



Long Course BB± Swim Meet

May 29 – 31, 2009

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

- SANCTION:** Held under U.S.A. Swimming/Sierra Nevada Swimming Sanction # 13-09
- LOCATION:** Charles Brooks Community Swim Center, 155 N. West Street, Woodland, CA 95695. From I-5 north or south, take the West Street exit; travel 1½ miles south. The pool is on the right, next to Woodland High School. Additional parking is available in the Woodland High School student lot. Continue south on West Street to Beamer Street; turn right. The student parking lot is on the right. Walk northeast. It is approximately a 200-yard walk to the pool.
- FACILITIES:** Outdoor heated 9-lane, 50-meter pool with locker rooms and rest areas. Heats may be run from both ends. All events are timed finals. One lane will be used as a warm-up, cool-down lane throughout the competition.
- 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:** **Friday:** Warm-ups will begin at 4:30 p.m. and competition will start at 5:30 p.m. **Saturday and Sunday:** Warm-ups begin at 7:30 a.m. Competition will start at 9:00 a.m. Official's meeting will begin 30 minutes prior to the start of each session.
- RULES:** Current USA-S 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. The four-hour rule will be enforced. **Swimmers are limited to a maximum of four (4) events per day; two (2) events per swimmer on Friday; and eight (8) events total during the meet. The maximum limit of eight (8) events during the meet will not apply if a mandatory scratch down is required.** Those entries in excess of four per day will not be refunded. Properly registered 19-over swimmers may enter, but they will not be scored or awarded.
- ELIGIBILITY:** All swimmers must have a current USA Swimming registration card. 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 who enter 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.
- ENTRY LIMITS:** It is up to the Meet Director and Meet Referee to ensure that no 10-under or 11-12 events last longer than 4 hours under USA Swimming rule 205.3(F). Should 10-under or 11-12 events on any day be estimated to last longer than 4 hours, all swimmers will be required to scratch down until that requirement is met. The meet will be capped at 500 swimmers, or when it is estimated 10-under or 11-12 events will exceed 4 hours. Entries in excess of 4 per day will not be refunded.
- ENTRIES:** **MAILED ENTRIES:** Entries must be on a SAMMS Consolidated Entry Card. Entry cards must be completely filled out and legible. NO REFUNDS. Make checks payable to **Woodland Swim Team**. Mailed entries must be postmarked by midnight Monday, May 18th and mailed to:

Meet Entries – May
PO Box 763
Woodland, CA 95776

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.

ONLINE ENTRIES: Online entries will be accepted through 11:59 p.m., Monday, May 20th. Enter at: <http://swimconnection.com/sn/meet/wood> 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. If you do not wish to pay the processing fee, enter the meet via US Mail. Online meet entry is not required in order to enter this meet.

DECK ENTRIES: Deck entries will only be accepted until the cap is reached for each session. 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 May 23rd.

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 for cash or used at the snack bar.

ENTRY FEES: \$3.00 per individual event for all entries (includes \$0.50 to Sierra Nevada General Fund, \$0.75 to Sierra Nevada Age Group Travel Fund, and \$0.50 to Sierra Nevada Senior Travel Fund) plus a \$5.00 per swimmer surcharge. Deck entries are \$3.50 plus surcharge.

CHECK-IN: The meet will be deck seeded. Check-in will start at 4:15 p.m. on Friday and 7:15 a.m. on Saturday/Sunday. All swimmers, or their coach or parent, must check-in prior to the close of their event. **Check-in for the first six events each day will close at 8:30 a.m.; check-in for the next 10 events will close at 9:00 a.m.; and all remaining events will close at 10:00 a.m.** Check-in will be located on the deck until the start of competition. Thereafter, check-in will be located in the office at the southwest corner of the facility.

AWARDS: "A" medals will be awarded to all swimmers achieving a new "A" time. BB+ flight awards: double overlay ribbons 1st – 8th. B flight awards: single ribbon 1st – 8th. Two flights will be awarded in each event. Swimmers entering with a Sierra Nevada "BB" time or better in an event will be seeded in the "BB+" flight. All others will be seeded in the "B" flight. 8-un's swimming in starred 10-un events will be awarded separately based on 8-un "A" times. 9-18 events will be seeded together by gender but awarded separately by age group 11-12, 13-14, and 15-18. 11-18 events will be seeded together by gender but awarded separately by age group 11-12, 13-14, and 15-18. 13-18 events will be seeded together by gender but awarded separately by age group 13-14 and 15-18. Awards must be picked up at the meet – they will not be mailed. It is recommended that they be picked up during the course of the day.

ADMISSION: Free. A three-day program will be available for \$5.00.

MISCELLANEOUS: A snack bar will be available, serving a pancake breakfast, lunch and snack food. NorCal Swim Shop will be present at this event. Lunch and refreshments will be served to all working officials and coaches. Light refreshments will be served to all

timers.

OFFICIALS: Head Referee: Ken Price
Head Starter: Jeff Jones
Meet Director: Kelly Newsom; knewsom@aol.com

OFFICIAL'S DRESS: Official attire at this meet will be white shoes, white socks, white polo shirts and navy blue pants/shorts/skirts.

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

One half-hour 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.

RV PARKING: Overnight RV Parking is allowed in the Woodland High School student parking lot. See "Location" above for directions to the student parking lot. No services are provided. Due to construction on the high school gym, direct access from the student parking lot to the pool facility is not available.

RESTRICTIONS: Smoking and the use of other tobacco products are prohibited on the deck, in bleachers, locker rooms, and all other areas designated as swimmer rest areas. The sale and use of alcoholic beverages is prohibited in all areas of meet venue. No pets are allowed. Excessive volume of sound equipment will not be tolerated. No tarps or shade structures are to be set up outside the Swim Center. All tarps need to be removed from the grass areas at the conclusion of each day's competition (EZ Ups can stay up if they are fastened to the ground, but all ground covers must be off the grass). **NO PERSONAL SHADE STRUCTURES ARE ALLOWED ON DECK.** No overnight parking is allowed at the Swim Center, except as provided above.

Friday – May 29th			Saturday – May 30th			Sunday – May 31st					
Event #		Age Group	Event	Event #		Age Group	Event	Event #		Age Group	Event
G	B			G	B			G	B		
1	2	11-12	200M IM	7	8	13-18	200M IM	37	38	13-18	200M FREE
3	4	11-18	400M IM	9	10	11-18	200M BREAST	39	40	11-18	200M BACK
5	6	9-18	400M FREE	11	12	10-UN	200M FREE	41	42	10-UN	200M IM
				13	14	11-12	200M FREE	43	44	11-18	200M FLY
				15	16	13-18	100M FLY	45	46	11-12	50M FLY
				17*	18*	10-UN	50M BACK	47*	48*	10-UN	50M FLY
				19	20	11-12	50M BACK	49	50	13-18	100M FREE
				21	22	13-18	50M FREE	51	52	11-12	100M BACK
				23	24	10-UN	100M FLY	53	54	10-UN	100M BACK
				25	26	11-12	100M FLY	55	56	13-18	100M BREAST
				27	28	13-18	100M BACK	57	58	11-12	50M BREAST
				29	30	10-UN	100M BREAST	59*	60*	10-UN	50M BREAST
				31	32	11-12	100M BREAST	61	62	11-12	100M FREE
				33*	34*	10-UN	50M FREE	63*	64*	10-UN	100M FREE
				35	36	11-12	50M FREE				

*8-Unders will be awarded separately

Summary of Events by Age Group

	10-under	11-12	13-18
Friday		200 IM 400 IM 400 Free	400 IM 400 Free
Saturday	200 Free 50 Back * 100 Fly 100 Breast 50 Free *	200 Breast 200 Free 50 Back 100 Fly 100 Breast 50 Free	200 IM 200 Breast 100 Fly 50 Free 100 Back
Sunday	200 IM 50 Fly * 100 Back 50 Breast * 100 Free *	200 Back 200 Fly 50 Fly 100 Back 50 Breast 100 Free	200 Free 200 Back 200 Fly 100 Free 100 Breast