'6" at 16' 5". As the pool is configured for short course, the pool depths will vary as the pool gets deeper. **Start end will be WEST (DEEP) side of the pool. All 9 lanes will be used for racing. The lower Rec pool will be open for warm-ups through the meet.**

PARKING: Parking is free. If overflow parking is needed, please park in the Woodcreek High School parking lot, South of the pool or at the Roseville Sports Center North of the pool.

RULES: 2020 USA Swimming and Sierra Nevada Swimming rules will apply. A USAS registered Coach must supervise all warm-ups. If you do not have a USAS registered Coach at the meet, report to the Deck Referee for lane and Coach assignment. All Coaches shall be required to present their 2020 USAS Coach Membership Card to the Meet Referee at the beginning of the meet. All events are timed finals. All Coaches must display their **CURRENT USA Swimming membership card with a valid Criminal Background, Athlete Protection Training and Concussion Course expiration date, in a visible manner.** **NT or No Official Time Entries** will be accepted and submitted. Estimated Times will **NOT** be required if a swimmer has no official times

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 area, 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, "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.

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.

ELIGIBILITY: **All swimmers must have a current USA Swimming Membership.** The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers 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. 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.

CHECK-IN: **NO CHECK IN.** The meet will be pre-seeded and swimmers will be pre-checked in. Heat Sheets will be provided to Coaches and Officials before the start of the meet. Swimmers are expected to be on time for the event and heat. Swimmers who miss an event will be allowed back in at the Official's discretion. **All events will be swum fastest to slowest.**

ENTRIES: On-line entries, enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. On-line entry requires payment by credit card using the Swim Connection 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. On-line meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary.

On-line entries must be received before 11:59 PM on THURSDAY, MARCH 19th, 2020.

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 FEES: **\$4.00 PER INDIVIDUAL ENTRY (INCLUDES \$.75 age group travel fund, \$.50 senior travel fund, \$.50 Sierra Nevada Swimming.** In addition, there is a **\$10.00** pool surcharge per swimmer to help cover the cost of the pool. Entry fees are non-refundable. If deck entries are accepted by the Meet Director they will be \$5.00 per event plus \$11.00 pool surcharge. **Make checks payable to: "CALIFORNIA CAPITAL AQUATICS" or "CCA"**

RELAYS: **Relays will be \$16.00 per entry. Relays are "Open" so Coaches may create relays with swimmers from different age groups.**

ENTRY LIMITS: Session A: FIVE (5) Individual Events and Two (2) Relays. Swimmers may swim the 800-meter Freestyle in Session B even if they have swum the maximum number of entries in Session A. Those entries in excess of the above limits will not be refunded. All events are Long Course meters and timed finals.

It is up to the Meet Referee and Meet Director to ensure that no sessions with swimmers 12 & Under are planned to last longer than 4 hours under USA-S Rule 205.3.1F. The Meet Referee and Meet Director may require swimmers to scratch-down if the 4-hour rule for 12 and under swimmers is not met. Refunds will be issued in this case and the meet host will reach out to those swimmers affected.

SCRATCHES: Pre-meet scratches will be due to TJ Kay by THURSDAY, MARCH 26th 2020 @ 1:00 PM! Please email TJ at clmair2fly@yahoo.com to report your scratches.

800 FREESTYLE: Session B will start approximately 30 minutes after the conclusion of the 400 Freestyle Relay. The Meet Host will post both the 800 Freestyle Session B timeline and heat sheet onto the CCA Meet page by Thursday, March 26th 2020 at 6:00 PM. **The 800 Freestyle will be seeded fastest to slowest MIXED GENDER.**

DECK ENTRIES: Deck entries will NOT be accepted.

AWARDS: No Awards.

RESTRICTIONS: **E-Z up set-up will not be allowed until 7:00 AM on Saturday, March 28th 2020.** No overnight parking is allowed by the City of Roseville at the Roseville Aquatics Complex. Smoking and the use of other tobacco products are prohibited in all areas of the meet venue. The sale and use of alcoholic beverages are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. **EZ Ups can stay up if they are anchored to the ground with weights or buckets of water. ABSOLUTELY NO SPIKES, TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS.** No propane heaters allowed within the facility.
The Warm-Up pool is to be used for LAP SWIMMING ONLY. No playing will be allowed in the beach entry area of the pool.

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.
Coaches will need to bring their own chairs/tables for this meet, CCA will provide tents. Hospitality will provide a light breakfast and lunch.

CONCESSIONS: A snack bar with meals, drinks and snacks will be available.

OFFICIALS:

Meet Referee:	John Richardson (jkrich49@gmail.com)
Head Starter:	Deanna Hogenboom (deanna.hogenboom@me.com)
Admin. Official:	Alison Crawford-Kleyn (acrawfordkleyn@gmail.com)
Meet Director:	Sami Waheed (meetdirector@ccaswimming.org)

MINIMUM OFFICIALS RULE:
All certified Officials with current USA Swimming registration from any LSC are welcome to work this meet. All working Officials are expected to display, while officiating the meet, their current USA Swimming membership/certification card with a valid Criminal Background, Athlete Protection Training and Concussion Course expiration date on it. Officials dress will be white polo shirts, navy blue pants/shorts/skirts and white socks and white shoes. For wet or cold conditions, boots and parkas will be allowed.

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent that Team during the conduct of the meet. An Officials meeting will begin 30 minutes prior to the start of each session. Those Teams who have not provided sufficient Officials shall have all their swimmers treated as “time only” swimmers in all respects for that session.

OFFICIALS' REQUIREMENT

Number of Team's swimmers submitting entries in each meet session:	Number of trained and carded Officials required per Team:
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

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] 48 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.

CCA MARCH INTO LONG COURSE 2020



SCHEDULE OF EVENTS

GIRLS Event #	Age Group	EVENT	BOYS Event #
1	OPEN	400 Med R.	2
3	13 & Up	200 Free	4
5	12 & Under	200 Free	6
7	13 & Up	100 Back	8
9	12 & Under	100 Back	10
11	13 & UP	50 Free	12
13	12 & Under	50 Free	14
15	13 & Up	100 Breast	16
17	12 & Under	100 Breast	18
19	13 & Up	100 Free	20
21	12 & Under	100 Free	22
23	13 & Up	100 Fly	24
25	12 & Under	100 Fly	26
27	13 & Up	200 IM	28
29	12 & Under	200 IM	30
31	OPEN	400 Free R.	32
33	OPEN	800 Free	MIXED GENDER

