

# SIERRA NEVADA JUNIOR OLYMPIC LONG COURSE CHAMPIONSHIPS

July 26-29, 2007

Host: California Capital Aquatics (CCA)

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

HELD UNDER USAS/SNS SANCTION # 07-29

LOCATION: **Roseville Aquatics Complex – Roseville CA**

**DIRECTIONS:** 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.

**PARKING:** Parking is free all four days. Coaches and Officials can park directly in front of the facility, all others please park in the High School parking lot next (south) to the pool. There is a small drop off area directly in front of the facility as well.

**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. Locker rooms and rest area are available. Finals will begin no sooner than 90 minutes after the last heat of trials (relay events included).

**CHECK-IN:** The meet will be deck seeded. All swimmers, or their coach or parent, must check-in prior to the close of their event. Check-in opens each day at 7:15am. Check-in for the first 6 events each day will close at 8:30 a.m. Check in for the next 10 events each day will close at 9:00 a.m. Check-in for all remaining events each day will close at 10:00 a.m.

**WARM-UPS:** Pool will open for warm-up Thursday through Sunday 7:30-8:10 a.m. with all lanes open for general warm-up. From 8:10-8:50 a.m. lanes 1 and 9 will be open for push-pace work, NO DIVING. Lanes 2 and 8 will be open for one-way sprints from the blocks under coach's supervision. Practice starts only from sprint lanes. Lanes 3, 4, 5, 6 and 7 will remain open for general warm-up. The Meet Referee, in the interest of the swimmers, may make changes at any time. See Warm-Up Rules, page 4.

**MEET START TIME:** Competition will begin at 9:00 a.m. each day.

**RULES:** 2007 USAS rules will apply. All swimmers must be 2007 registered members of USAS and present their card upon request. A USAS registered coach must supervise all warm-ups. If you do not have a USAS registered coach at the meet, report to the Deck Referee for lane and coach assignment. All coaches may be required to present their 2007 USAS Coach Membership card to the Meet Referee at the beginning of the meet. All events are trials and finals except the following timed final events: all 8-Under events, 10-Under 400 free, 800 free, 1500 free and all relays. Swimmers may compete in up to three **(3) individual events per day** plus relays, with a **maximum of (10) individual events** plus relays for the whole meet. Swimmers may enter more than **3** events per day, but will need to scratch down to **3** events per day and not to exceed 10 individual events for the entire meet. Refunds will not be given to those swimmers who enter more than 3 individual entries per day. Swimmers over the age of 18 may swim individual events in the 17 & Over age group, but may not swim on relays. Coaches or their designee need to provide a list of Relay Only Swimmers to the Meet Director at the time that entries are due. Entry times will be verified on Swim Connection prior to the meet.

**MEET DIRECTORS:** Lori and Bob Hammond (916) 774-1695

**MEET REFEREE:** Bill Rose

**ADMIN. REFEREE:** Ken Price

**DECK REFEREE:** Bill Levin, Bill Fisher

**STARTER:** Jeff Corell, Niffey Carmody

**CHIEF JUDGE LEAD:** Mark Carmody

**ELIGIBILITY:** All 2007 USAS registered swimmers who have met the qualifying time standards and are registered swimmers in Sierra Nevada Swimming are eligible. Swimmers who enter as "pending" or "applied for" must be prepared to show their current registration card or a copy. There will be a \$10 surcharge payable to the host for deck registering with USA Swimming. Disabled swimmers, attached or unattached & affiliated with any of the invited clubs, are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.

**TIME STANDARDS:** Swimmers must have achieved the appropriate entry time for each event they swim and all entry times shall be posted in SwimConnection. Swimmers must qualify with the appropriate times in either long course meters, short course yards. Converted yard times will NOT be allowed. Qualifying times highlighted in grey indicate times faster than BB. These times have been adjusted to allow for approximately 5 heats (40 swimmers) per event. The highlighted LC time is the average 40th place time from the past 3 JO meet results. Any swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming. Swimmers over 18 may enter using the 17-18 time standards.

**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 the SwimConnection 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 10:00 PM on Thursday July 19, 2007.**

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 **Saturday July 14, 2007**, or hand delivered to the Roseville Aquatics Center box marked "Sierra Nevada LC JO Entries" **before 7:30 PM on Tuesday July 17, 2007**. **Absolutely no late, telephone, or "no time," entries will be accepted. No refunds.** Send SAMMS entries to:

Sierra Nevada LC Junior Olympics  
2610 Swindon Ct.  
Rocklin, Ca 95765

**FEES: \$3.25** per individual event (\$.50 Age Group Travel, \$.25 Senior Travel, \$.50 SNS General Fund) with pre-meet entries. **\$8.00** per relay team (\$1.00 Age Group Travel, \$.50 Senior Travel, \$.50 SNS General Fund) payable at the meet. Pool surcharge is **\$10.00** per swimmer. Relay only swimmers must pay pool surcharge to be eligible for a relay. Make checks payable to: **California Capital Aquatics or CCA**. THERE WILL BE NO REFUNDS.

**COACHES:** Coaches must wear their membership cards in a visible manner. Programs will only be given to coaches whose cards are visible.

**PRELIMS:** Nine lanes will be used for preliminaries. The last three heats of each event will be circle seeded with the exception of the events previously noted as timed finals. A swimmer qualifying for finals, based on the results of preliminaries, has thirty (30) minutes after the announcement of qualifiers for that race to notify the Scratch Desk that he/she may not intend to compete and further declares their final intentions to be noted within thirty (30) minutes following their last individual preliminary event (207.12.10.E(2)). If eight swimmers or less check in for a particular event, those swimmers will be given the option of skipping the prelims and swimming in the finals only. If a swimmer opts to skip trials he/she will be seeded into the finals at his/her entry time. If a swimmer does not check in for the prelims he/she will not be seeded into finals. If a swimmer opts to swim in the trials, he/she will be seeded into finals at his/her trials time. If a swimmer disqualifies or 'no shows' in the trials, he/she will not be allowed to swim in finals. A swimmer must swim finals in order to receive points or an award. Swimmers requesting lead off splits must do so with the meet referee the day of the swim.

**FINALS:** Finals will not begin any sooner than 90 minutes after the end of prelims (relay events included), not including the 1500's and 800's. Swimmers have 30 minutes after results of preliminaries are announced to scratch from final's competition. A swimmer may (on the same deadline) declare his/her intention to scratch pending results' announcements of their subsequent event in the prelims (not including the 1500's) but must notify the Clerk of Course of their decision 30 minutes after the results of their last individual event are announced. Swimmers will be seeded in the finals unless they are scratched. Any swimmer who fails to compete in an individual preliminary event in which they are seeded will be barred from all further individual and relay events of that day. Any swimmer qualifying for a final that fails to compete shall be barred from further competition for the remainder of the meet except as noted in USA Swimming rules. USA Swimming Scratch Rule #207.12.10 will be used at this meet. Eight lanes will be used for finals.

**DISTANCE EVENTS:** The 10 & Un 400 Free; 800 Free and 1500 Free will compete as a timed final. The 800 and 1500 will be swum 11-Up, but awarded as separate age groups. The 800 and 1500 will be swum fastest to slowest after a 10-

minute break following the relay events. **Swimmers in the 800 and 1500 will be required to provide their own timer, lap counter and lap counting device.**

**AWARDS:** Individual events will be awarded first through eighth place. Permanent and accurate awards will be given to the coaches the following day after finals, except Sunday's awards will be given to coaches that evening. A medals will be given to swimmers achieving new A times. Relay events will be awarded first through third place. **Scoring:** Individual events: 9, 7, 6, 5, 4, 3, 2 and 1. Relay events: 18, 14, 12, 10, 8, 6, 4 and 2. **Top Team Awards** for first through fifth place teams. A **Spirit Award** for the team continuously displaying the most team spirit. Top three **High-Point** male and female swimmers in each age-group will be given awards.

**PROGRAMS:** The Junior Olympic Swim Meet program will sell for \$6.00. Finals sheets will be given to coaches and officials, and to individuals who have purchased a swim meet program.

**CONCESSIONS:** Food Vendors and a snack bar with healthful meals, drinks and snacks will be available. Hospitality will be provided to Coaches, Timers, and Officials throughout the meet. Lunch will be provided to Coaches, Timers, and Officials.

**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. **Please note the pool area will not be open Wednesday evening for early set up.**

**OFFICIALS:** 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. Shorts will not be allowed for finals. There might be a chance that all Officials working the final sessions will be asked to wear long navy blue pants and a Hawaiian or light blue oxford shirt. As time gets closer to the event, this information will become available.

**Officials must apply to work this meet.** All Officials need to send to the Meet Referee their application to work before Thursday July 19, 2007.

**This is a qualifying meet for National Officials Certification.** We have applied for and anticipate approval that this meet will be a Qualifying Meet for National Officials Certification. In order for the N1 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 or recertify as a N2 Official, 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. All officials are urged to attend the mini-clinic briefings, whether or not they desire N2 or N3 certification evaluation. 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 N1 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 within the Region who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to being evaluated at this meet, please email request form to the National Evaluator or the Meet Referee, Bill Rose, at [cbrose@omsoft.com](mailto:cbrose@omsoft.com).

**Schedule of Official's Briefings:**

Official's Briefing Trials: 8:00 AM to 8:45 AM (required of all Officials)

Official's Briefing Finals: One half hour before finals begin (required of all Officials)

**New Mexico Western Zone Trip**

**WESTERN ZONE QUALIFICATIONS:** Team Selection criteria, travel information, schedule, team code of conduct and guidelines are available on the Sierra Nevada web site [www.sn-swimming.org](http://www.sn-swimming.org). Extra copies will be available at the meet. Letters of intent may be submitted at the Western Zone Info Table at the meet by Saturday, July 28 before 12:00 p.m. or by following the instructions on the web site.

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

- USA-S registered marshals shall be on the 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, USA-S registered Marshals shall provide supervision of the area(s) at all times.

### SUMMARY OF EVENTS

	8-Under	10-Under	11-12	13-14	15-16	17-Over
<b>THURSDAY</b>		200 Free 50 Fly 100 Brst	200 Free 100 Fly 200 Brst 50 Back 400 Med Rel 1500 Free (W)	200 Free 100 Fly 200 Brst 400 Med Rel 1500 Free (W)	200 Free 200 Brst 200 Back 400 Med Rel 1500 Free (W)	200 Free 200 Brst 200 Back 400 Med Rel 1500 Free (W)
<b>FRIDAY</b>		200 IM 100 Free 50 Back	200 IM 100 Free 200 Back 50 Fly 400 Free Rel 1500 Free (M)	200 IM 100 Free 200 Back 400 Free Rel 1500 Free (M)	400 IM 100 Free 100 Fly 400 Free Rel 1500 Free (M)	400 IM 100 Free 100 Fly 400 Free Rel 1500 Free (M)
<b>SATURDAY</b>	100 Free 50 Brst 50 Back	400 Free 50 Brst 100 Back 200 Med Rel	400 Free 50 Brst 100 Back 200 Med Rel 800 Free (W)	400 Free 100 Brst 100 Back 800 Free Rel 200 Med Rel 800 Free (W)	200 Fly 100 Brst 100 Back 200 Med Rel 800 Free (W)	200 Fly 100 Brst 100 Back 200 Med Rel 800 Free (W)
<b>SUNDAY</b>	50 Fly 50 Free	100 Fly 50 Free 200 Free Rel	100 Brst 400 IM 50 Free 200 Fly 200 Free Rel 800 Free (M)	400 IM 50 Free 200 Fly 200 Free Rel 800 Free (M)	400 Free 200 IM 50 Free 800 Free Rel 200 Free Rel 800 Free (M)	400 Free 200 IM 50 Free 800 Free Rel 200 Free Rel 800 Free (M)

**ORDER OF EVENTS**

**Thursday, July 26, 2007**

EV #	Q TIME	Q TIME	AGE GROUP	EVENT	EV #	Q TIME	Q TIME
	SCY	LCM				LCM	SCY
1	2:21.49	2:40.49	17&OV	200 FREE	2	2:27.69	2:08.19
3	2:14.69	2:32.69	15-16	200 FREE	4	2:27.79	2:10.29
5	2:24.89	2:43.99	11-12	200 FREE	6	2:49.29	2:27.99
7	2:11.29	2:28.89	13-14	200 FREE	8	2:32.79	2:14.79
9	2:59.99	3:22.89	10&UN	200 FREE	10	3:13.99	2:50.89
11	2:58.59	3:24.29	17&OV	200 BRST	12	3:04.59	2:39.89
13	2:58.39	3:24.19	15-16	200 BRST	14	3:08.79	2:42.59
15	1:20.59	1:30.79	11-12	100 FLY	16	1:30.69	1:19.29
17	1:11.69	1:20.89	13-14	100 FLY	18	1:18.69	1:08.69
19	42.99	48.59	10&UN	50 FLY	20	46.89	41.99
21	2:35.89	3:00.09	17&OV	200 BACK	22	2:44.09	2:19.89
23	2:37.99	3:01.29	15-16	200 BACK	24	2:47.79	2:23.69
25	3:12.49	3:40.59	11-12	200 BRST	26	3:37.99	3:07.39
27	2:57.89	3:21.39	13-14	200 BRST	28	3:17.59	2:49.39
29	1:46.69	2:02.39	10&UN	100 BRST	30	1:59.79	1:44.79
31	37.09	42.49	11-12	50 BACK	32	42.29	36.79
33			15-18	400 M.R.	34		
35			13-14	400 M.R.	36		
37			11-12	400 M.R.	38		
167	23:30.19 21:53.19 21:38.89 21:27.19	24:15.79 22:23.09 22:10.69 21:58.49	11-12 13-14 15-16 17&OV	1500 FREE (GIRLS ONLY)			

Note: Event 167 will be swum between trials and finals, 10 minutes after event 38. All relay events and the 1500 Free are timed finals.

**ORDER OF EVENTS**

**Friday, July 27, 2007**

EV #	Q TIME	Q TIME	AGE GROUP	EVENT	EV #	Q TIME	Q TIME
	SCY	LCM				LCM	SCY
39	5:38.29	6:24.79	17&OV	400 I.M.	40	5:52.59	5:06.69
41	5:40.29	6:26.29	15-16	400 I.M.	42	5:57.49	5:13.19
43	2:43.79	3:04.99	11-12	200 I.M.	44	3:13.89	2:49.69
45	2:30.39	2:50.09	13-14	200 I.M.	46	2:56.39	2:36.09
47	3:19.39	3:47.29	10&UN	200 I.M.	48	3:44.79	3:18.09
49	1:05.79	1:14.99	17&OV	100 FREE	50	1:07.99	58.89
51	59.99	1:08.09	15-16	100 FREE	52	1:09.39	59.99
53	1:05.89	1:14.69	11-12	100 FREE	54	1:17.49	1:08.09
55	1:00.39	1:08.59	13-14	100 FREE	56	1:09.89	1:01.59
57	1:22.09	1:32.99	10&UN	100 FREE	58	1:31.09	1:19.99
59	1:11.49	1:21.49	17&OV	100 FLY	60	1:12.89	1:04.09
61	1:11.49	1:20.69	15-16	100 FLY	62	1:14.79	1:05.59
63	2:50.19	3:15.79	11-12	200 BACK	64	3:15.29	2:46.59
65	2:40.79	3:00.79	13-14	200 BACK	66	2:55.09	2:31.09
67	43.49	49.89	10&UN	50 BACK	68	50.49	43.89
69	35.39	39.69	11-12	50 FLY	70	39.99	35.49
71			15-18	400 F.R.	72		
73			13-14	400 F.R.	74		
75			11-12	400 F.R.	76		
			11-12	1500 FREE	168	24:20.19	23:23.89
			13-14	(BOYS		21:54.19	21:06.99
			15-16	ONLY)		20:59.89	20:21.89
			17&OV			20:35.79	19:59.39

Note: Event 168 will be swum between trials and finals, 10 minutes after event 76. All relay events and the 1500 Free are timed finals.

## ORDER OF EVENTS

**Saturday, July 28, 2007**

EV #	Q TIME	Q TIME	AGE GROUP	EVENT	EV #	Q TIME	Q TIME
	SCY	LCM				LCM	SCY
77	2:36.19	2:55.89	17&OV	200 FLY	78	2:41.99	2:20.39
79	2:38.79	2:58.39	15-16	200 FLY	80	2:44.89	2:25.59
81	1:28.59	1:39.49	8&UN	100 FREE	82	1:33.49	1:23.09
83	7:39.49	6:55.79	10&UN	400 FREE	84	6:52.69	7:35.19
85	5:58.79	5:20.19	13-14	400 FREE	86	5:31.09	6:07.69
87	6:38.79	5:55.89	11-12	400 FREE	88	5:56.59	6:35.09
89	47.79	54.89	10&UN	50 BRST	90	55.09	48.19
91	51.59	57.79	8&UN	50 BRST	92	57.29	51.09
93	1:22.69	1:34.89	17&OV	100 BRST	94	1:24.99	1:13.19
95	1:22.69	1:35.09	15-16	100 BRST	96	1:27.29	1:14.99
97	1:22.59	1:33.59	13-14	100 BRST	98	1:30.49	1:18.39
99	41.09	45.59	11-12	50 BRST	100	47.09	41.09
101	48.09	53.99	8&UN	50 BACK	102	52.89	47.09
103	1:33.99	1:48.89	10&UN	100 BACK	104	1:46.09	1:32.49
105	1:12.59	1:24.29	17&OV	100 BACK	106	1:16.09	1:04.99
107	1:13.29	1:24.79	15-16	100 BACK	108	1:17.59	1:06.39
109	1:14.79	1:24.19	13-14	100 BACK	110	1:21.29	1:10.29
111	1:21.89	1:31.19	11-12	100 BACK	112	1:31.39	1:19.09
113			13-14	800 F.R.	114		
115			10&UN	200 M.R.	116		
117			11-12	200 M.R.	118		
119			15-18	200 M.R.	120		
121			13-14	200 M.R.	122		
169	13:57.39 13:08.29 12:55.49 12:53.09	12:34.49 11:41.99 11:35.39 11:26.79	11-12 13-14 15-16 17&OV	800 FREE (GIRLS ONLY)			

Note: Event 169 will be swum between trials and finals, 10 minutes after event 122. All relay events, all 8 & Under events, the 800 Free and the 10 & Under 400 Free are timed finals.

**ORDER OF EVENTS**

**Sunday, July 29, 2007**

EV #	Q TIME	Q TIME	AGE GROUP	EVENT	EV #	Q TIME	Q TIME
	SCY	LCM				LCM	SCY
123	1:29.29	1:41.89	11-12	100 BRST	124	1:41.99	1:28.39
125	6:14.99	5:35.19	17&OV	400 FREE	126	5:12.39	5:44.19
127	6:14.69	5:34.39	15-16	400 FREE	128	5:17.79	5:52.29
129	5:46.19	6:32.49	13-14	400 I.M.	130	6:15.09	5:27.59
131	6:06.19	6:59.79	11-12	400 I.M.	132	6:56.29	5:59.59
133	1:42.09	1:56.19	10&UN	100 FLY	134	1:53.99	1:40.59
135	49.09	55.09	8&UN	50 FLY	136	54.49	48.59
137	2:39.19	3:02.29	17&OV	200 I.M.	138	2:45.59	2:23.59
139	2:32.39	2:52.29	15-16	200 I.M.	140	2:49.39	2:29.79
141	28.09	31.89	13-14	50 FREE	142	33.19	28.79
143	29.99	33.99	11-12	50 FREE	144	35.69	30.99
145	35.49	40.19	10&UN	50 FREE	146	40.39	35.59
147	40.09	45.19	8&UN	50 FREE	148	42.99	38.09
149	30.49	34.89	17&OV	50 FREE	150	31.09	26.89
151	28.19	31.99	15-16	50 FREE	152	31.79	27.49
153	2:40.99	3:03.69	13-14	200 FLY	154	2:53.29	2:32.59
155	2:52.99	3:17.79	11-12	200 FLY	156	3:15.89	2:51.49
157			15-18	800 F.R.	158		
159			10&UN	200 F.R.	160		
161			11-12	200 F.R.	162		
163			13-14	200 F.R.	164		
165			15-18	200 F.R.	166		
			11-12	800 FREE (BOYS ONLY)	170	12:37.59	13:52.99
		13-14	11:23.99		12:39.99		
		15-16	10:54.99		12:08.19		
		17&OV	10:48.99		11:59.19		

Note: Event 170 will be swum between trials and finals, 10 minutes after event 166. All relay events, the 800 Free and all 8 & Under events are timed finals