

WAC JR+ Invite & Bonus Events

September 25-26, 2021

Held under USA Swimming/Sierra Nevada Swimming Sanction Number: #SNS22-8. In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "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." In applying for this sanction Wolverine Aquatics Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Sierra Nevada Swimming, the State of California and Sacramento County.

LOCATION:

Rusch Park - 7801 Auburn Boulevard, Citrus Heights CA, 95610

FACILITIES:

Rusch Park Pool consists of two (2) pools. Six (6) lane competition pool and an eight (8) lane warm-up pool.

CERTIFICATION:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C4. In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth at the start end of 13' at 3'3.5" and 7' at 16'5" and at the turn end it is 13' at 3'3.5" and 7' at 16'5".

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 202.4.11H 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 Wolverine Aquatics 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.

Pursuant to USA-S 202.4.11I deck changes are prohibited.

Pursuant to USA-S 202.4.11J 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 Coordinator (or his/her designee).

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.

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:

- Entries will be restricted to WAC, STAS, DACA, WCAB, AQUA, NSS, UCD

- 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.
- WAC prohibits dogs in the swimming venue, including animals left in cars in the parking lot - 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 observe social distance when warming up. Team lanes will be assigned at 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.
 - 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:

- 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 below limitations will not be refunded.
- 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.
- Swimmers must meet at least one (1) SNS JR+ Qualifying time to enter the meet https://www.teamunify.com/snwac/UserFiles/File/sierra-nevada-junior-time-standards-march2017-3-_012325.pdf
- - NT (No time) Entries will be not 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 202.4.11D 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 2021 USA Swimming Certification in a visible manner.

12 & UNDER RESTRICTIONS:

102.8.1.F SWIMWEAR (USA Swimming Rulebook)

“No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.

1) Exceptions for the foregoing restriction are only for Junior nationals, U.S. Open, National championships, and Olympic Trials.

2) A Technical Suit is one that has the following components:

a. Any suit with any bonded or taped seams regardless of its fabric or silhouette: or

b. Any suit with woven fabric extending past the hips. (Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.) (Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.).

SPECIAL RULES:

- All events will be seeded fastest to slowest

- All events will be pre-seeded

-

- There will be a designated spectator area, that is subject to change.

TIME:

	Check In	Warm Up	Meet Begins
Session 1	Pre-Seeded	7:30 AM	9:00 PM
Session 2 (Bonus Session)	Pre-Seeded	One hour after end of session 1	One hour after warm ups begin
Session 3	Pre-Seeded	7:30 AM	9:00 PM
Session 4 (Bonus Session)	Pre-Seeded	One hour after end of session 3	One hour after warm ups begin

Warm-ups will close 10 minutes prior to the start of competition. Officials and Coaches Meetings will occur prior to the start of the meet. The swimmers in each session must exit the facility before the next session enters.

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.

ENTRY LIMITS & SCRATCH DOWNS:

Each swimmer is limited to 4 events each day in Sessions 1 and 3 and 2 events each day in Sessions 2 and 4.

ENTRY FEES: \$6 per event, \$10 splash fee per athlete.

ENTRIES: OME, limited to WAC, STAS, DACA, WCAB, AQUA, NSS, UCD

Entry Due Date: No later than Monday September 20th by 11:59 PM.

MAILED ENTRIES: No mail in entries will be accepted

DECK ENTRIES: No deck entries

AWARDS: No awards will be given

ADMISSION: There will be a designated spectator area, this is subject to change.

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:

No snack bar will be offered

COACHES:

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Meet Director 24 hours before the first session. 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.

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 that 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 plus a mandatory face mask that covers the nose and mouth if required by state/local guidelines at the time of the meet. Weather permitting; rain gear may be worn if necessary. All Officials will be pre-selected. Officials should expect to attend the Officials meeting before the start of the meet. Only Officials that have been pre-selected may attend to officiate. Current 2021 USA Swimming Membership/Certification Cards will be checked before being allowed to work the deck. Officials should bring minimal belongings, such as a clipboard, a mask, a writing utensil, and a personal water bottle. Cinch bags or fanny packs to be worn for holding car keys, phone, and identification, will be allowed.

DQ slips will be used along with meet manager. DQ report will be used to notify Coaches.

Meet Referee: Amber Ponciano
AO Official: Lexie Insogna
Head Starter: Deanna Hogenboom

Meet Director: Kainoa Pistorius

TIMERS:

Timers will be assigned specific lanes and times. All Timers will be selected and assigned lanes before the first session.

Spectators should observe all current social distancing and mask wearing protocols that might be in place while at the Race Day event.

Colorado Timing and Touch Pad system will be utilized. One Timer per lane, operating one plunger and one stopwatch. Timers must sign up 48 hours prior to swim meet. Timer and Marshal signups will be on Team website.

Schedule of Events SESSION 1/2

Event #	Age	Event
1/2	Open Girls/ Boys	200 Free
3/4	Open Girls/ Boys	200 Breast
5/6	Open Girls/ Boys	100 Back
7/8	Open Girls/ Boys	200 Fly
9/10	Open Girls/ Boys	50 Free
11/12	Open Girls/ Boys	400 IM

SESSION 3/4

Event #	Age	Event
13/14	Open Girls/ Boys	200 IM
15/16	Open Girls/ Boys	200 Back
17/18	Open Girls/ Boys	100 Fly
19/20	Open Girls/ Boys	100 Breast
21/22	Open Girls/ Boys	100 Free
23/24	Open Girls/ Boys	500 Free

COVID-19 Considerations:

- All Parents, Coaches, Officials and Timers will adhere to state/local guidelines regarding masking outdoors. This is subject to change.
-
- No parents, other than pre-registered Timers and Officials will be allowed into the facility
- Teams will each have their own designated seating area, and warm up & cool down lanes
 - Each Timer will have their own designated plunger and chair which will be more than 6 feet apart
- The swimmers waiting for their heat will have a designated place to wait. Swimmers are to not enter the deck area behind the blocks until the swimmers from the previous heat have vacated the area

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

We have taken enhanced health and safety measures – for you, our other guests, and cast members. You must follow all posted instructions while visiting Rusch Park. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this meet, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless USA Swimming and Sierra Nevada Swimming and each of their Officers, Directors, Agents, Employees or other Representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of COVID-19 related to participation in this competition.