



*Summer Sanders Long Course JR+ Swim Meet
Hosted by California Capital Aquatics*

Sponsored by:



June 19 - 21, 2009

Enter online at: <http://swimconnection.com/sn/meet/cca>

- SANCTION:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: #15-09
- LOCATION:** **Roseville Aquatics Complex**
Traveling on I-80, exit Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks and turn left, the pool will be on the right hand side; 3051 Woodcreek Oaks Blvd.
- TIMES:**
- | | Friday | Saturday | Sunday |
|---------------|--|-----------------|---------------|
| Warm-ups: | 5:00 to 5:50 PM | 7:30-8:45 AM | 7:30-8:45 AM |
| Meet Begins: | 6:00 PM | 9:00 AM | 9:00 AM |
| Finals Begin: | The start time of finals will be determined by the Meet Director, Coaches, Head Referee and USA Swimming Rules. Finals will begin no sooner than 1½ hours after the last heat of trials. | | |
- FACILITY:** Outdoor, heated 9-lane, 50 meter course with touch pads at both ends. An additional outdoor, heated 5-lane, 25-yard pool is available for warm-up/warm-down. A new state of the art Colorado Scoreboard provides a great addition to the competition venue. Locker rooms and rest area are available. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- RULES:** Current USA Swimming and Sierra Nevada Swimming Rules will govern the meet. All events are trials and finals, except for the 800 and 1500m freestyles. All relays will be swum as timed finals. **All swimmers are limited to three individual events and one relay per day.** Swimmers that meet at least one time standard on Saturday or Sunday may enter up to two additional events on that day as bonus events. Additionally, when a submitted entry time matches a time of record in the Swim Connection database for the same swimmer, same age, same stroke, and same distance, only then will the entry time be accepted as a qualified entry time. The 1500m freestyle cannot be used as a bonus event. **No converted times will be accepted.**
- ELIGIBILITY:** All swimmers must have a current USA Swimming registration card and must enter the number on their entry cards. 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.
- COACHES:** Coaches must wear their membership cards in a visible location. Programs will only be given to coaches whose cards are visible.
- TRIALS CHECK-IN:** The meet is deck seeded. All swimmers or their coaches must check in before the following deadlines. Check-in for the first six individual preliminary events each day will close at 8:30 AM. Check-in for all of the remaining individual preliminary events will close at 10:30 AM. Swimmers entered in the 1500m freestyle must positively check-in by 12:00 noon on Saturday to be seeded. All relay cards must be turned in by 11:00 AM on the day the relay is swum.

- TRIALS: The meet will be deck seeded according to submitted times. The first three heats of each event will be circle seeded with exception of the events previously identified as timed finals. This meet will run **fastest to slowest** in all events.
- MEET FORMAT: **Scratch Rules:** In meets holding trials and finals, a modified version of rule 207.12.6.B and 207.12.6.C will apply to a swimmer failing to compete in a trial heat for which he has not scratched and is seeded to swim. The modified version of this rule will allow the Clerk of Course to check scratches at the check-in table for deck-seeded meets. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.12.6.C. 207.12.6.C states that, "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 to the modified version of rule 207.12.6.A and 207.12.6.B of the Rules and Regulations will be barred from all further individual and relay events of 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 days 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 (207.12.6.E).
- FINALS CHECK-IN: If you are one of the 27 finalists, **you will be seeded in 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 intent to scratch. **Swimmers will be seeded in finals unless they scratch.** Refer to the scratch rules for penalties.
- FINALS: We will be using nine lanes. There will be a Bonus Final, Consolation Final and Championship Final (swum in that order) in each event except the 800 and 1500m freestyles and relays.
- ENTRIES: There are two options for meet entries.
- Option # 1: On-line entries,** enter at: <http://swimconnection.com/sn/meet/cca> to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our 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. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming. **On-line entries must be received before 11:59PM on Friday, June 12, 2009.**
- Check <http://swimconnection.com/sn/meet/cca> for session open or closed status.
- Option # 2: SAMMS entries** use a **CONSOLIDATED ENTRY CARD** (copy attached). Entry cards must be completely filled out. The entry card may be reproduced. The entry card is available from the Sierra Nevada Swimming internet web site: <http://sn-swimming.org>. Entries must be postmarked on or before **Friday, June 5, 2009**, or hand delivered to the Roseville Aquatics Complex box marked "Summer Sanders Entries/Meet Director" **before 7:30PM on Wednesday, June 10, 2009. Absolutely no late, telephone, or "no time," entries will be accepted. No refunds.**
- Send SAMMS entries to:
Summer Sanders Invitational
Mark Brown
1100 Whitney Ranch Pkwy. Apt. 1018
Rocklin, CA 95765
- ENTRY FEES: The meet entry fee is **\$4.00** (\$4.25 for deck entries) per event (includes \$1.00 Age Group Travel, \$.50 Senior Travel, \$.50 SNS General Fund), plus **\$10.00** per swimmer pool charge. For SAMMS entries, make checks payable to: **California Capital Aquatics**
- Relay entries are \$8.00** (includes \$2.00 Age Group Travel, \$1.00 Senior Travel, \$1.00 SNS General Fund) **per relay team and will be collected at the meet.**
- AWARDS: High Point awards will be given to the top three women and men. Team awards will be given to the top three places.

	Individual and Team Points								
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Finals:	22	19	18	17	16	15	14	13	12
Consolations:	10	8	7	6	5	4	3	2	1
Bonus:	(no points awarded for Bonus Heat)								
Relays:	(relay points are double for the top 18 places)								
Teams may submit as many relay entries as they are able, but only the two fastest entries per team per event will be scored.									

DISTANCE EVENTS: The 800m and 1500m freestyles will be swum as timed finals. Swimmers entered the 1500m must positively check in by 12:00 noon on Saturday. The events will be deck seeded. The 800m will be swum on Friday evening, and the 1500m will be swum 10 minutes following the last heat of relays on Saturday. Heats will be swum fastest to slowest, alternating women, then men. Swimmers shall provide their own lap counters and timers.

RELAYS: All relays are timed finals. Relay events will be held at the end of trials on both Saturday and Sunday. Afternoon relay cards must be turned in by 11:00 AM on the day the relay is swum.

ADMISSION: Admission is free. Three-day programs will be available for \$5.00 (includes finals sheets for Saturday and Sunday).

MISCELLANEOUS: A snack bar will be available. Lunch and refreshments will be served to all working officials and coaches.

RESTRICTION: 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 is prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area.

OFFICIALS:	MEET REFEREE:	Paul Reidl	HEAD STARTER:	Bill Fisher
	ADMIN REFEREE:	Bill Rose	DECK REFEREE:	Niffey Carmody
	HEAD CHIEF JUDGE:	Ken Price		
	MEET DIRECTOR:	Marty Buell (916) 772-6370 ext. 5		
		Janet Vargas		

All Certified officials with current USA Swimming registration from any LSC are welcome to work this meet. All working officials are expected to display membership cards at the meet. Trials and finals dress for all officials will be white polo shirts and navy blue pants/shorts/skirts. Weather permitting, dress for finals session on Saturday and Sunday will be long navy blue pants or skirts and a Hawaiian shirt.

Officials must apply to work this meet. All Officials wanting an assigned position need to send to the Meet Referee their application to work before Monday, June 1, 2009. **All Stroke and Turn Officials need to apply by sending their application to the Meet Referee before June 15, 2009.**

This is a qualifying meet for National Officials Certification. We will apply for approval that this meet will be a Qualifying Meet for National Officials Certification. In order for the LSC Official to advance, the candidate has to be observed by a National Evaluator indicating that the candidate has demonstrated the appropriate qualities and skills over several sessions and has been recommended for advancement by the National Evaluator. In order for the N2 Officials to advance to their highest certification, the Official needs to have officiated at a minimum of four (4) sessions at two "Qualifying" meets in the 24 months prior to applying for the N3 Certification. **In order for the Qualifying Meet to be valid for the Official, the Official has to work four (4) sessions.** All officials are urged to attend the mini-clinic briefings, whether or not they desire N2 or N3 certification evaluations. Remember, in order to be eligible for the N2 or N3 certification, an official has to have been an official for at least a year at the LSC level or equivalent. It is expected that swimmers will be capable of swimming National Championships and/or Junior National Championship qualifying times at this meet. This meet is open to all Officials who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to be evaluated at this meet, please email request form to the **Meet Referee**, Paul Reidl, at reidl@sbcglobal.net. We will try to

accommodate all requests for evaluation but this may not be possible, especially at the Deck Referee, Starter and Chief Judge positions. Requests will be considered in the order in which they are received.

Schedule of Official's Briefings:

Official's Briefing on Friday, June 19, 2009: 5:00 to 5:45PM (required for all officials).

Official's Briefing for the Trials on Saturday and Sunday: Begins at 8:00AM (required for all officials).

Official's Briefing for the Finals on Saturday and Sunday: Begins one hour before the scheduled start of Finals (required for all officials).

REQUIRED NUMBER OF OFFICIALS:

Each team shall, by the entry deadline, provide to the Meet Referee a list of officials who have agreed to represent the team during the conduct of the meet. One half hour before the scheduled start of the meet, the Meet Referee shall conduct an inventory of officials comparing the number of entries against the number of officials present representing each team. Those teams who have not provided a sufficient number of officials as indicated in the following table shall have all of their swimmers treated as "time only" in all respects for the session. Neither the athletes nor the team shall be eligible for awards.

Number of Swimmers Entered Per Team	Number of Officials Required Per Team
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
100<	5

WARM-UP RULES:

The following rules apply to the warm up period before each session, and to warm-up/down during the meet:

- Marshals 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 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).
- The referee may specify lanes for relay practice during the last 15 minutes of warm-up period.
- 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.

The Meet Referee, or the Marshal and the Meet Referee may remove a swimmer, coach, and/or team from the deck for violations of these rules. In facilities that have a warm up and/or warm down area, Marshals shall provide supervision of the area(s) at all times.

ORDER OF EVENTS:

Listed below is the order of events and the time standards for the event. Swimmers must meet the time standard in either meters or yards to swim each day. Swimmers that meet at least one time standard on Saturday or Sunday may enter two additional events on that day as bonus events. The bonus events must be indicated on the entry card by placing a "B" after the event number. **No converted times will be accepted.**

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 (meters) will be arranged in time order. In a long course championship meet, the non-conforming short course meter times will be arranged in time order next, followed by non-conforming yard times. If bonus times are allowed, they will be seeded following the times that met the qualifying times which are the conforming times, the non-conforming short course meter times and the non-conforming yard times. These bonus times will then be arranged in time order after the times that meet the qualifying standard, in the order of conforming meters, non-conforming short course meters and then non-conforming

yards. After arranging the times as provided above, the event will be seeded in normal fashion. Technical rule: 207.12.7.B

WOMEN'S EVENTS

MEN'S EVENTS

	<u>Number</u>	<u>Meters</u>	<u>Yards</u>		<u>Number</u>	<u>Meters</u>	<u>Yards</u>
Friday, June 19							
800 Freestyle	1	10:44.39	12:10:09 (1000)		2	10:16.99	11:30.09 (1000)
Saturday, June 20							
400 Individual Medley	3	5:59.49	5:15.09		4	5:42.99	5:00.09
200 Freestyle	5	2:26.79	2:12.09		6	2:17.99	2:04.09
100 Backstroke	7	1:18.29	1:11.09		8	1:16.99	1:08.09
200 Butterfly	9	2:51.59	2:35.09		10	2:43.69	2:27.09
50 Freestyle	11	31:49	28.09		12	29.69	26.09
200 Breaststroke	13	3:12.39	2:54.09		14	3:01.89	2:44.09
200 Medley Relay	15				16		
1500 Freestyle	17	20:05.99	19:35.09 (1650)		18	19:29.99	18.30.09 (1650)
Sunday, June 21							
400 Freestyle	19	5:09.29	5:50.09 (500)		20	4:56.29	5:30.09 (500)
100 Breaststroke	21	1:28.59	1:20.09		22	1:23.49	1:15.09
200 Individual Medley	23	2:46.89	2:30.09		24	2:38.49	2:22.09
100 Freestyle	25	1:07.79	1:01.09		26	1:03.69	57.09
200 Backstroke	27	2:46.99	2:30.09		28	2:45.69	2:28.09
100 Butterfly	29	1:16.39	1:09.09		30	1:12.09	1:05.09
200 Freestyle Relay	31				32		

Please see a full list of hotel accommodations, restaurants and other activities in the area at: www.placertourism.com.

