

Spring Splash
LONG COURSE AGE GROUP OPEN SWIM MEET
 Hosted by Sierra Marlins Swim Team
 Folsom Aquatic Complex, 1200 Riley Street, Folsom , Ca. 95630
April 24-26, 2009

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

SANCTION: Held under USA Swimming/Sierra Nevada swimming Sanction Number: # <Pending>

LOCATION: Folsom Aquatic Complex, Lembi Park; at the corner of Riley and Wales. From Highway 50, take Prairie City Road Exit. Go north about 1 mile to Blue Ravine Road. Turn right on Blue Ravine. Turn left on Riley Street (app. ¾ mile). Aquatic Center is on the left in a large regional park. From I-80, go East on Greenback Lane about 6 miles. Turn right on Folsom-Auburn Road (the new bridge over the river). Continue about 1 mile to Glenn, turn left. Take Glenn to Riley (about a mile) and turn right on Riley. Aquatic Center is on the right just past the Walgreen's.

PARKING: Free parking in designated areas of Lembi Park. Parking immediately in front of the pool is reserved for officials and meet personnel. Overflow will be directed to the Wal-Mart Store on the corner of Riley and Glenn. **Do not park in front of businesses directly across Riley Street from the Aquatic Center.**

COURSE: A 50-meter, 8 lane, outdoor heated pool; Two courses will be run, timed finals format. Warm-up pool will be available.

CERTIFICATION: The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIMES: NOTE THE START TIMES

THIS IS A SPLIT SESSION MEET

	Warm-Ups	Meet Begins
Friday	4:00pm	5:00pm
Saturday and Sunday - <i>13 and Over</i>	7:00am	8:30am
Saturday and Sunday - <i>12 and under</i>	1 hour after the close of the am session	1 hour after the close of the am session

RULES: Current USA Swimming and Sierra Nevada Swimming will govern the meet. All events are Long Course Meters. All events are timed finals. **Swimmers are limited to swim 2 events on Friday and 4 events per day on Saturday / Sunday (Max for any swimmer is 10 events for the meet).** Swimmers over the age of 18 may enter in the 9& over and 13&over events, but will not be awarded.

ELIGIBILITY: 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.

RESTRICTIONS: Tents may be set-up on deck, but must respect walkway thoroughfares boundaries. All tarps must be removed overnight. **There will be absolutely no set-up allowed on Friday before 2:00 pm.** Smoking, tobacco products, and alcoholic beverages are not allowed with the Folsom Aquatic Center. Glass containers and pets are not allowed in the pool area. No pets on deck – Except Service Animals. Propane heaters are not allowed within the Folsom Aquatic Center

MAILED ENTRIES: Entries must be on a SAMMS consolidated card. The entry card must be completely filled out and legible. Please cut out the entry form before mailing. Each swimmer is limited to a **maximum of 2 events on Friday and 4 events each day on Saturday and Sunday. Times may be verified by the Swim Connection Database.** Incomplete or illegible entries may require a collect call (or email if address is provided) in order to accept entries. Make checks payable to the Sierra Marlins Swim Team (or SMST). Entries must be postmarked by midnight, **Wednesday April 8th. On-line entries will be accepted until Monday, April 13th.** Mail entries to:

Meet Entries
 SMST April Meet
 1644 Loma Verde Drive
 El Dorado Hills, CA 95762

The meet is capped at 250 for Friday, 300 per AM session (13&over) and 300 for the PM Session (12&under). The cap will be determined by when the entries are received. Mailed entries, with postmarks prior to the cap being closed, 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. Deck entries

will be accepted until the cap is reached for each session. Deck entries will swim for time only and will not be awarded. For inquiries about deck entries, email the meet director at cadolley@yahoo.com after Wednesday, April 15th. Check <http://swimconnection.com/sn/meet/smst> for session open or closed status.

ONLINE ENTRIES: You may enter this meet online or by mail. Enter at: <http://swimconnection.com/sn/meet/smst> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service. **Swimmers are limited to swim 2 events on Friday and 4 events per day on Saturday / Sunday (Max for any swimmer is 10 events for the meet). Times may be verified by the Swim Connection Database**

ENTRY FEES: \$3.00 per event per swimmer, \$3.25 per event for Deck Entries. \$5.00 participation fee per swimmer, including deck entries. No refunds will be given unless mandatory scratch down is in effect. Make checks payable to: **Sierra Marlins Swim Team (or SMST).**

SCRATCH DOWN: At the discretion of the Meet Referee in consultation with the Meet Director, swimmers may be required to scratch down. In this case, swimmers will be given a coupon for the value of the entry fee that can be redeemed or used as cash at the snack bar

ERRORS: Check your entry times carefully. Corrections will not be made unless it can be shown that the error was made by meet officials. If such errors are discovered, they should be submitted in writing by the coaches 4:45 p.m. Friday and 8:00 a.m. Saturday and Sunday to the Clerk of Course.

AWARDS: If there are more than 24 swimmers checked in for an event, there will be two flights. The fastest one-half of the total swimmers will be placed in the Blue Flight and the slower one-half of the total swimmers will be placed in the Red flight. If there are less than 24 swimmers entered in an event, all swimmers will compete in the Blue Flight. Ribbons will be awarded to 1st through 8th places in both Blue and Red Flights. 8 & Unders swimming in starred 10 & Under events will be awarded separately. 9 & over events will be awarded separately for 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded. 13 & Over Events will be seeded together by gender but awarded separately by age group (13-14, 15-16, 17-18, 18 & over will not be awarded). "A" medals will be awarded to swimmers attaining "A" times for the first time. **Awards must be picked up at the meet – they will not be mailed. Awards are available shortly after the events results are posted. It is recommended that they be picked up during the course of the day.**

CHECK-IN: The meet will be deck seeded. Swimmers must check in with the Clerk of Course for the first four (4) events on Friday by 4:30 p.m. and by 8:00 a.m. on Saturday and Sunday for the AM sessions / 30 minutes prior to scheduled start time for the PM sessions. Swimmers must check in at least 30 minutes before the estimated start of the event. The Clerk of Course will close events approximately 30 minutes prior to the start of the first heat of each event.

DISTANCE EVENTS: The 1500 Free will be swum fastest to slowest, two swimmers per lane. The 1500 Free will be seeded and swum as a combined age group, but will be awarded as separate age groups. **Swimmers must provide their own lap counters and timers for the 400 and 1500 Free. There will be no break before the start of the 1500's.** The 400 IM and 400 Free on Friday night will be swum fastest to slowest.

ADMISSION: Admission is free. Programs will be available for \$5.00.

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

OFFICIALS: Meet Referee: Bill Rose
Admin Referee: Jeff Jones
Head Starter: Rebecca Landre
Meet Director: Craig Dolley (cadolley@yahoo.com)

Dress for officials is white shirts and blue pants/skirts. All working officials are expected to display membership cards at the meet.

PROVIDING OFFICIALS: Teams must follow Sierra Nevada rules regarding officials. Each team shall by the entry deadline, provide to the meet director a list of officials who have agreed to represent that team during the conduct of the meet. See the chart below to identify the minimum number of officials based on the swimmers from each team.

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OFFICIALS

Number of swimmers per team entered in meet	# of trained and carded officials required
0 – 10	0
11 – 25	1
26 – 50	2
51 – 75	3
76 – 100	4
101 and up	5

Additionally – Clubs will be assigned Lanes for Timing
Please check www.teamunify.com/smst
for updates on Timeline and Lane Assignments

Summary of Events by Age Group

	8 and Under	10 and Under	9 & Over	11-12	13 & Over
Friday Apr 24	200 IM**	200 IM*	400 Free##	200 IM** 400 Free#	400 IM* 400 Free#
Saturday Apr 25	50 Back 50 Free	200 Free 50 Fly** 100 Back 100 Breast 50 Free**		200 Free 50 Fly 100 Back 100 Breast 50 Free	200IM 100 Back 200 Breast 50 Free 100 Fly 1500 Free# (Girls)
Sunday Apr 26	50 Fly 50 Breast 100 Free	50 Back** 100 Fly 100 Free** 50 Breast**		200 Breaststroke 50 Back 100 Fly 200 Back 100 Free 50 Breast	200 Free 100 Breast 200 Back 200 Fly 100 Free 1500 Free# (Boys)

** 8-Under will be seeded and swam in the 10-un events, but will be awarded separately.

**12-under events will be awarded as 11-12, 10-un, 8-un will be awarded separately where noted.

13 & Over events will be awarded separately to 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

9-over events will be awarded separately to 9-10, 11-12,13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

* 200 / 400 IM will be swum fastest to slowest. (All Friday events will be swam fastest to slowest)

400 and 1500 Free will be swum fastest to slowest. Swimmers are responsible for providing their own timer and lap counter for this event.

There will be no break before the start of the 1500's

1500 will be swum 2 per lane

Friday, April 24

Session 1 Start Time – 5:00pm			
Girls Event #	Boys Event #	Age-Group	Event
1	2	12 & Under	200 IM*
3	4	11 & Over	400 IM*
5	6	9 & Over##	400 Free*@

*All events on Friday will be swum fastest to slowest.

@Swimmers must provide their own timer and lap counter for the 400 Free.

Saturday, April 25

Session 2 Start Time – 8:30am			
Girls Event #	Boys Event #	Age-Group	Event
7	8	13 & Over	200 IM
9	10	13 & Over	100 Backstroke
11	12	13 & Over	200 Breaststroke
13	14	13 & Over	50 Free
15	16	13 & Over	100 Fly
51#		13 & Over	1500 Free#

Session 3 Start Time – 1 hour after the conclusion of the AM session			
Girls Event #	Boys Event #	Age-Group	Event
17	18	12-under	200 Freestyle
19	20	12-under	50 Butterfly**
21	22	12-under	100 Backstroke
23	24	12-under	100 Breaststroke
25	26	12-under	50 Free**

Sunday, April 26

Session 4 Start Time – 8:30am			
Girls Event #	Boys Event #	Age-Group	Event
27	28	13 & Over	200 Freestyle
29	30	13 & Over	100 Breaststroke
31	32	13 & Over	200 Backstroke
33	34	13 & Over	200 Butterfly
35	36	13 & Over	100 Free
	52#	13 & Over	1500 Free#

Session 5 Start Time – 1 hour after the conclusion of the AM session			
Girls Event #	Boys Event #	Age-Group	Event
37	38	11-12	200 Breaststroke
39	40	12-under	50 Backstroke**
41	42	12-under	100 Butterfly
43	44	11-12	200 Backstroke
45	46	12-under	100 Free**
47	48	12-under	50 Breaststroke**

13 & over events will be awarded separately to 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

12-under events will be awarded as 11-12, 10-un. 8-un will be awarded separately where noted.

** 8-Under will be awarded separately.

9-over events will be awarded separately to 9-10, 11-12, 13-14, 15-16 and 17-18 age groups. 18 & over will not be awarded.

#51 - 1500 Free (Girls swim on Saturday) is to be swum fastest to slowest, **two swimmers per lane**. Swimmers are responsible for providing their own timer and lap counter for this event. There is no break before the start of the 1500.

#52 - 1500 Free (Boys swim on Sunday) is to be swum fastest to slowest, **two swimmers per lane**. Swimmers are responsible for providing their own timer and lap counter for this event. There is no break before the start of the 1500.

Hotels / Lodging

SMST Host Hotels:

Folsom Residence Inn by Marriott

2555 Iron Point Rd.

Folsom, CA 95630

916-983-7289

www.marriott.com/sacfm

Please reference: SMST Swim Meet when booking

Folsom Courtyard by Marriott

2575 Iron Point Rd.

Folsom, CA 95630

(916) 984-7624

www.marriott.com/sacfo

Please reference: SMST Swim Meet when booking

Other preferred rates can be obtained by contacting the following hotels, **please reference SMST Swim Meet when booking rooms:**

Lake Natoma Inn – (916) 351-1400

Larkspur Landing Folsom – (916) 355-1616

Hilton Garden Inn - (916) 353-1717