

**SASO**  
*Swimming*

**PRESENTS**



November 3-4, 2018

Fairfield, California



Hosted by



**FALL BACK INVITATIONAL**  
**Short Course Closed Invitational**  
**November 3-4, 2018**

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<b>INVITED TEAMS</b>	<b>Sierra Nevada</b> Aquasol Swimming Arden Hills Swimming California Capital Aquatics Davis Aquamonsters Lifetime Aquatics Northern Sierra Swimming SASO Swimming Spare Time Aquatics Wolverine Aquatics	<b>Pacific Swimming</b> Almaden Riptides Marin Pirates Quicksilver Swimming Ruby Hills Aquatics San Ramon Walnut Creek Aquabears	<b>Central California Swimming</b> Clovis Swim Club  <b>Colorado Swimming</b> Woodmore Waves
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**SANCTION** Held under USA Swimming/Sierra Nevada Swimming Sanction Number: **67-18**

In accordance with USA Swimming Rule (USA-S Rule) 202.4.9, "In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

**NOTICE** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

**SAFE SPORT** Pursuant to USA-S Rule 202.4.10H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.

Sierra Nevada Swimming and Solano Aquatic Sea Otters would like to further state, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time." The use of flash devices at the start is also prohibited. This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images participating in the meet. Entry into this meet is acknowledgement and consent to this fact.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pool, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, Coaches, Officials and/or spectators are present, except with prior written approval by the Program & Events Committee Chair or designee.

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Pursuant to USA-S 202.4.10I **deck changing is prohibited.**

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## 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. A campus map can be found at

<http://www.SASOswimming.org> on the "Contact Us" page.

## PARKING:

- Free weekend parking in all student lots only.
- Parking and traffic regulations will be enforced in all faculty lots, red zones, handicapped spots, etc. 24 hours a day.
- Parking, stopping, drop-off, and pick-up are not permitted in red zones, faculty/staff, or cosmetology lots. **The parking lots located nearest to the pool are faculty/staff and cosmetology lots – they may not be used.**
- **No parking or stopping in the red turnout in front of the pool.**
- No vehicles are allowed on the service road around the pool – service roads must be clear at all times for fire and emergency vehicles.
- Failure to comply with all parking rules and regulations could result in a ticket from the on-site Sherriff's department.

## RESTRICTIONS:

- No overnight parking is allowed on the Solano Community College Campus.
- 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 are not allowed in the pool area.
- Solano College prohibits dogs on campus, including animals left in cars on campus parking lots.
- No propane heaters allowed in the swimming venue except for snack bar/meet operations.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws

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## WARM UP RULES

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

- 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
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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. The use of hand-paddles at any time during which touch pads are installed is forbidden.

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.

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## **FACILITIES**

Outdoor heated 25-yard by 50-meter pool. Up to ten (10) short course lanes will be used for competition; the remaining unused lanes will be used for warm-up and warm-down during scheduled competitions.

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## **CERTIFICATION**

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.9C, the competition course has a pool depth of 14 feet at 3' 3.5" and 6 ½ feet at 16' 5" at the start end. At the turn end it is 14 feet at 3' 3.5" and 6 ½ feet at 16' 5". The water depth of the separate warm-up lane, in accordance with USA-S Rule 202.4.10C, has a pool depth of 14 feet at 3' 3.5" and 6 ½ feet at 16' 5" at the start end, which is the same measurements as the competition pool. At the turn end it is 14 feet at 3' 3.5" and 6 ½ feet at 16' 5".

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## **RULES**

Current USA Swimming and Sierra Nevada Swimming rules will govern the meet.

- Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet.
  - Swimmers are limited to a maximum of three (3) events per day. Those entries in excess of the above limitations will not be refunded.
  - Swimmers may only enter in either Session A or Session B. They may not swim both sessions.
  - All events are short course yards.
  - Any swimmer entered in the meet must be certified by a USA Swimming Member-Coach as being proficient in performing a racing start, both for forward starts and backstroke starts including backstroke starts using a ledge or they must start each race from within the water.
  - In accordance with USA-S Rule 202.4.10D 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.
  - Swimwear must conform to USA Swimming rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition.
  - All Coaches and Deck Officials must wear their current 2018 or 2019 USA Swimming Membership/Certification cards in a visible manner.
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**SPECIAL RULES**

- **Session A - Trials & Finals (11 & Older):**
  - 11-12 Sierra Nevada time standards used for all ages to qualify for Session A events.
  - NT (No Time) entries will not be accepted.
  - Swimmer with one or more time standards may swim up to 3 bonus events, not to exceed a total of 6 events for the meet (3 events per day maximum)
  - Session A Prelim events will be swum combined, but will be separated as 11-12, 13-14 and 15 and older for finals.
  - Session A swimmers will have a championship and consolation finals during the finals session. Ten lanes will be used for finals.
  - All preliminary heats for all events will be seeded fastest to slowest.
  - The 400 IM and 500 Free will alternate girls and boys.
  - At the discretion of the Head Referee and Meet Director, the 500 Free may be swum two (2) per lane.
  - **500 Free swimmers must provide their own Timers and Lap Counter.**
  - All events in Session A will be swum as Trials and Finals, except for the 400 IM and the 500 Free, which will be swum as timed finals events. The top seeded heats of the Senior 400 IM and 500 Free (10 swimmers) will be swum during the finals session. Ten lanes for all events will be used for finals.
  - All events are pre-seeded except 500 Free and 400 IM. 400 IM/500 Free are positive check-in. Seeding for 500 Free and 400 IM will be completed after 10:00 AM each day once. *Any swimmers in the top 10 who prefer to swim in the preliminary session MUST notify the meet desk no later than 9:30 AM each day.*
- **Session B – Timed Finals (Open):**
  - Open to all ages with no time standard requirements.
  - NT will be accepted for B Session entries only.
  - Events will be swum as timed finals.
- Flyover starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.

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**TIME**

	<b>SESSION A</b> Prelims	<b>SESSION B</b>	<b>SESSION A</b> FINALS
<b>SATURDAY</b>	8:30 AM (7:00 AM warm-ups)	Warm-ups begin at the conclusion of Session A (not before 11:00 AM)	No earlier than 1½ hours after conclusion of Session B
<b>SUNDAY</b>	8:30 AM (7:00 AM warm-ups)	Warm-ups begin at the conclusion of Session A (not before 11:00 AM)	No earlier than 1½ hours after conclusion of Session B

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An Officials' Meeting will be held 30 minutes before the start of each session.

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**ELIGIBILITY**

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers' memberships prior to the meet and, if valid, will be allowed to check-in and compete. **Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet.**

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.

Any USA-S Athlete-Member competing at the meet must be accompanied by a USA Swimming Member-Coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a Coach-Member of the athlete's USA-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S Member-Coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA-S Club Member-Coach.

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**ENTRY FEES**

SESSION A: \$16 Splash Fee, \$5.50 per event entered  
SESSION B: \$16 Splash Fee, \$4.00 per event entered

Deck entries will NOT be accepted.

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**ENTRIES**

MAILED ENTRIES: Entries must be on a SAMMS Consolidated Entry Card. Entry cards must be completely filled out and legible; incomplete cards will not be accepted. NO REFUNDS. Make checks payable to SASO SWIMMING. Mailed entries must be postmarked by **midnight Monday, October 22, 2018**, and mailed to:

SASO Swimming  
5055 Business Center Drive  
Suite 108 – PMB 256  
Fairfield, CA 94534

The cap will be determined when the entries are received. Mailed entries, with postmarks prior to the due date, will not be accepted if received after the cap has been exceeded. Online entries are the best way to ensure you are entered in the meet. No telephone confirmations will be made.

ONLINE ENTRIES: Online entries will be accepted through **11:59 PM., on Thursday, October 25, 2018**. Enter at: <http://ome.swimconnection.com/sn/> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. Swim Connection 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 described below. Entering online, which requires the payment of this processing fee, is completely voluntary. If you do

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not wish to pay the processing fee, enter the meet via US Mail. Online meet entry is not required in order to enter this meet.

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**CHECK IN**

**Session A prelims** will be pre-seeded except for the 400 IM and 500 Free. There is a positive check-in required for the 400 IM and 500 Free. Seeding for 500 Free and 400 IM will be completed after 10:00 AM each day. Any swimmers in the top 10 who prefer to swim in the preliminary session **MUST** notify the meet desk no later than 9:30 AM each day.

**Session B** will require positive check-in prior to the start of the meet.

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**SCRATCHES**

USA Swimming and Sierra Nevada scratch rules for Session A Preliminary and Finals will be enforced.

Scratch Rules: In meets holding trials and finals, a modified version of rule 207.12.6.B and 207.12.6.C will apply to a swimmer failing to compete in a trial heat for which he has not scratched and is seeded to swim. The modified version of this rule will allow the Clerk of Course to check scratches at the check-in table for deck seeded meets. Once seeded and not scratched, the swimmer will be treated as entered as stated in 207.12.6.C. 207.12.6.C states that, "In all events where preliminary heats are necessary, after the heats have been seeded, any swimmer who fails to compete in an individual event heat in which they are entered and have not been scratched in accordance to the modified version of rule 207.12.6.A and 207.12.6.B of the Rules and Regulations will be barred from all further individual and relay events of that day.

Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares their intent to swim prior to the close of seeding for the next day's events." Any swimmer qualifying for a final race in an individual event who fails to compete in that event shall be barred from further competition for the remainder of the meet except as noted in the USA Swimming Rules and Regulations (207.12.6.E).

**FINALS CHECK-IN:** If you are one of the 20 finalists refer to the USA Swimming rule. Alternates will not be penalized. Swimmers will have 30 minutes after the results of their completed events are announced in which to scratch or declare their intent to scratch. Swimmers will be seeded in finals unless they scratch. Refer to the scratch rules for penalties.

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**AWARDS**

- Swimmers will be awarded 1<sup>st</sup> – 10<sup>th</sup> place for Session A Finals and Session B.
  - "A" Pins awarded for swimmers achieving a new A time in Session B only.
  - High Points Awards will be awarded to the top point scorer in Session A in the following age groups: 11-12, 13-14, 15 and older. Points are awarded to finalist swimmers only.
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**ADMISSION**

Free. The meet will be available on Meet Mobile.

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**SNACK BAR & HOSPITALITY**

A snack bar with healthful meals, drinks, and snacks will be available. Working Officials and Coaches will be served lunch and refreshments. Light refreshments will be served to all Timers.

A snack bar menu is included at the end of this announcement.

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**OFFICIALS****Session A (Trials & Finals – 11 & older)**

**Meet Referee:** John Richardson  
**Head Starter:** Melissa Serrao  
**Admin Referee:** Dominique Parke  
**Meet Director:** Lisa Strong  
(saso.lisastrong@gmail.com)

**Session B (Timed Finals - Open)**

**Meet Referee:** Mark Carmody  
**Head Starter:** Stacia Lindahl  
**Admin Official:** Jennifer McDougal  
**Meet Director:** Lisa Strong  
(saso.lisastrong@gmail.com)

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**OFFICIALS DRESS**

Officials dress will be white tennis shoes, white socks, white polo shirts and navy-blue pants/shorts/skirts. For wet or cold conditions, boots and parkas will be allowed.

All working Officials must have passed the background check and athlete protection training mandated by USA Swimming. Before the beginning of the meet, the Meet Referee will verify this condition has been met. All Officials must wear their Officials' credentials visibly while working on deck.

**SPECIAL NOTE TO OFFICIALS: If you have any special dietary restrictions, please email the Meet Director.** We will do our best to accommodate you. Also, please **bring a refillable water bottle** so that SASO can help keep you hydrated.

**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 the 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.

Coaches will be able to set up chairs and canopies on the Diving board and far side of the pool. See the included pool-deck map for approved locations.

**SPECIAL NOTE TO COACHES: If you have any special dietary restrictions, please email the Meet Director.** We will do our best to accommodate you. Also, please **bring a refillable water bottle** so that SASO can help keep you hydrated.

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**MINIMUM OFFICIALS RULE**

Each Team shall, by entry deadline, provide to the Meet Referee or Meet Director, a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

Number of a Team's swimmers entered in the meet	Number of trained and carded Officials required
1 to 25	1
26-50	2

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51-75	3
76-100	4
101 or more	5

Thirty minutes 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 aspects of that session.

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#### **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] NUMBER OF 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.

**SPECIAL NOTE TO TIMERS:** In an effort to reduce the amount of garbage created at the meet, we are asking Timers to **bring a refillable water bottle** to their timing chair so that SASO can fill it for you.

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#### **PRE-MEET SET UP**

- Gates will open at 6:30 AM for teams to set up on November 3 & 4.
  - Teams/families are encouraged to set up tents & chairs on the grassy area directly behind the pool (soccer fields).
  - All tents and canopies must be properly secured.
  - **There is limited deck space for spectators. On deck tents/canopies can only be set up behind the metal bars on the bleacher side of the pool deck.** The Host Team will have a designated area in the bleachers.
  - Tents/chairs MAY NOT be set up in the breezeways or doorways as per Solano College rules.
  - Tents and/or canopies may be moved and/or removed by the Meet Director if necessary for the safety of participants.
  - The covered blue exercise area near the faculty lot are off-limits to swim meet participants and families.
  - Do not set-up chairs, canopies, tents, or blankets in any areas other than stated above. Leave all walk-ways and access to buildings and doors clear.
  - SASO Swimming has full access to the following locations on campus during the swim meet: pool deck, locker-room, restrooms, and grass field near the pool.
  - Classes are in session on Saturday, including Solano College athletic team functions and practices on Sunday. Please be respectful of the faculty, students and Teams that we are sharing space with.
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**SUMMARY OF EVENTS:** ALL ARE RUN FASTEST TO SLOWEST. 400 IM and 500 FREE will alternate girl/boy.

**SATURDAY, November 3**

**SESSION A**

Minimum Entry Time	Girl	Event	Age Group	Boy	Minimum Entry Time
2:24.49	1	200 Free	11 & Older	2	2:24.59
3:08.59	3	200 Breast	11 & Older	4	3:00.99
1:17.89	5	100 Back	11 & Older	6	1:15.79
2:47.89	7	200 Fly	11 & Older	8	2:43.99
1:14.69	9	100 Free	11 & Older	10	1:05.89
5:56.79	11*	400 IM*	11 & Older*	12*	5:46.39

**\*Top 10 swimmers in each age group (11-12, 13-14 and 15 and older) will be seeded to swim during the finals session. If you prefer to swim during the Preliminary session, you must notify Meet Director by 9:30 AM that morning.**

**SESSION B**

Girl	Event	Age Group	Boy
13	100 Breast	9 & Older	14
15	50 Breast	OPEN	16
17	100 Back	9 & Older	18
19	50 Back	OPEN	20
21	200 Free	9 & Older	22

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**SUNDAY, November 4****SESSION A**

Minimum Entry Time	Girl	Event	Age Group	Boy	Minimum Entry Time
1:18.29	23	100 Fly	11 & Older	24	1:16.49
2:45.59	25	200 IM	11 & Older	26	2:44.19
30.09	27	50 Free	11 & Older	28	30.19
1:27.39	29	100 Breast	11 & Older	30	1:25.49
2:43.99	31	200 Back	11 & Older	32	2:40.29
6:35.89	33*	500 Free*	11 & Older*	34*	6:27.49

**\*Top 10 swimmers in each age group (11-12, 13-14 and 15 and older) will be seeded to swim during the finals session. If you prefer to swim during the Preliminary session, you must notify Meet Director by 9:30 AM that morning.**

**SESSION B**

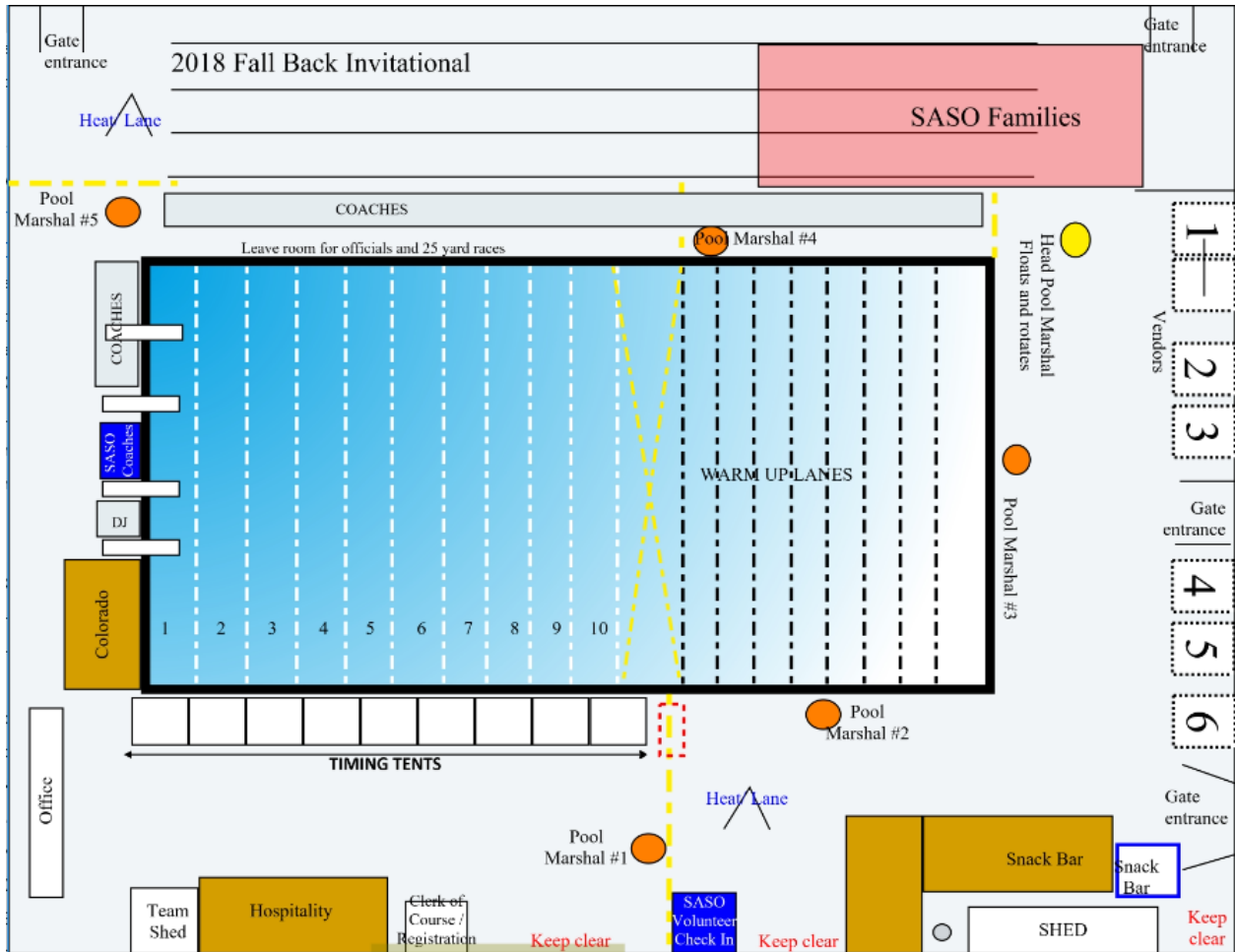
Girl	Event	Age Group	Boy
35	100 IM	OPEN	36
37	50 Free	OPEN	38
39	100 Fly	9 & Older	40
41	50 Fly	OPEN	42
43	100 Free	OPEN	44
45	200 IM	9 & Older	46

**HOTEL**

Hotel Information will be made available to participating Teams prior to the meet, including rates specific to the meet.

# Pool Map

The pool deck will be closed to all spectators. Only Coaches, Officials, swimmers and volunteers will be allowed in the closed portions of the pool deck.



# OTTER SNACK BAR



#ASWIMMERSLIFE

Select breakfast items available from 6:30 - 10:00 AM  
 Select breakfast lunch item available from 10:30 - 2:00 PM  
 or while limited supplies last

--- \$10 MEAL DEAL ---	--- AND MORE ---
The OTTER Meal Deal	Pancakes (2)
Pick any \$7 item & \$4 salad for \$10.00	Bagel with cream cheese
	Nachos - Chips & Cheese
--- \$7 MENU ---	Quesadilla
*Otter Pancakes (5x Large w/ Whipped Cream & Berries)	Bean & Cheese Burritos
Breakfast Burritos	Miso Soup
*Spam, Rice & Egg	Yogurt Cups
Pork Adobo w/ Rice	Cup O' Noodle
Chili Verde w/ Rice	Banana Bread
Chicken Curry w/ Rice	Pumpkin Bread
Chicken Teriyaki w/ Rice	Hard Boiled Eggs
Roasted Garlic Penne Pasta	Bananas
Assorted Sandwich Wraps	Assorted Chips
*Pesto Chicken Burger w/ Parmesan Fries	Assorted Treats
*Jacked Up Chili Fries	Pudding or Jello Cups
--- \$4 SALADS ---	--- BEVERAGES ---
Fruit Salad	Gatorade
Spring Mix Salad	Coke, Diet Coke, Sprite
Asian Cole Slaw	Bottled Water
Edamame Beans w/ Soy Sauce & Sesame Oil Dressing	Hot Chocolate w/ Whipped Cream
	Trotter Otter Coffee (Hot Coco & Coffee)
	Coffee, Tea

Visit the Otter Boba bar for specialty drinks!

Special thanks to our team sponsors:

