

SIERRA NEVADA JUNIOR OLYMPICS

LONG COURSE CHAMPIONSHIPS



July 24-27, 2008
Hosted By Redding Swim Team

Online entries at: <http://swimconnection.com/sn/meet/radio>

Sierra Nevada Junior Olympics Long Course Championships will be divided into two venues. Event limits and results will include the combined total between the 2 weekends. The distance events (800 Meter Free, 1500 Meter Free, and 10 and Under 400 Meter Free) will be swum on July 19-20, 2008 and hosted by SASO/Vacaville Swim Club. The remainder of the events will be swum on July 24-27, 2008 and hosted by the Redding Swim Team. **The age of the swimmer on the first day of the meet, July 19, 2008, shall determine the swimmer's age for the entire meet.** Sierra Nevada registered swimmers only. Please refer to the appropriate meet sheet(s) for rules, time standards, location of meet(s) and how to enter.

Sanction: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 02-08

Location: **Redding Aquatic Center:** Directions to the pool from I-5: Take 299 East/Burney Exit (#680), turn west onto Lake Blvd. and drive approximately .7 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is about a half mile on the left.

Parking: Located adjacent to the pool.

Facility: Competition will be conducted in a 50 meter 8 lane outdoor pool. A separate 25-yard pool will be available for continuous warm-up throughout the meet.

Meet Start Times: Competition will begin at 9:00 a.m. each day. Coaches' meeting will begin 15 minutes prior to the start of each morning session. Official's meetings are specified on page 4.

Check-In: The meet will be deck seeded. Each swimmer (not by another swimmer), their coach or parent, must check-in prior to the close of their event. Check-in opens each day at 7:15 a.m. **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. Relay events will close at 11:00 a.m.**

Rules: Current USA Swimming/Sierra Nevada Swimming rules shall govern the meet. All swimmers must be a 2008 registered member of USA-S and present their card upon request. If you do not have a USA-S registered coach at the meet, report to the Deck Referee for lane and coach assignment. All coaches may be required to present their 2008 USA-S Coach Membership card to the Meet Referee. All events are trials and finals except the following timed final events: all 8 and under events and all relays. Swimmers over the age of 18 may swim individual events in the 17 & Over age group, but may not swim on relays. Entry times will be verified on SwimConnection prior to the meet.

Eligibility: All 2008 USA-S 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 present their current Registration Card or register at the meet before being allowed to check-in; unless the Meet Director determines that they are validly pending. If a swimmer is unregistered and competes, that swimmer will be fined \$50.00. There will be a \$10.00 surcharge payable to the host for deck registering with USA Swimming.

Time Standards: Swimmers must have achieved the appropriate entry time for each event they swim and all entry times shall be verified. SwimConnection time verification will be used to verify entry times. Only times in this database will count for qualifying times. Swimmers must qualify with the appropriate times in either long course meters or short course yards. **Converted times will NOT be allowed.** Please indicate short course time by using **SCY** on the **entry form** next to that individual event. **Short course meter times will NOT be accepted.** Any swimmer who falsifies a time may be subject to disciplinary action by Sierra Nevada Swimming. Swimmers over 18 years of age use 17-18 time standards.

Entries: **Individual:** Swimmers may enter all events they are qualified for. However, swimmers are limited to compete in a maximum of three (3) individual events per day, and are limited to a maximum of 9 individual events for the entire meet. **(The 9 individual events for entire meet will include the long distance events swum combined with events swum at this meet, July 24-27, 2008).** Please refer to the Time Standard section for entries specifications. **No deck entries. No refunds.**

Please Note: Age of the Swimmer on the first day of the meet, July 19, 2008, shall determine the swimmer's age for the entire meet.

Distance Events: Please refer to the Sierra Nevada Junior Olympics Long Course Championships Distance Meet Sheet for the following events 800 Meter Free, 1500 Meter Free, and 10 and Under 400 Meter Free.

Relays: A team may enter no more than 2 relays in each event, but only one relay will score. Relays will be deck entered and swum at the end of prelims on each day. Relay entries must be submitted to the Clerk of Course by **11:00 a.m.** each day. **All relay only swimmers must enter the meet and pay pool surcharge by entry deadline.**

Entries may be done (1) using a USA Swimming approved Standard Database Interchange format (SDIF) electronic file with a signed hard copy with a contact person and phone number; or (2) on a S.A.M.M.S. Consolidated Entry Card, that is completely filled out; or (3) online at <http://swimconnection.com/sn/meet/radjo>. **NO REFUNDS. Mail entries must be postmarked by Saturday, July 12, 2008. Hand delivered entries must be received by Monday, July 14, 2008. Online entries will be accepted through Wednesday, July 16, 2008.**

ONLINE ENTRIES: Enter online at <http://swimconnection.com/sn/meet/radjo> to receive an immediate entry confirmation. This method requires payment by credit card. SwimConnection 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. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do not wish to pay the processing fee, enter by using mail entry or hand delivery. (Online meet entry is in no way required or expected in order to enter this meet). Check <http://swimconnection.com/sn/meet/radjo> for session open or closed status.

Entry Fee: \$4.00 per individual event (includes \$0.50 for SNS, \$1.00 for Age Group Travel Fund, \$0.75 for Senior Travel Fund). No deck entries. \$8.00 per relay team (\$1.00 for SNS, \$2.00 for Age Group Travel Fund, \$1.00 for Senior Travel Fund). Pool Surcharge Fee is \$10.00 per swimmer. There will be no refunds.

Mailed entries must be postmarked by Saturday, July 12. Hand delivered by Monday, July 14. (Note: On-line entries will be accepted through Wednesday, July 16th.) Make checks payable to Redding Swim Team and mail to:

**Redding Swim Team/JO
P.O. Box 992112
Redding, CA 96099-2112
Phone Number (530) 246-2666**

Warm-Ups: Pool will be available for warm-ups on Wednesday, July 23rd from 6:00-8:00 p.m. Warm-ups on Thursday, Friday, Saturday and Sunday will begin at 7:30-8:10 a.m. with all lanes open for general warm-ups. From 8:10-8:45 a.m. lanes 1 and 8 will be open for push-pace work. NO DIVING. Lanes 2 and 7 will be open for one-way sprints from the blocks under coach's supervision. Practice starts only from sprint lanes. Lanes 3, 4, 5 and 6 will remain open for general warm-up. A separate 25-yard pool will be available for general warm-up. The Meet Referee, in the interest of the swimmers, may make changes at any time.

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 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 backstroke swimmer is executing a start in the same sprint lane.
- The use of hand-paddles, kickboards, fins and other devices are forbidden at any time.

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.

Prelims: The last three heats of each event will be circle seeded with the exception of the events identified as timed finals. A swimmer qualifying for finals based upon the results of the 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. If eight swimmers or less check-in for a particular event, those swimmers will be given the option of skipping the preliminaries and swimming in the finals only. If a swimmer opts to skip preliminaries, he/she will be seeded into the finals at their entry time. If a swimmer does not check-in for the preliminaries he/she will not be seeded into finals. If a swimmer opts to swim in preliminaries, he/she will be seeded into finals at their preliminary time. Any swimmer who fails to compete in an individual event in which they are seeded will be barred from all further individual and relay events for that day. All subsequent days of the meet, if this swimmer wants to swim, they have to check-in with the Administrative Referee before the next preliminary session is seeded. USA Swimming Scratch Rule #207.12.6 will be used at this meet. A swimmer must swim finals in order to receive points or an award.

Finals: Finals will start no earlier than 90 minutes after the completion of prelims (relay events included). Swimmers will be seeded in the finals unless they have scratched. 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. There will be one heat of eight swimmers provided the minimum numbers of swimmers have entered an event. USA Swimming Scratch Rule #207.12.6 will be used at this meet. For more details on scratch down see Prelims section of this meet sheet.

Awards: **Individual and team points earned during the 1st portion of the Sierra Nevada Junior Olympics Long Course Championship Meet, July 19-20, 2008, will be combined with this meet. Awards will not be mailed.**

Individual events will be awarded first through eighth place.
"A" Medals will be awarded to those swimmers achieving a new "A" time at this meet.

Relay events will be awarded first through third place.

High Point male and female swimmers in each age-group will be awarded.

Please Note: 8 and under swimmers may choose to swim in 8 and under events and/or 10 and under events. Points achieved in the 10 and under events can only be scored in the 10 and under category. Scores for the 8 and under High Point award will only be tabulated from the designated 8 and under events.

Team Awards for first through fifth place teams. A **Most Improved Award** for the team not finishing in the Top 5 that improves its score the most from 2007. A **Team Spirit Award** for the team continuously displaying the most team spirit.

Scoring: Individual events points are 1st-9, 2nd-7, 3rd-6, 4th-5, 5th-4, 6th-3, 7th-2, and 8th-1.
Relays points are 1st-18, 2nd-14, 3rd-12, 4th-10, 5th-8, 6th-6, 7th-4, and 8th-2.

Officials: Head Referee: Bill Fisher Admin. Referee: Don Brown
Head Starter: Greg Tyler
Meet Director: Joe Wasko
Redding Swim Team e-mail: reddingswimteam@yahoo.com

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.

Schedule of Official's Mini-Clinics and Briefings:

Official's Briefing Trials: 7:45 to 8:50 a.m. (required for all officials).
Official's Briefing Finals: One half hour before finals begin (required for all officials).

National official's certification: We have applied for this meet to be a Qualifying Meet for National Official's 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 LSC and N2 Officials to advance to their highest certification or recertify, the Official needs to have officiated at a minimum of four (4) sessions at two "Qualifying" meets. 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 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 within the Region who wish to, and are eligible to, be evaluated for advancement and re-certification. Officials wishing to be evaluated at this meet; please email the Meet Referee Bill Fisher at reddingswimteam@yahoo.com.

Officials' Dress: Official Dress for Preliminaries will be white polo shirts and navy blue pants/shorts/skirt and white shoes. Final dress for all Officials will be navy blue skirts or long blue pants with white shoes, and Hawaiian shirts. All working Officials must display membership cards at the meet.

Minimum Officials Rule: Each team shall, by entry deadline, provide the Meet Referee or Meet Director, a list of officials who have agreed to represent their team. Those teams who have not provided sufficient officials shall have all their swimmers treated as "time only swimmers" in all respects for that session.

Number of Swimmers Entered in Meet per Team	Number of Trained and Carded Officials Required
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

Hospitality: There will be a snack bar with healthful meals, drinks and snacks. Snacks, refreshments, lunch, and dinner will be served to all working officials, timers, and coaches. Dinner will depend on the meets time schedule.

Admission: Free. Four-day programs will be available for \$5.00. Finals sheets will be given to coaches and officials, and to individuals who have purchased a swim meet program.

Restrictions: Smoking or use of other tobacco products is prohibited in all areas of the meet venue including swimmer rest areas. Alcoholic beverages are not allowed in the park. Glass containers as well as pets are prohibited in the pool area.

OREGON WESTERN ZONE TRIP – August 6-9, 2008

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. Extra copies will be available at the meet. A check in an amount \$650 must accompany all applications. Letters of intent may be submitted at the Western Zone Info Table at the meet by Saturday, July 26, 2008, before 12:00 p.m. or by following the instructions on the web site.

SIERRA NEVADA JUNIOR OLYMPICS LONG COURSE CHAMPIONSHIPS

July 24-27, 2008

Hosted By Redding Swim Team
Sierra Nevada Registered Swimmers Only

SUMMARY OF INDIVIDUAL EVENTS

	8 & Under	10 & Under	11-12	13-14	15-16	17 & Over
THURSDAY		200 Free 50 Fly 100 Breast	200 Free 100 Fly 200 Breast 50 Back	200 Free 100 Fly 200 Breast	200 Free 200 Breast 200 Back	200 Free 200 Breast 200 Back
FRIDAY		200 IM 100 Free 50 Back	200 IM 100 Free 200 Back 50 Fly	200 IM 100 Free 200 Back	400 IM 100 Free 100 Fly	400 IM 100 Free 100 Fly
SATURDAY	100 Free 50 Breast 50 Back	50 Breast 100 Back	400 Free 50 Breast 100 Back	400 Free 100 Breast 100 Back	200 Fly 100 Breast 100 Back	200 Fly 100 Breast 100 Back
SUNDAY	50 Fly 50 Free	100 Fly 50 Free	100 Breast 400 IM 50 Free 200 Fly	400 IM 50 Free 200 Fly	400 Free 200 IM 50 Free	400 Free 200 IM 50 Free

Please Note: 8 and under swimmers may choose to swim in 8 and under events and/or 10 and under events. Points achieved in the 10 and under events can only be scored in the 10 and under category. Scores for the 8 and under High Point award will only be tabulated from the designated 8 and under events.

Distance Events: 800 Meter Free, 1500 Meter Free, 10 and Under 400 Meter Free will be hosted by SASO/Vacaville Swim Club on July 19 – 20, 2008. The distance events will be event numbers 1-6.

Please Note: The age of the swimmer on the first day of the meet, July 19, 2008, shall determine the swimmer's age for the entire meet.

Swimmers must qualify with the appropriate times in either long course meters or short course yards. **Converted times will NOT be allowed.** Please indicate short course time by using SCY on the entry form next to that individual event. **Short course meter times will NOT be accepted.**

SIERRA NEVADA JUNIOR OLYMPICS LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

THURSDAY - July 24, 2008

Event #	Qualifying Times Girls		Age Group	Event	Event #	Qualifying Times Boys	
	SCY	LCM				LCM	SCY
Check-In for events 7-12 closes at 8:30 a.m.							
7	2:21.49	2:40.49	17&over	200 Free	8	2:27.69	2:08.19
9	2:22.39	2:41.89	15-16	200 Free	10	2:30.49	2:10.89
11	2:31.79	2:52.39	11-12	200 Free	12	2:48.69	2:27.99
Check-In for events 13-22 closes at 9:00 a.m.							
13	2:25.39	2:45.29	13-14	200 Free	14	2:37.09	2:16.29
15	2:58.29	3:23.79	10&UN	200 Free	16	3:13.99	2:50.89
17	2:58.59	3:24.29	17&over	200 Breast	18	3:04.59	2:39.89
19	2:58.39	3:24.19	15-16	200 Breast	20	3:08.79	2:42.59
21	1:20.59	1:30.79	11-12	100 Fly	22	1:30.19	1:19.29
Check-In for events 23-38 closes at 10:00 a.m.							
23	1:13.79	1:23.69	13-14	100 Fly	24	1:17.99	1:08.69
25	42.99	48.59	10&UN	50 Fly	26	46.89	41.99
27	2:35.89	3:00.09	17&over	200 Back	28	2:43.69	2:19.89
29	2:37.99	3:01.29	15-16	200 Back	30	2:47.19	2:23.69
31	3:12.49	3:40.59	11-12	200 Breast	32	3:37.99	3:07.39
33	3:01.99	3:27.99	13-14	200 Breast	34	3:17.59	2:49.39
35	1:46.69	2:02.39	10&UN	100 Breast	36	1:59.79	1:44.79
37	37.09	42.49	11-12	50 Back	38	42.29	36.79
Relays close at 11:00 a.m.							
39			15-18	400 M.R.	40		
41			13-14	400 M.R.	42		
43			11-12	400 M.R.	44		

All relay events are timed finals.

Swimmers must qualify with the appropriate times in either long course meters or short course yards. **Converted times will NOT be allowed.** Please indicate short course time by using SCY on the entry form next to that individual event. **Short course meter times will NOT be accepted.**

SIERRA NEVADA JUNIOR OLYMPICS LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

FRIDAY - July 25, 2008

Event #	Qualifying Times Girls		Age Group	Event	Event #	Qualifying Times Boys	
	SCY	LCM				LCM	SCY
Check-In for events 45-50 closes at 8:30 a.m.							
45	5:38.29	6:24.79	17&Over	400 IM	46	5:52.59	5:06.69
47	5:40.29	6:26.29	15-16	400 IM	48	5:57.49	5:13.19
49	2:51.79	3:15.19	11-12	200 IM	50	3:13.89	2:49.69
Check-In for events 51-60 closes at 9:00 a.m.							
51	2:43.89	3:06.79	13-14	200 IM	52	2:56.39	2:33.69
53	3:19.39	3:47.29	10&UN	200 IM	54	3:44.79	3:18.09
55	1:05.79	1:14.99	17&Over	100 Free	56	1:07.99	58.89
57	1:06.19	1:15.29	15-16	100 Free	58	1:09.39	59.99
59	1:08.29	1:20.19	11-12	100 Free	60	1:17.49	1:08.09
Check-In for events 61-76 closes at 10:00 a.m.							
61	1:07.39	1:16.99	13-14	100 Free	62	1:12.19	1:02.89
63	1:22.09	1:32.99	10&UN	100 Free	64	1:31.09	1:19.99
65	1:11.49	1:21.49	17&Over	100 Fly	66	1:12.89	1:04.09
67	1:12.39	1:22.19	15-16	100 Fly	68	1:14.79	1:05.59
69	2:50.19	3:15.79	11-12	200 Back	70	3:15.29	2:46.59
71	2:39.59	3:05.69	13-14	200 Back	72	2:55.09	2:31.09
73	43.49	49.89	10&UN	50 Back	74	50.49	43.89
75	35.39	39.69	11-12	50 Fly	76	39.99	35.49
Relays close at 11:00 a.m.							
77			15-18	400 Fr R.	78		
79			13-14	400 Fr R.	80		
81			11-12	400 Fr R.	82		

All relay events are timed finals.

Swimmers must qualify with the appropriate times in either long course meters or short course yards. **Converted times will NOT be allowed.** Please indicate short course time by using SCY on the entry form next to that individual event. **Short course meter times will NOT be accepted.**

SIERRA NEVADA JUNIOR OLYMPICS LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

SATURDAY - July 26, 2008

Event #	Qualifying Times Girls		Age Group	Event	Event #	Qualifying Times Boys	
	SCY	LCM				LCM	SCY
Check-In for events 83-88 closes at 8:30 a.m.							
83	2:36.19	2:55.89	17&Over	200 Fly	84	2:41.99	2:20.39
85	2:38.79	2:58.39	15-16	200 Fly	86	2:44.89	2:25.59
87	1:28.59	1:39.49	8&UN	100 Free	88	1:33.49	1:23.09
Check-In for events 89-98 closes at 9:00 a.m.							
89	6:22.39*	5:42.99	13-14	400 Free	90	5:31.09	6:07.69*
91	6:40.09*	6:00.09	11-12	400 Free	92	5:56.59	6:35.09*
93	47.79	54.89	10&UN	50 Breast	94	55.09	48.19
95	51.59	57.79	8&UN	50 Breast	96	57.29	51.09
97	1:22.69	1:34.89	17&Over	100 Breast	98	1:24.99	1:13.19
Check-In for events 99-116 closes at 10:00 a.m.							
99	1:22.69	1:34.99	15-16	100 Breast	100	1:27.29	1:14.99
101	1:24.49	1:36.59	13-14	100 Breast	102	1:30.49	1:18.39
103	41.09	45.59	11-12	50 Breast	104	47.09	41.09
105	48.09	53.99	8&UN	50 Back	106	52.89	47.09
107	1:33.99	1:48.89	10&UN	100 Back	108	1:46.09	1:32.49
109	1:12.59	1:24.29	17&Over	100 Back	110	1:16.09	1:04.99
111	1:13.29	1:24.79	15-16	100 Back	112	1:17.59	1:06.39
113	1:14.39	1:26.79	13-14	100 Back	114	1:21.29	1:10.29
115	1:21.89	1:34.39	11-12	100 Back	116	1:31.39	1:19.09
Relays close at 11:00 a.m.							
117			13-14	800 Free	118		
119			10&UN	200 MRel	120		
121			11-12	200 MRel	122		
123			15-18	200 MRel	124		
125			13-14	200 MRel	126		

All 8 and under individual events and all relay events are timed finals.

*The Time Standard is for the 500 yard Free.

Swimmers must qualify with the appropriate times in either long course meters or short course yards. **Converted times will NOT be allowed.** Please indicate short course time by using SCY on the entry form next to that individual event. **Short course meter times will NOT be accepted.**

SIERRA NEVADA JUNIOR OLYMPICS LONG COURSE CHAMPIONSHIPS

ORDER OF EVENTS

SUNDAY - July 27, 2008

Event #	Qualifying Times Girls		Age Group	Event	Event #	Qualifying Times Boys	
	SCY	LCM				LCM	SCY
Check-In for events 127-132 closes at 8:30 a.m.							
127	1:29.29	1:41.89	11-12	100 Breast	128	1:41.99	1:28.39
129	6:14.99*	5:35.19	17&Over	400 Free	130	5:12.39	5:44.19*
131	6:17.39*	5:38.19	15-16	400 Free	132	5:17.79	5:52.29*
Check-In for events 133-142 closes at 9:00 a.m.							
133	5:46.19	6:32.49	13-14	400 I.M.	134	6:15.09	5:27.59
135	6:06.19	6:59.79	11-12	400 I.M.	136	6:56.29	5:59.59
137	1:42.09	1:56.19	10&UN	100 Fly	138	1:53.99	1:40.59
139	49.09	55.09	8&UN	50 Fly	140	54.49	48.59
141	2:39.19	3:02.29	17&Over	200 I.M.	142	2:45.59	2:23.59
Check-In for events 143-160 closes at 10:00 a.m.							
143	2:40.69	3:02.09	15-16	200 I.M.	144	2:50.19	2:26.99
145	30.99	35.49	13-14	50 Free	146	33.19	28.79
147	32.19	36.39	11-12	50 Free	148	35.69	30.99
149	36.19	40.89	10&UN	50 Free	150	40.39	35.59
151	40.09	45.19	8&UN	50 Free	152	42.99	38.09
153	30.49	34.89	17&Over	50 Free	154	31.09	26.89
155	30.49	34.99	15-16	50 Free	156	31.79	27.49
157	2:40.99	3:03.59	13-14	200 Fly	158	2:53.29	2:32.59
159	2:52.99	3:17.79	11-12	200 Fly	160	3:15.89	2:51.49
Relays close at 11:00 a.m.							
161			15-18	800 Fr R.	162		
163			10&UN	200 Fr R.	164		
165			11-12	200 Fr R.	166		
167			13-14	200 Fr R.	168		
169			15-18	200 Fr R.	170		

All 8 and under individual events and all relay events are timed finals.

*The Time Standard is for the 500 yard Free.

Swimmers must qualify with the appropriate times in either long course meters or short course yards.
Converted times will NOT be allowed. Please indicate short course time by using SCY on the entry form next to that individual event. **Short course meter times will NOT be accepted.**

**Motels and Hotels offering special rates, ask for
“Redding Swim Team Rate”**



Best Western Hilltop Inn
2300 Hilltop Drive, Redding, CA 96002
530-221-6100

Full Hot Breakfast Buffet included. Children 16 and under stay free. In room amenities include desk with high speed, refrigerator, coffee maker, iron & ironing board, hairdryers. Hotel services include guest laundry, valet service, safe deposit boxes, 24-hour FAX/copying services and room service available. Rate: \$129.00 (1-2 adults) Children under 16 stay free.



Red Lion Hotel
1830 Hilltop Drive, Redding, CA. 96003
1-800-733-5466

190 spacious, elegant rooms featuring one or two queen beds or one king bed. All have patios or balconies and surround a large courtyard with pool and Jacuzzi. The Coffee Garden features espresso bar and is open for breakfast, lunch, and dinner. In room amenities include coffee makers, hair dryers, iron and ironing board and free wireless internet. Pets welcome with deposit. Children under 18 stay free with parents at \$114.95 plus tax.



Oxford Suites
1967 Hilltop Drive, Redding, CA 96002
530-221-0100

Includes a complimentary Full Breakfast Buffet & evening reception with beverages & light hors d'oeuvres. In room amenities include desk with DSL, sofa sleeper, microwave, refrigerator, coffee maker, iron & ironing board, hairdryer. Hotel services include guest laundry, valet service, safe deposit boxes, 24-hour FAX/copying services, and a business center, a convenience shop with food, beverages, gifts and video movie rentals.
Rate: \$119.00. Children under 10 stay free.

Room rates do not include 10% occupancy tax. The Summer is busy in Redding, so book early and reference our meet for the best rate.