



**“Rusch to spook(-tacular)”
BB+/- Swim Meet
Hosted by:
California Capital Aquatics
October 13-15, 2017**



SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 68-17

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: **Rusch Community Park** (7801 Auburn Boulevard, Citrus Heights, CA 95610): Taking I-80 East toward Reno, take the Antelope Road Exit (EXIT 100). Continue on Antelope Road. Turn left onto Auburn Boulevard. Rusch Park will be on the left hand side of Auburn Boulevard.

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

TIMES:
Friday: Warm-ups begin at 4:30 PM; the meet will begin at 5:30 PM.
Sat & Sun: **AM Session:** Warm-ups will begin at 7:00 AM.
Meet will begin at 8:30 AM.
PM Session: Meet warm-up may start at the completion of the AM Session. PM Sessions will begin no earlier than 1 hour after the estimated time of completion of the AM Sessions.
The last 15 minutes of the warm-ups in the afternoon will be dedicated to 8 & under swimmers ONLY.

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

- Lifeguards shall be on the pool 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 (Usually lanes 1 & 8) and up to 2 lanes for one-way sprints (Usually lanes 2 & 7).
 - Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool)
 - 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
- All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

The Meet Referee, Meet Director or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

- FACILITY:** An outdoor, heated 8 lane, 25 yard pool. An additional outdoor, heated 6 lane 25 yard pool is available for warm up/warm down. Colorado Starting, Timing and Scoreboard system will be used. The competition pool has not been certified in accordance with 104.2.2C(4). In accordance with 202.4.9C, the competition course has a pool depth at the start end of 7' 7.5" at 3' 3.5" and 6' 8" at 16' 5". At the turn end the pool depth is 3' 7" at 3' 3.5" and 4' 1.5" at 16' 5".
- RULES:** 2017 & 2018 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 2017 or 2018 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.**
- NT or No Official Time Entries will be accepted and submitted Estimated Times will **NOT** be required if a swimmer has no official times
- 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, "Deck Changes are prohibited." According to 202.4.9J the operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open-ceiling locker rooms) any time athletes, Coaches, Officials and/or spectators are present, except when prior written approval by the Program Operations Vice Chair is granted.
- 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.
- According to 302.4 - If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, Member Coach or Member Club submitting the entry.
- 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:** 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 entries must be received before 11:59 PM on Thursday, October 5, 2017.
- 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 planned and 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 – 16 swimmers (200 FLY)* 32 swimmers (500 Free)* 48 Swimmers (1650)*
Saturday & Sunday 13yrs and over – 200 swimmers
Saturday & Sunday 12yrs and under – 315 swimmers

***Friday's Events will be Mixed Events, they will be awarded separately as Girl/Boy**

DECK ENTRIES: Deck entries will only be accepted prior to the start of the Saturday and Sunday sessions if the Meet Director and Meet Referee 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 12 & Under will be awarded ribbons for 1st through 8th place.
6 & under swimmers, 7-8, 9-10 and 11-12 swimmers in 12 & under events will be awarded separately.
6 & under swimmers swimming in 8 & under events will be awarded separately.
Swimmers in the 13-18 age group will not receive awards.

"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.

RESTRICTIONS: **E-Z up set-up will not be allowed before 2:30 PM on Friday October 13, 2017.** No overnight parking is allowed. 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. No propane heaters allowed within the facility.
The Warm-Up pool is to be used for LAP SWIMMING ONLY.

COACHES: All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Clerk of Course or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck. 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:	William Fisher
Head Starter:	Ted Curley
Admin. Official:	John Richardson
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. **To show support for Breast Cancer Awareness Month, we encourage Officials serving on Saturday, October 14, 2017 to wear a PINK SHIRT.** 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:

Clubs will be assigned Lanes. Timing is based on the SN Timing Policy. Number of timing chairs per Team is based on the formula - (number of swimmers on a Team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] 48 timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams.



SUMMARY OF EVENTS

Day	8 - Under	10 - Under	11 - 12	13 -over
Friday		500 Free	200 Fly	1650 Free
			1650 Free	
Saturday	25 Free	100 IM, 200 IM	100 IM, 200 IM	200 IM
	25 Breast	50 Back	50 Back	100 Back
		100 Free	100 Free	100 Free
		100 Breast	200 Back	200 Breast
		50 Fly	100 Breast	100 Fly
			50 Fly	500 Free
			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 13				Saturday October 14 - AM Session				Sunday October 15 - AM Session			
G	Group	Event	B	G	Group	Event	B	G	Group	Event	B
1	11 - 12	200 Fly	1	7	13 & Up	200 IM	8	39	13 & Up	200 Free	40
2	10 & Un	500 Free	2	9	13 & Up	100 Back	10	41	13 & Up	100 Breast	42
3	11 & Up	1650 Free	3	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 14 - PM Session				Sunday October 15 - 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	12 & Un	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				

For Special Hotel Rates & Packages Available For Spook-tacular Weekend, Courtesy of Placer Valley Tourism:

<http://www.placertourism.com/events/2017Spooktacular>



