



# NORTH VALLEY AQUATIC LEAGUE

## Swimming Championships

### Redding Aquatic Center



**Hosted by the Redding Swim Team and the North Valley Aquatic League**  
**Friday, Saturday and Sunday**  
**August 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>, 2010**

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

- Sanction:** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: 30-10
- Location:** **Redding Aquatic Center, 44 Quartz Hill Rd., Redding, CA 96003** From I-5: take the Lake Blvd./ 299 East/Burney Exit (#680), turn west onto Lake Blvd. and drive approximately 0.8 miles, turn left onto Market Street, drive 1.2 miles and turn right onto Quartz Hill Rd. The Redding Aquatic Center is .5 miles on the left.
- Facility:** Competition will be conducted in a **25 yard** 15 lane outdoor pool. Year Round Division Swimmers will swim in one multi-lane course, while Seasonal Division Swimmers will swim in another. The competition course has a pool depth at the start and turn ends that varies from 5' at the shallow end to 12' at the deep end, in accordance with Article 202.3.6. The course has been certified in accordance with 104.2.2c(4). The copy of such certification is on file with USA Swimming. A separate 25-yard pool will be available for continuous warm-up throughout the meet.
- Meet Start Times:** Competition begins at 2 p.m. on Friday with warm-ups beginning no earlier than 12:30 p.m. Competition begins at 9 a.m. on Saturday with warm-ups beginning no earlier than 7:30 a.m. On Sunday, competition will begin at 9:15 a.m. with warm-ups beginning no earlier than 7:30 a.m. and ending at 8:45 a.m. to allow time for the Tribute to the Graduates prior to competition. Officials' meeting will begin 30 minutes prior to the start of each session. Coaches' meeting will begin 15 minutes prior to the start of each session.
- Check-In:** Meet will be deck seeded. Swimmers, or coach or parent, must check-in prior to the close of their event.

	FRIDAY		SATURDAY		SUNDAY	
Division	Seasonal	Year Rnd	Seasonal	Year Rnd	Seasonal	Year Rnd
<b>Check-In Open</b>	12:30 p.m.		7:30 a.m.		7:30 a.m.	
<b>1<sup>st</sup> Six Events</b>	#1 – 6	#401 – 406	#7-12	#407 – 412	#47 – 52	#447 – 452
<b>Close At</b>	1:30 p.m.	1:30 p.m.	8:30 a.m.	8:30 a.m.	8:30 a.m.	8:30 a.m.
<b>Next 10 Events</b>	N/A		#13 – 22	#413 – 422	#53 – 62	#453 – 462
<b>Close At</b>			9 a.m.	9 a.m.	9:15 a.m.	9:15 a.m.
<b>Remaining Events</b>	N/A		#23 – 36	#423 – 436	#63 – 76	#463 – 476
<b>Close At</b>			10 a.m.	10 a.m.	10 a.m.	10 a.m.
<b>Relay Cards Due By</b>	N/A		#237-246 10 a.m.		#277-286 10 a.m.	

**Rules:** Current USA Swimming/Sierra Nevada Swimming rules shall govern the meet. Sierra Nevada warm-up rules will be in effect, and will be posted on the pool deck. All events are timed finals. Swimmers 11 and up are limited to eight (8) individual events and two (2) relay events for the meet. Two (2) of the eight individual events must be on Friday. Swimmers 10 and under are limited to seven (7) individual events and

two (2) relay events for the meet. One (1) of the seven individual events must be on Friday. **Only enter the allowed number of events.** No refunds. Only two events per swimmer are allowed on Friday.

Swimmers age 8 and under are encouraged to enter the 100 IM only if they have a valid time and have swum this event legally at least once in a previous meet.

The "Order of Events" reflects two divisions: "Seasonal Swimmer" and "Year Round Swimmer." Any swimmer who is registered as a "Seasonal Athlete" (May through September season only) may swim in the Seasonal Division, or he/she may choose to swim in the Year Round Division, but cannot go back and forth between the two. Please enter carefully as no switching will be allowed at the meet unless approved by the Meet Referee. If a swimmer has a full year registration, they may ONLY compete in the Year Round Division. Note that all Year Round Swimmer event numbers are in the 400 series.

**Eligibility:** All swimmers must have a current USA Swimming registration card and must enter the number on their entry cards. Entrants without a current Registration Number on their entries must present a current Registration Card (or SwimConnection Registration Verification email) prior to competition. Any swimmers entering as "pending" or "applied for", etc., will be verified with the SNS Registrar prior to the meet and, if validly pending, will be allowed to check-in and compete.

All swimmers must be attached to a North Valley Aquatic League (NVAL) and must meet NVAL requirements, including having swum in at least two (2) league meets (dual meets or meets hosted by NVAL teams) in the 2010 season, as defined in the NVAL bylaws. Sierra Nevada Junior Olympics Meet is to be included as a League meet as amended in the NVAL bylaws. Write in the two League meets (date and name of meet) on the attached entry form. Additionally, each North Valley team must have paid their NVAL dues prior to the entries deadline. Teams that have not paid their dues are considered "not in good standing" with NVAL and, therefore, may NOT participate.

**Entries:** Entries may be done online, on a computer disk using Hy-Tek, or on the provided NVAL entry card. Entry cards must be completely filled out. Swimmers must enter their fastest times and must list the two meets they have swum to qualify. Entries on a computer disk using Hy-Tek must be accompanied by a hardcopy listing. Please make a backup copy for yourself in case of problems. All entered times are final. No changes will be allowed after the deadline for submitting entries. "NO TIME" ENTRIES WILL NOT BE ACCEPTED. **Entries will not be accepted without entry fee.** No individual deck entries will be accepted. Only relays will be deck entered. RELAY ONLY swimmers must complete a standard entry card, pay pool surcharge, and submit with team entries.

**ONLINE ENTRIES:** Enter online at <http://ome.swimconnection.com/meets> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 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. **(Online meet entry is in no way required or expected in order to enter this meet). Deadline for online entries ONLY is Saturday, July 31<sup>st</sup> midnight,** all other entries are due Tuesday, July 27<sup>th</sup>.

**Relays:** Relays will be deck entered and cost \$8 per relay. Relay cards are due by 10 a.m. on the day they are to be swum. Prizes will be given to those coaches that return their relay cards by 9 a.m. on the day they are to be swum. Relay team division designation is based on the designation of the team. The four members of a relay team may be a combination of seasonal and year round swimmers from the same team. Only one relay per team will be scored and awarded.

**Entry Fee:** \$3 per individual event (includes \$0.50 for SNS General Fund, \$1 for Age Group Travel Fund, \$0.75 for Senior Travel Fund). \$8 per relay (includes \$1 for SNS, \$2 for Age Group Travel Fund, and \$1 for Senior Travel Fund), and relay only swimmers must pay pool surcharge to be eligible to swim. Pool Surcharge Fee is \$8 per swimmer. All fees are **non-refundable**.

**Make checks payable to ‘Redding Swim Team’ and mail to:**

**Redding Swim Team – 2010 NVAL  
P.O. Box 992112  
Redding, CA 96099-2112**

**Entry Deadline:** **July 27, 2010** Mailed and hand-delivered. (**ONLINE ENTRIES** deadline is July 31<sup>st</sup>.)  
Redding Swim Team e-mail: [reddingswimteam@yahoo.com](mailto:reddingswimteam@yahoo.com) Phone (530) 246-2666

**Officials:** Meet Referees: Bill Fisher, & Sherry King Meet Director: Leslie Pincin  
Clerks of Course: Patricia Davis, Marisa Emmerson, & Patty Lennon Head Starter: Greg Tyler

**Officials’ Dress:** White polo shirts and navy blue long/short pants. All working officials must display membership cards at the meet.

**Minimum Official’s Rules:** Each team shall, by entry deadline, provide to the Meet Referee or Meet Director’s designee a list of officials who have agreed to represent that team during the conduct of the meet. One half-hour before the scheduled start of each session the Meet Referee shall conduct an inventory of officials comparing 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 aspects for that session.

<b>Number of Swimmers entered in meet per Team</b>	<b>Number of Trained and Carded Officials Required</b>
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
Over 100	5

**Coaches:** Shall present their 2010 USA Membership Cards to receive their program and lunches.

**Admission:** Free. Three-day programs will be available for \$6.

**Awards:** **“A” Medals will be awarded to all swimmers achieving a new “A” time.** Individual events are divided into two (2) divisions, Seasonal and Year Round. Each division will score first (1<sup>st</sup>) through twelfth (12<sup>th</sup>) place. Relays will be swum as only one division, and scored as one division, but the points credited to any team will be reflected in the divisional standings, and will be awarded to sixth (6<sup>th</sup>) place. This means that a Seasonal team will be credited points towards their Seasonal total, and Year Round teams will be credited points toward their Year Round total. Eight (8) & under events will be scored and awarded separately as 7-8, and 6 & un groups. The top five (5) high-point winners in each age group in both divisions will be known as the “NVAL All Star Swimmers” and will be awarded a trophy.

**Scoring:** As per rule number 102.7.3, the scoring will be based on awarding and scoring as follows:  
Individual events . . . . . 13, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1  
Relay events . . . . . 26, 22, 20, 18, 16, 14

**Team Scoring:** Teams are divided into two (2) groups, Seasonal and Year Round. Any team who has more than 20% of their swimmers entered into Championships as year round members will be classified as a Year Round team. Teams will be awarded first (1<sup>st</sup>) through third (3<sup>rd</sup>) in each group: Seasonal and Year Round.

**Restrictions:** Smoking or the use of tobacco products is not allowed anywhere within the swim venue including swimmer rest areas. Alcoholic beverages are not allowed in the park. Please bring shade for your team areas. Team areas are **NOT** allowed on the pool deck! Please set up on the grass areas inside or outside the fence. Pets are prohibited inside the pool area and must be on a leash in the park.

**Concessions:** A snack bar with healthful meals, drinks and snacks will be available. Hospitality will be provided to all volunteers and officials throughout the meet.

# NVAL ORDER OF EVENTS

## Friday

SEASONAL		DESCRIPTION		YEAR ROUND	
GIRLS EVENT #	BOYS EVENT #	AGE GROUP	EVENT	GIRLS EVENT #	BOYS EVENT #
1	2	11 & up	500 Free	401	402
3	4	12 & un	100 I.M.	403	404
5	6	11 & up	200 I.M.	405	406

## Saturday

GIRLS EVENT #	BOYS EVENT #	AGE GROUP	EVENT	GIRLS EVENT #	BOYS EVENT #
7	8	15-18	100 Free	407	408
9	10	13-14	100 Free	409	410
11	12	11-12	100 Free	411	412
13	14	9-10	100 Free	413	414
15	16	8 & un	50 Free	415	416
17	18	15-18	100 Fly	417	418
19	20	13-14	100 Fly	419	420
21	22	11-12	50 Fly	421	422
23	24	9-10	50 Fly	423	424
25	26	8 & un	25 Fly	425	426
27	28	15-18	100 Back	427	428
29	30	13-14	100 Back	429	430
31	32	11-12	50 Back	431	432
33	34	9-10	50 Back	433	434
35	36	8 & un	25 Back	435	436
237	238	15-18	200 M.R.	237	238
239	240	13-14	200 M.R.	239	240
241	242	11-12	200 M.R.	241	242
243	244	9-10	200 M.R.	243	244
245	246	8 & un	100 M.R.	245	246

## Sunday

GIRLS EVENT #	BOYS EVENT #	AGE GROUP	EVENT	GIRLS EVENT #	BOYS EVENT #
47	48	8 & un	100 Free	447	448
49	50	9-10	200 Free	449	450
51	52	11-12	200 Free	451	452
53	54	13-14	200 Free	453	454
55	56	15-18	200 Free	455	456
57	58	8 & un	25 Breast	457	458
59	60	9-10	50 Breast	459	460
61	62	11-12	50 Breast	461	462
63	64	13-14	100 Breast	463	464
65	66	15-18	100 Breast	465	466
67	68	8 & un	25 Free	467	468
69	70	9-10	50 Free	469	470
71	72	11-12	50 Free	471	472
73	74	13-14	50 Free	473	474
75	76	15-18	50 Free	475	476
277	278	8 & un	100 F.R	277	278
279	280	9-10	200 F.R	279	280
281	282	11-12	200 F.R	281	282
283	284	13-14	200 F.R	283	284
285	286	15-18	200 F.R	285	286

Individual events will be scored/awarded in their own age groups (6 & un, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18).

