



“SPOOK-TACULAR” BB+/- Swim Meet



Hosted by:
California Capital Aquatics

October 2-4, 2015

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 49-15

Enter online at: <http://ome.swimconnection.com/meets>

According to 202.4.8, “In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.”

According to 202.4.9D, “Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.”

LOCATION: **Roseville Aquatics Complex** (3051 Woodcreek Oaks Blvd., Roseville, CA 95747). Traveling on I-80, Take Highway 65 North; take the Pleasant Grove exit; go west on Pleasant Grove to Woodcreek Oaks Blvd and turn left, the Aquatic Complex will be on the right hand side.

Please check the times below – This is a SPLIT-SESSION FORMAT

TIMES: Friday: Warm-ups begin at 4:30pm; the meet will begin at 5:30pm.

Sat & Sun: **AM Session:** Warm-ups will begin at 7:00am.

Meet will begin at 8:30am.

PM Session: Warm-ups will begin no earlier than 12:00pm.

Meet shall begin no earlier than 1:00pm.

The last 15 minutes of the warm-ups in the afternoon will be dedicated to 8 & unders ONLY.

**** Fridays events will be as follows:**

Course #1 (Deep end of pool) – 11+ up 1650 fastest to slowest alternating girls/boys.

Course #2 (Scoreboard end) – 11-12 200 Fly; 10&under 500 Free; any remaining heats of 1650 swam in that order. Both courses will be swam simultaneously.

| Deep End | Scoreboard End |
|---|--|
| 11 & Up 1650 Fastest to Slowest; Alt Girls/Boys | 11 - 12 200 Fly |
| | 10 & under 500 Free |
| *1650 must provide their own timers* | Any remaining heats of 1650 to fill in |

FACILITY: An outdoor, heated 16 lane, 25 yard pool with locker rooms and rest areas. An additional outdoor, heated 5 lane 25 yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. A state of the art Colorado Scoreboard provides a great addition to the Competition venue. The competition course has been certified in accordance with 104.2.2C(4) . The copy of such certification is on file with USA Swimming. In accordance with 202.4.9C, the competition course has a pool depth at the deep end of 13ft at 3’ 3 ½” and 12ft at 16’5” and in the shallow end is 4’ 6” at 3’ 3 ½” and 4’6” at 16’ 5”. As the pool is configured for short course, the pool depths will vary as the pool gets deeper.

PARKING: Parking is free all three days. If overflow parking is needed, please park in the Woodcreek High School parking lot, South of the pool or at the Roseville Sports Center North of the pool.

RULES: 2015 USA Swimming and Sierra Nevada Swimming rules will apply. 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 2015 USAS Coach Membership Card to the Meet Referee at the beginning of the meet. All events are timed finals. All swimmers may **swim (4) events per day**, unless the entry cap is exceeded. Coaches must display their **CURRENT USA Swimming membership card with a valid Criminal Background and Athlete Protection Training expiration date, in a visible manner.** Meet programs will only be given to coaches whose cards are visible.

SAFE SPORT: **According to USA Swimming Rule 202.4.9H: Use of audio or visual recording devices, including a cell phone, is not permitted in changing area, rest rooms or locker rooms.** Sierra Nevada Swimming and California Capital Aquatics would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at anytime."
For the safety of the Athletes and according to 202.4.9I, changing into or out of swimsuits other than in the locker rooms or other designated areas is prohibited.

ELIGIBILITY: All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmer memberships prior to the meet and, if valid, these swimmers will be allowed to check-in and compete. Note that Sierra Nevada Swimming does not allow swimmers to register for a USA Swimming Membership at the meet. Properly registered 19-over swimmers may enter 13-18 events, however, they will not be awarded.

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 for the first four events of each day will close a half-an-hour before the scheduled start of the meet. Swimmers must check-in for later events at least a half-an-hour prior to the estimated start of each event. **All events will be swum fastest to slowest.**

ENTRIES: Option # 1: On-line entries, enter at: <http://ome.swimconnection.com/meets> to receive immediate confirmation of acceptance. On-line entry requires payment by credit card using the Swim Connection 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. On-line meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. On-line Meet Entry is in no way required or expected of a swimmer by Sierra Nevada Swimming.

On-line entries must be received before 11:59PM on Thursday, September 24, 2015.

Option # 2: Mailed entries use a SAMMS Consolidated entry card. Entry cards must be **COMPLETELY** filled out and legible. The entry card may be reproduced. The meet entry card is available from the Sierra Nevada Swimming website: <http://sn-swimming.org>. **Entries must be postmarked on or September 21, 2015 or hand delivered by 7:00PM on Monday, September 21, 2015 to the Roseville Aquatics Complex Box marked "Spook-tacular Meet Entries"**

Absolutely no late, or telephone, entries will be accepted. No refunds.

Send SAMMS entries to: **CCA SPOOK-TACULAR
6721 5th St.
Rio Linda, Ca 95673**

ENTRY FEES: **\$4.00 PER INDIVIDUAL ENTRY** (INCLUDES \$.75 age group travel fund, \$.50 senior travel fund, \$.50 Sierra Nevada Swimming. In addition there is a **\$7.00 pool surcharge per swimmer** to help cover the cost of the pool. Entry fees are non-refundable. If deck entries are accepted by the Meet Director they will be \$4.50 per event plus \$8.00 pool surcharge.
Make checks payable to: "CALIFORNIA CAPITAL AQUATICS" or "CCA"

ENTRY LIMITS: Should 8-under or 12-under events on any day be estimated to last longer than 4 hours, swimmers may be required to scratch down. Entries in excess of (4) per day will not be refunded. If events are required to be scratched on any day, then deck entries will not be accepted on that day. The meet will be capped as follows:

Friday – 150 swimmers
Saturday & Sunday 13yrs and over – 400 swimmers
Saturday & Sunday 12yrs and under – 625 swimmers

DECK ENTRIES: Deck entries will only be accepted prior to the start of the Saturday and Sunday sessions if the Meet Director determines that the 8-under and 12-under events can each be completed within four hours during that session. Deck entries will be swum for time only and will not be awarded.

AWARDS: Swimmers 14-under will be awarded distinguished pins for 1st through 3rd place and ribbons for 4th through 8th place.
6-under events will be awarded separately.
For swimmers swimming in the 13-18 age group, the 13-14 age group will be awarded as described above, and the 15-18 age group will not receive those previously described awards.

Heat Winners will be awarded at the conclusion of their race.

"A" medals will be awarded to "B" swimmers achieving new "A" times.
All awards must be picked up by the conclusion of the swim meet. Awards will not be mailed out.

The winner of the **Boys 15-16 200 Free event** will be presented with the **Greg Connolly Award** for achievement, in memory of Greg Connolly. **This award will be presented immediately following the event.**

RESTRICTIONS: **E-Z up set-up will not be allowed before 2:30pm on Friday October 2, 2015.** 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. 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, absolutely NO TARPS or GROUND COVERS ARE ALLOWED ON THE GRASS).** No propane heaters allowed within the facility.

The Warm-Up pool is to be used for LAP SWIMMING ONLY. No playing will be allowed in the beach entry area of the pool

COACHES: All coaches must have evidence of their USA Swimming Certification on hand. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck. Programs will only be given to coaches whose cards are visible. Those Coaches without evidence of certification who wish to remain at the competition must sit in the spectator area.

ADMISSION: Admission is free.

CONCESSIONS: A snack bar with healthful meals, drinks and snacks will be available.

OFFICIALS: **Meet Referee:** **Ted Curley**
 Head Starter: **Alison Turner**
 Admin. Official: **Steve Covington**
 Meet Director: **Alex Ongaco** (meetdirector@ccaswimming.org)

MINIMUM OFFICIALS RULE:

All certified officials with current USA Swimming registration from any LSC are welcome to work this meet. All working officials are expected to display, while officiating the meet, their current USA Swimming membership card with a valid Criminal Background and Athlete Protection Training expiration date on it. Officials dress will be white polo shirts, navy blue pants/shorts/skirts and white shoes. Each team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of officials who have agreed to represent that team during the conduct of the meet. An officials meeting will begin 30 minutes prior to the start of each session. Those teams who have not provided sufficient officials shall have all their swimmers treated as “time only” swimmers in all respects for that session.

OFFICIALS’ REQUIREMENT

| Number of team’s swimmers submitting entries in each meet session: | Number of trained and carded officials required per team: |
|---|--|
| 0-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| >100 | 5 |

TIMERS: Each participating team will be assigned lanes to provide timers. These assignments will be made relevant to the number of swimmers each team has attending. Each team will be required to provide **(1) timer for every (5) swimmers entered into the meet.** Timers will be served snacks and refreshments only. Due to the nature and timing of a split session, no lunches will be served to the timers.



SUMMARY OF EVENTS

| <u>Day</u> | <u>8 - Under</u> | <u>10 - Under</u> | <u>11 - 12</u> | <u>13 -over</u> |
|-----------------|------------------|-------------------|----------------|-----------------|
| Friday | | 500 Free | 200 Fly | 1650 Free |
| | | | 1650 Free | |
| Saturday | 25 Free | 100 IM | 100 IM | 200 IM |
| | 25 Breast | 50 Back | 50 Back | 100 Back |
| | | 100 Free | 100 Free | 100 Free |
| | | 100 Breast | 200 IM | 200 Breast |
| | | 50 Fly | 200 Back | 100 Fly |
| | | | 100 Breast | 500 Free |
| | | | 50 Fly | |
| | | | 500 Free | |
| Sunday | 25 Back | 200 Free | 200 Free | 200 Free |
| | 25 Fly | 50 Breast | 50 Breast | 100 Breast |
| | | 100 Fly | 100 Fly | 200 Fly |
| | | 100 Back | 200 Breast | 200 Back |
| | | 50 Free | 100 Back | 50 Free |
| | | | 50 Free | 400 IM |
| | | | 400 IM | |

Please note: All events will be swum fastest to slowest.

SCHEDULE OF EVENTS

| Friday October 3 | | | | Saturday October 4 - AM Session | | | | Sunday October 5 - AM Session | | | |
|-----------------------------|--------------|--------------|----------|--|--------------|--------------|----------|--|--------------|--------------|----------|
| G | Group | Event | B | G | Group | Event | B | G | Group | Event | B |
| 1 | 11 - 12 | 200 Fly | 2 | 7 | 13 & Up | 200 IM | 8 | 39 | 13 & Up | 200 Free | 40 |
| 3 | 11 & Up | 1650 Free | 4 | 9 | 13 & Up | 100 Back | 10 | 41 | 13 & Up | 100 Breast | 42 |
| 5 | 10 & Un | 500 Free | 6 | 11 | 13 & Up | 100 Free | 12 | 43 | 13 & Up | 200 Fly | 44 |
| | | | | 13 | 13 & Up | 200 Breast | 14 | 45 | 13 & Up | 200 Back | 46 |
| | | | | 15 | 13 & Up | 100 Fly | 16 | 47 | 13 & Up | 50 Free | 48 |
| | | | | 17 | 13 & Up | 500 Free | 18 | 49 | 13 & Up | 400 IM | 50 |
| | | | | Saturday October 4- PM Session | | | | Sunday October 5 - PM Session | | | |
| | | | | G | Group | Event | B | G | Group | Event | B |
| | | | | 19 | 12 & Un | 100 IM | 20 | 51 | 12 & Un | 200 Free | 52 |
| | | | | 21 | 8 & Un | 25 Free | 22 | 53 | 8 & Un | 25 Back | 54 |
| | | | | 23 | 12 & Un | 50 Back | 24 | 55 | 12 & Un | 50 Breast | 56 |
| | | | | 25 | 12 & Un | 100 Free | 26 | 57 | 12 & Un | 100 Fly | 58 |
| | | | | 27 | 11-12 | 200 IM | 28 | 59 | 8 & Un | 25 Fly | 60 |
| | | | | 29 | 8 & Un | 25 Breast | 30 | 61 | 11 - 12 | 200 Breast | 62 |
| | | | | 31 | 11 - 12 | 200 Back | 32 | 63 | 12 & Un | 100 Back | 64 |
| | | | | 33 | 12 & Un | 100 Breast | 34 | 65 | 12 & Un | 50 Free | 66 |
| | | | | 35 | 12 & Un | 50 Fly | 36 | 67 | 11 - 12 | 400 IM | 68 |
| | | | | 37 | 11 - 12 | 500 Free | 38 | | | | |

- * 6 & Under swimmers swimming in 8 & Under events will be awarded separately.
- * 6 & Under, 8 & Under, 9-10 and 11-12 swimmers in 12 & Under events will be awarded separately.
- * 1,650 Free event is open to 11 & Up swimmers and will be awarded separately.
- * **NOTE: THE 1650, AND 11-12 200 FLY WILL BE SWUM AT THE SAME TIME**

Please see a full list of hotel accommodations, restaurants and other activities in the area at the Placer Valley Tourism website www.placertourism.com.

