

# NORTHERN CALIFORNIA SWIMMING CHAMPIONSHIPS

## Information

**April 5th and 6th, 2024**

**Introduction:** Woodcreek High School is hosting the Northern California Championship swim meet at the Roseville Aquatics Complex in Roseville California. The meet will provide top-notch competition in a fast pool providing the swimmers the opportunity to gain experience swimming at a Trials/Finals swim meet between Northern California teams. We offer you the opportunity to come to a well-run meet at a great facility.

**SANCTION:Held under USA Swimming/Sierra Nevada Swimming Sanction Number:**

According to 202.4.10, "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 202.4.10D, "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 without the use of the backstroke ledge. 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."

If you are interested in attending this meet, please email Head Coach Sierra Buell or Aquatics President Stephanie Bastek: [gowoodcreekaquatics@gmail.com](mailto:gowoodcreekaquatics@gmail.com)

**Location:** [Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd., Roseville, CA 95747](#). There will be limited parking at the pool facility. Additional parking is available at the [Roseville Sports Center](#) located at [1545 Pleasant Grove Blvd, Roseville, CA 95747](#) and on Saturday at [Woodcreek High School](#). (There is a path that connects the sports center with the pool.) No overnight parking allowed Roseville Aquatics Complex parking lot.

**Meet Information**

- Time standards for every event. (last page of the announcement)
- Cost = \$7 per individual event. \$7 per relay.
- Make Checks Payable to Woodcreek Aquatics Club (AKA WAC) – Payment is due before the meet starts. Bring checks with you or mail to;  
**Woodcreek Aquatics Club**  
**5098 Foothills Blvd. #3-434**  
**Roseville, CA 95747**
- USA Swimming Meet Starters and Officials.
- All CIF High School Section rules on Disqualifications will apply in this meet.
- Team awards for 1<sup>st</sup> place in the Women and Men Divisions
- Top 24 swimmers and top 16 relays in trials qualify for finals providing swimmers with the opportunity for more swims and the experience of swimming in finals. Only A and B finals will be scored as noted below.
- Top 3 Team Awards for Women and Men
  - Individual Events
    - A Final – Scoring Heat
    - B Final – Scoring Heat
    - C Final – Exhibition Only
  - Relays
    - A Final – Scoring Heat
    - B Final – Scoring Heat

## **Information on Entry's**

- Trials on Friday and Finals on Saturday.
- USA Swimming Observed Event (Swimmers can request to have their times submitted to the USA Swimming Database)
- One set of Standards, no FS divisions. All One Open Division split by gender.
- Swimmers may enter three relays and one individual event OR two relays and two individual events. There is no limit on the number of swimmers a team enters in each Individual event.
- All schools may enter 2 relays per relay event into the meet.
- **Meet Entries: All entries are due by Midnight April 4th.** Send Entries to T.J. Kay at; [clmair2fly@yahoo.com](mailto:clmair2fly@yahoo.com). TJ will send out the HyTek file by March 25th or sooner.

## **Meet Officials**

- Meet director: Sierra Buell/Stephanie Bastek ([gowoodcreekaquatics@gmail.com](mailto:gowoodcreekaquatics@gmail.com))
- Computer Operator: TJ Kay ([clmair2fly@yahoo.com](mailto:clmair2fly@yahoo.com))
- Meet referee : Diane Walker ([Dwakas@comcast.net](mailto:Dwakas@comcast.net))

## **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/certification 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 socks and white shoes.** For wet or cold conditions, boots and parkas will be allowed.

**Admission:** General admission: \$8.00, 65 +, \$5. 6 and under: Free. No passes.

## **Schedule of Events**

- Friday – Trials
  - Warm ups at 10:30am
  - Scratch due by 11:15am
  - Meet starts at 12:00am
  - After Trials, please scratch before leaving, if not intending to swim Finals.
- Saturday – Finals – Top 24 Individuals and Top 16 Relays per event make finals
  - Warm ups at 8:30am
  - Scratch due by 9:15am
  - Meet starts at 10:00am

**RESTRICTIONS:**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 are prohibited in all areas of meet venue. Glass containers as well as pets are not allowed in the pool area. **EZ Ups can stay up if they are anchored to the ground with weights or buckets of water. ABSOLUTELY NO SPIKES, 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. The warm up area will be designated within the main competition pool.

**Events, Event #s, and Qualifying Times (2020 Times )**

Women		2022 Event Description	Men	
Event #	Qual Time		Qual Time	Event #
1	2:14.00	<b>200 MEDLEY RELAY</b>	1:57.00	2
3	2:10.00	<b>200 FREESTYLE</b>	2:04.00	4
5	2:30.00	<b>200 IND. MEDLEY</b>	2:22.00	6
7	28.00	<b>50 FREESTYLE</b>	25.00	8
9	1:10.00	<b>100 BUTTERFLY</b>	1:03.00	10
11	1:01.00	<b>100 FREESTYLE</b>	56.00	12
13	6:05.00	<b>500 FREESTYLE</b>	5:35.00	14
15	1:56.00	<b>200 FREE RELAY</b>	1:45.00	16
17	1:11.00	<b>100 BACKSTROKE</b>	1:05.00	18
19	1:19.00	<b>100 BREASTSTROKE</b>	1:13.00	20
21	4:23.00	<b>400 FREE RELAY</b>	4:00.00	22

Scoring																
PLACE	A1	A2	A3	A4	A5	A6	A7	A8	B1	B2	B3	B4	B5	B6	B7	B8
IND	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
RELAY	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2