

LONG COURSE B/BB+ SWIM MEET
Hosted by Sierra Marlins Swim Team
Folsom Aquatic Complex, 1200 Riley Street, Folsom , Ca. 95630
April 21, 22 and 23rd, 2006

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

SANCTION: Held under USA Swimming/Sierra Nevada swimming Sanction Number: 06-

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. ¼ 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 outdoor heated pool with 8 competition lanes. Heats may be run from both ends depending on number of entries. Timed finals format. Separate warm-up pool available.

TIMES: Friday, April 21st: The pool will open for warm-ups by 4:30 p.m., and close at 5:15 p.m. The meet starts at 5:30 p.m. On Saturday, and Sunday, April 22, 23rd, the pool will open for warm-ups by 7:30 am, close at 8:45 am. Meet starts at 9:00am.

RULES: Current USA Swimming and Sierra Nevada Swimming 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. All events are long course meters. All events are timed finals. **Swimmers are limited to 5 events per day.** Swimmers over the age of 18 may enter but will not be awarded.

ELIGIBILITY: This meet is open to registered USA swimmers. All swimmers must have a current USA Swimming registration card and must enter the number on their entry cards. Swimmers who enter as "pending" or "applied for" must be prepared to present their current registration card or a copy, or register before being allowed to check in unless the meet director determines that they are valid as pending.

RESTRICTIONS: No tents are allowed on the pool deck. All tarps must be removed overnight. **(EZ Ups can stay up, but all ground covers must be off the grass.)** Smoking, tobacco products, and alcoholic beverages are not allowed on the grounds. Glass containers and pets are not allowed in the pool area.

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 5 events per day. 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, **Monday, April 3rd. On-line entries will be accepted until Monday, April 10th.** Mail entries to:

**Meet Entries
119 Pioneer Drive
Folsom, CA 95630**

Additionally, entries may be hand delivered (or sent via Fed Ex/UPS) to the **Folsom pool** – between 4 – 8 p.m. weeknights until **8:00 p.m. Monday April 3rd, provided CAP has not yet been met.** Pool address is: 1200 Riley Street, Folsom, CA 95630. Do not send Fed Ex or UPS packages to the Pioneer Drive address. **The meet is capped at 400 swimmers. 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.** Send a self-addressed, stamped envelope or postcard with your entries if you want confirmation that your entries have been received. *No telephone confirmations will be made.* 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, call or email the meet director after Saturday 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, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees.

ENTRY FEES: \$2.00 per event (this includes \$0.50 for age group travel fund, \$0.25 for senior travel fund, and \$0.25 for SNS), plus \$5.00 per swimmer surcharge for pool use. Deck entries are \$2.25 per event plus pool surcharge.. **Make checks payable to Sierra Marlins Swim Team (or SMST). Entry fees are non-refundable.**

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 5:15 p.m. Friday and 8:30 a.m. Saturday and Sunday to the Clerk of Course.

AWARDS: Ribbons will be awarded to 1st through 8th places in both B and BB+ Flights. 8 & Unders swimming in starred 10 & Under events will be awarded separately. 11-18 yr old Events will be seeded together by gender but awarded separately by age group (11-12, 13-14, 15-16, 17-18). "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 event 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 5:00 p.m.; and on Saturday and Sunday by 8:30 am. Swimmers in later events must check in at least 30 minutes before the estimated start of the event. The Clerk of Course will close events approximately 60 minutes prior to the start of the first heat of each event.

DISTANCE EVENTS: The 1500 Free will be swum fastest to slowest alternating women and men. 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.** The 400 IM and 400 Free on Friday night will be swum fastest to slowest. At the discretion of the meet referee, these may be swum 2 per lane.

ADMISSION: Admission is free. Programs will be available for \$4.00.

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

OFFICIALS: Meet Referee: Jeff Jones
Head Starter: Mark Heiman
Meet Director: Larry Conner 916-784-8401 lconner@gaic.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 on next page to identify the minimum number of officials based on the swimmers from each team.



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

ODD Event Numbers = GIRLS

EVEN Event Number = BOYS

Friday – April 22nd			Saturday – April 23th			Sunday – April 24th		
Event Number	Age	Event	Event Number	Age	Event	Event Number	Age	Event
1-2	11-12	200 IM	7-8	13-18	200 IM	39-40	13-18	200 FREE
+3-+4	11-18	400 IM	+9-+10	11-18	200 BREAST	+41-+42	11-18	200 BACK
+5-+6	11-18	400 FREE	11-12	10-UN	200 FREE	43-44	10-UN	200 IM
			13-14	11-12	200 FREE	+45-+46	11-18	200 FLY
			15-16	13-18	100 FLY	47-48	11-12	50 FLY
			*17-*18	10-UN	50 BACK	*49-*50	10-UN	50 FLY
			19-20	11-12	50 BACK	51-52	13-18	100 FREE
			21-22	13-18	50 FREE	53-54	11-12	100 BACK
			23-24	10-UN	100 FLY	55-56	10-UN	100 BACK
			25-26	11-12	100 FLY	57-58	13-18	100 BREAST
			27-28	13-18	100 BACK	59-60	11-12	50 BREAST
			29-30	10-UN	100 BREAST	*61-*62	10-UN	50 BREAST
			31-32	11-12	100 BREAST	63-64	11-12	100 FREE
			*33-*34	10-UN	50 FREE	65-66	10-UN	100 FREE
			35-36	11-12	50 FREE			
			+37-+38	11-18	1500 FREE			

* 8-Under will be awarded separately.

+ Events will be seeded together, but awarded separately to 11-12, 13-14, 15-16 and 17-18 age groups.

Event #37,38, 1500 Free is to be swum fastest to slowest, alternating heats of girls and boys. Swimmers are responsible for providing a timer willing to time at least two heats.

Summary of Events by Age Group

	10 and Under	11-12-See Also 11-18 Events	13-18 – See Also 11-18 Events	11-18 EVENTS
Friday April 21st		200 IM		400 IM 400 Free
Saturday April 22nd	200 Free 50 Back * 100 Fly 100 Breast 50 Free *	200 Free 50 Back 100 Fly 100 Breast 50 Free	200IM 100 Fly 50 Free 100 Back	200 Breast 1500 Free
Sunday April 23rd	200 IM 50 Fly * 100 Back 50 Breast * 100 Free *	50 Fly 100 Back 50 Breast 100 Free	200 Free 100 Free 100 Breast	200 Back 200 Fly

