

SIERRA NEVADA JUNIOR OLYMPICS LONG COURSE CHAMPIONSHIPS DISTANCE MEET

Host: SASO and Vacaville Swim Club
JULY 19-20, 2008

Invitational meet for registered swimmers of Sierra Nevada LSC only

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

Sierra Nevada Junior Olympic 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 & U 400 Meter Free) will be swum 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 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.** Please refer to the appropriate meet sheet(s) for rules, time standards, location of meet(s) and how to enter.

HELD UNDER USAS/SNS SANCTION # 27-08

LOCATION: Solano Community College Pool, 4000 Suisun Valley Road, Fairfield, CA 94534

Directions to the pool: Off I-80 take Suisun Valley Road, from either direction, and head North on Suisun Valley Road to second stoplight. Turn right onto Solano College Drive. The pool is around the back of the buildings.

PARKING: Parking is \$1.00 (METERS ACCEPT QUARTERS ONLY) Saturday, free Sunday. NO VEHICLES ARE ALLOWED ON THE SERVICE ROAD AROUND THE POOL.

FACILITY: 8 lane outdoor heated 50 meter pool with changing rooms and rest areas. Unused competition lanes will be used for warm-up, warm-down.

WARM-UPS AND START TIME: Saturday and Sunday warm-ups begin no later than 7:30a.m. to 8:45a.m. Competition will begin at 9:00a.m. each day. Officials meeting will begin 30 minutes prior to the start of each session.

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 7:15 a.m. Check-in for ALL EVENTS will close at 8:30 a.m.

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.

RULES: Current USA-S/Sierra Nevada rules will apply. All swimmers must be 2008 registered members 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 timed final events. Entry times will be verified on SwimConnection prior to the meet. Fly-Over starts may be used. In that event, swimmers are reminded to remain in the water at the conclusion of their heat until the following heat has started. Swimmers then have 15 seconds to exit the pool.

ELIGIBILITY: This is an invitational meet for registered Sierra Nevada swimmers only. Swimmers who enter as "pending" or "applied for" must be prepared to show their current registration card or a copy. If a swimmer is unregistered and competes, that swimmer will be fined \$50. There will be a \$10 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 in SwimConnection. Swimmers must qualify with the appropriate times in either long course meters or short course yards. Converted time will NOT be allowed. Short Course times used as entry times please indicate on the entry form using SCY (short course yard) next to the entry time for that event. Short Course Meters 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 may enter using the 17-18 time standards.

ENTRIES-INDIVIDUAL: Swimmers may enter all events they are qualified for. However, swimmers are limited to a maximum of 9 individual events for the entire meet. **(The 9 individual events will include the long distance events swum at this meet combined with the events swum at the 2nd portion of the meet hosted by Redding Swim Team, July 24 – 27, 2008.)** Please refer to Time Standard section for entries specifications.

NO DECK ENTRIES. No refunds.

ONLINE ENTRIES: Enter at: <http://swimconnection.com/sn/meet/saso> to receive an immediate entry confirmation. **Online entries close Thurs., JULY 10, 2008.** This method requires payment by credit card. SwimConnection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% times the amount of the Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry.

MAILED ENTRIES: Entries must be postmarked by Thursday, JULY 3, 2008, or hand-delivered by Monday, JULY 7, 2008. (Please note earlier than normal mailing/delivery deadline dates.) Mailed entries must be on the SAMMS Consolidated Entry Form and the form must be complete including a current USA-S registration number and submitted by entry deadline.

Make checks payable to: **SASO.**

Entries and fees may be mailed or hand-delivered to:

SASO

Attn: Sheri Hooten

5611 Guthrie Place

Davis, CA 95618

FEES: \$4.00 per individual event (\$1.00 Age Group Travel, \$.75 Senior Travel, \$.50 SNS General Fund). Pool surcharge is **\$10.00** per swimmer. **THERE WILL BE NO REFUNDS.**

DISTANCE EVENTS: The 800 Meter Free, 1500 Meter Free and 10 & U 400 Meter Free will compete as timed finals. The 800 and 1500 will be swum 11 & up, but will be awarded as separate age groups. The 800 and 1500 will be swum fastest to slowest, one swimmer per lane, alternating girls and boys heats. **All swimmers will be required to provide their own timer, lap counter and lap counting device.**

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.

AWARDS: INDIVIDUAL MEDALS WILL BE AWARDED 1ST THROUGH 8TH PLACE. Medals not picked up at the meet will be available in Redding, July 24 -27, 2008. Awards will not be mailed.

THIS MEET WILL BE COMBINED WITH THE 2ND PROTION OF THE SIERRA NEVADA LONG COURSE JO'S AND WILL BE AWARDED AS FOLLOWS:

Individual events will be awarded first through eighth place.

Relay events will be awarded first through third place.

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

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.

"A" Medals will be awarded to those swimmers achieving a new "A" time at this meet.

Team Awards: Banners will be awarded to 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 **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.

COACHES: Coaches must wear their 2008 USA-S cards in a visible manner in order to receive a meet program.

MEET OFFICIALS:

MEET REFEREE: Niffy Carmody

HEAD STARTER: Rebecca Landre

MEET DIRECTOR: Dennis Hooten – (707)249-6266 or (dshooten@sbcglobal.net)

OFFICIALS: Certified officials from any LSC with current USA Swimming registration are welcome to work this meet. All working officials are expected to display membership cards at the meet.

OFFICIALS DRESS: Dress for all officials will be 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 that team during the meet, in accordance with the following table:

Number of swimmers entered in meet per team	Number of trained and carded officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	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 respects of that session.

COMPUTER: This meet will be conducted using the HY-TEC computer system.

Hospitality will be provided to all working officials and coaches throughout the meet.

RESTRICTONS: Each team will be limited to 2 easy-ups on the pool deck. 1 will be allowed in the coaching area and 1 in the team area. Additional easy-ups can be placed on the grass area outside the pool. 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 the meet venue. Glass containers as well as pets are not allowed 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 **Redding** meet by Saturday, July 26, 2008, before 12:00 p.m. or by following the instructions on the web site.

SATURDAY, JULY 19, 2008

#	EVENT	AGE GROUP	SCY	LCM
1	400 FREE GIRLS	10 & UN	7:39.49	6:55.79
2	400 FREE BOYS	10 & UN	7:35.19	6:52.69
3	800 FREE GIRLS	11-12	13:57.39	12:34.49
		13-14	13:08.29	11:41.99
		15-16	12:55.49	11:35.39
		17&OV	12:53.09	11:26.79
4	800 FREE BOYS	11-12	13:52.99	12:37.59
		13-14	12:39.99	11:23.99
		15-16	12:08.19	10:54.99
		17&OV	11:59.19	10:48.99

SUNDAY, JULY 20, 2008

#	EVENT	AGE GROUP	SCY	LCM
5	1500 FREE GIRLS	11-12	23:30.19	24:15.79
		13-14	21:53.19	22:23.09
		15-16	21:38.89	22:10.69
		17&OV	21:27.19	21:58.49
6	1500 FREE BOYS	11-12	23:23.89	24:20.19
		13-14	21:06.99	21:54.19
		15-16	20:21.89	20:59.89
		17&OV	19:59.39	20:35.79

Hotel Information

Host Hotels:

**Hilton Garden Inn
2020 Gateway Blvd.
Fairfield, CA 94533
707-426-6900**

**Fairfield Inn & Suites by Marriott
315 Pittman Road
Fairfield, CA 94534
Phone: 707-864-6672**