



Rules and Regulations

Of

SIERRA NEVADA Swimming, Inc.

EFFECTIVE DATES

- **By Resolution of the Board of Directors of Sierra Nevada Swimming (SNS), Inc. on April 23, 2013, this version of the Rules and Regulations are to be adopted, effective as of April 23, 2013.**
- **Provisional Approval by USA-S Rules & Regulations Committee on or before March 21, 2013**
- **This version, along with any updates, modifications, deletions, and/or changes shall be made in writing, with approval of said SNS Board Members, and shall be duly noted in the Change Log (at the end of this document) by the Secretary of SNS with date of entry, addition or modification.**

***Denna Culpepper
General Chair
March 10, 2013***

SIERRA NEVADA SWIMMING RULES AND REGULATIONS

SECTION 1

ADMINISTRATION OF THE SWIMMING PROGRAM

A. REGISTRATION OF ATHLETE MEMBERS

1. General

All swimmers competing in sanctioned events must be registered athlete members of USA Swimming. They must meet representation rules contained in the current **USA-S Rules and Regulations**. In particular: "For a swimmer to represent a USA-S club in a competitive event, 120 consecutive days must have elapsed without the swimmer having represented, any other USA-S Club in USA-S competition." They must meet eligibility rules contained in the current **USA-S Rules and Regulations**. Swimmers must present their registration card or online registration verification when requested by the Meet Director or Referee or their designated representative at sanctioned swim meets.

2. Registration

Registration of SNS athletes shall be conducted by the Sierra Nevada Registration Coordinator either by mail or online. Registration is effective upon receipt by the Registration Coordinator of the registration form with applicable fee or by online payment. Applications and transfer information may be obtained by email or writing to the Registration Coordinator.

- a. Athletes' membership (registration) fee is set by the Board of Directors and includes membership in USA Swimming and membership in SNS. Checks for the fee must be made payable to SNS,
- b. The fee for a 12-month athlete's membership is \$79.00 and should be submitted either by mail to the Registration Coordinator or online. 3/3/17
- c. The fee for a Seasonal Swimmer membership is \$47.00 and should be submitted either by mail to the Registration Coordinator or online. 3/3/17
- d. In the event of duplicate registration, there shall be NO REFUNDS except as authorized by the Registration Coordinator.
- e. Swimmers qualifying for the school lunch program shall qualify for the Outreach Program, a reduced rate swim fee. 12/13/11

3. Transfers

- a. Swimmers transferring representation from one club to another must do so according to the current **USA-S Rules and Regulations**. Swimmers must apply for transfer to Unattached status by writing to the Registration Coordinator stating the swimmer's name, address, birth date, name of club from which transferring, date of last competition with that club, and name of new club (if any) to which the swimmer intends to attach after completion of the 120-day unattached period. There is no service fee for transfers from another LSC into SNS.

If 120 days have elapsed since the last appearance by the swimmer for his or her attached club, then the swimmer may transfer immediately without going unattached.

- b. Upon completion of the 120-day unattached period, a swimmer may remain in the unattached status. If attachment to a team is desired, application by letter for such attachment must be submitted to the Registration Coordinator stating the swimmer's name, address, birth date, name of club to which they wish to attach, that they are eligible to so attach in accordance with the current **USA-S Rules and Regulations**.
- c. Swimmers competing for a secondary school, college or university need not apply for formal transfer to unattached status at the commencement of their swimming season, nor return to attached status with the club in which registered at the end of their swimming season. However, if they wish to attach to a different club than the one in which they are registered, they should contact the Registration Coordinator for qualification and procedural requirements.

4. Compliance

- a. Compliance with sections A.2 through A.3 above must be accomplished prior to competition in a sanctioned event. Any athlete not in compliance may be deemed "Deficiently Registered" by the Registration Coordinator and subject to the penalties as described below, subject to review as provided for in the USA-S Rules and Regulations and Bylaws of SNS (Article 12).
- b. Any athlete entering a sanctioned event as properly registered as a member of USA Swimming, and SNS as applicable, who is in fact not so properly registered shall be subject to a fine of up to \$50.00 as shall be determined by the Board of **Review Directors**, and shall be ineligible for registration until such fine is paid.
- c. Any athlete entering a sanctioned event as properly registered as a member of a specific club or team (i.e., "attached"), who is in fact not eligible to be so attached, shall be subject to a fine of up to \$25.00 as shall be determined by the Board of **Review Directors**, and shall be ineligible for registration as a member of a specific club or team (i.e., "attached") until such fine is paid.
- d. In the event the "deficiently registered" athlete as described in paragraphs b. or c. above is a member of a "relay team" which swims in a sanctioned event, the club or team so represented by such relay team shall be subject to a fine of up to \$100.00 as shall be determined by the Board of **Review Directors**, and shall be ineligible for membership as defined in Article 2, until such fine is paid.
- e. The Meet Director and Referee of each meet are authorized to and shall assure themselves that any and all swimmers entered in a sanctioned event are properly registered swimmers in accordance with Section 1, Paragraph A.1. Hereof, and shall take whatever action is necessary to ensure compliance with Paragraph A.1.

- f. Athletes not in good standing with Sierra Nevada Swimming (SNS) shall not be allowed to participate in SNS sponsored competitions, nor participate on SNS All-Star or Western Zone teams, nor receive SNS athlete travel reimbursement, nor be permitted to register with SNS as a seasonal or year round athlete until the athlete is judged to be in good standing by the Board of Directors or their designee.

B. REGISTRATION OF NON-ATHLETE MEMBERS

In addition to the fee for membership in USA Swimming, the fee for non-athlete members of Sierra Nevada Swimming is \$6.00 (HOD2015) per year or portion thereof. This fee is applicable to all classes of membership defined in Article 2 of the Bylaws of Sierra Nevada Swimming, except for life members, for whom no fee is required.

C. CLASSES AND TIME STANDARDS

1. Classes of Swimming Competition

- a. Swimming competition shall be conducted by various classes.

The classes and age group divisions are:

(1) Senior

(2) Junior-Senior

(3) Age Group - 8/under, 10/under, 11-12, 13-14, 15-16, 17-18.

(4) Open - All USA-S registered athletes, unclassified.

- b. Classified age group meets (those with time standards - see Section 4) may offer combined age group events, Swimmers must qualify at their own age group time standards.
- c. 19/over. At the option of the sanctioning club, 19 & over swimmers may participate in any 13-18 or 15-18 class, but without scoring and without awards.

2. Time Standards

- a. Time standards regulate the qualifying of swimmers for a given class of competition and are set by the Time Standards Committee. Time standards are Age Group Motivational Time Standards except for 8-Under time standards. Time standards or entry requirements shall be set for each meet in accordance with the needs of the swimmers who will attend that meet, by the SNS Technical Planning Committee and with approval of the Board of Directors or designee.
- b. Time standards may be found in Part IV of these Rules and Regulations.
- c. Special qualifying times are used as time standards for selected championship and qualifying meets.
- d. National Reportable Time (NRT) is the time standard used for compiling the top 16 United States Swimming age group times for each season.

D. SCHEDULING

1. Swimming Seasons

- a. Needs to be CHANGED because the National indoor (short course) Championship Meet is now during the first week of December.
- b. A+ meets shall be short course only from September 1 to the date of the Junior Olympic Short-Course.
- c. Senior and Junior-Senior meets shall be long course from the date of the National Short Course Championship to August 31.
- d. A+ meets shall be long course from the date of the Junior Olympic Short Course Championship to August 31.
- e. A meets may be either long or short course from the date of the Junior Olympic Short Course Championship to August 31 with preference being given in scheduling to those meets applied for in 50 meter pools.
- f. During a year of the Olympic games, Senior meets scheduled between January 1 and the date of the Olympic Trials shall be long course.

2. Scheduling of Meets

- a. A schedule of meets for the ensuing calendar year shall be proposed by the Scheduling Committee for approval by the Board of Directors at the October meeting of the SNS Board of Directors.
- b. SNS meets will be awarded to clubs based upon a recommendation by the Scheduling Committee with approval of the Board of Directors. The Scheduling Committee will give each application consideration based upon the following criteria:
 - 1. SNS Meet Schedule
 - 2. Location
 - 3. Facility
 - 4. Host club's priority designation
 - 5. Local conflicts
 - 6. Availability of officials
 - 7. Prior history (last years weekend) of the meet operation.

8. If the team is in good standing with Sierra Nevada Swimming and/or USA Swimming.
9. Prior history of compliance with submission deadlines for sanction requests, meet directors' and referees' reports, LSC fees, and meet results.

Team's wishing to host Junior Olympics the bid process will follow the criteria set forth in section b. The only exception b.7 the history of this will not apply. The committee will consider the location and/or host in a rotational basis.

- c. Teams who are awarded Senior/Junior meets that are to be held two or three weeks prior to USA-S National Championship meets shall agree to provide NTV officers with complete results within three days of the end of the meet.
- d. Notice of intention to cancel a scheduled SNS meet must be given to the chair of the Scheduling Committee at least 90 days before the meet. The Board of Directors may bar an organization unable to fulfill its obligation to conduct a meet from holding or applying for meets the following year.
- e. Exceptions to these policies shall require a 2/3-majority vote of the SNS Board of Directors.

3. Deadlines for Meet Applications

- a. All requests to host meets shall be submitted in writing on SNS meet application forms.
- b. Bids for SNS Senior/Junior Championships, SNS Championships, Junior Olympics, BB +/- and B meets shall be received by July 31. First priority selection.
- c. Bids for Age Group Open, Invitational, Relay, and event specific meets shall be received prior to August 31. Second priority selection.
- d. Teams wishing to submit bids after these published deadlines must request approval from the SNS Board of Directors. Once the SNS Board of Directors approve the schedule in October, a team may wish to submit a bid after the approval but must have 2/3 SNS Board of Directors approval and paid a late fee of \$200.
- e. Dual meets do not require approval, and will not be placed on the SNS Meet Schedule.

4. Classes of Swimming Competition

- a. Swimming competition shall be conducted by various classes.

The classes and age group divisions are:

- (1) Senior/Junior Championships (First Round Bids)
- (2) Junior Olympics Championships (First Round Bids)
- (3) BB +/- Meet (First Round Bids)
- (4) B Meet
- (5) Age Group Open
- (6) Invitational Meet
- (7) Dual Meet – these meets do not require a bid.

- b. Classified age group meets (those with time standards - see Section 4) may offer 15-18 age group or 13-18 age group events, Swimmers must qualify at their own age group time standards.
- c. Unclassified age group meets (those without time standards, such as invitational and league meets) may offer 15-18 age group or 13-18 age group events.
- d. 19/over. At the option of the sanctioning club, 19 & over swimmers may participate in any 11-Older age group designated. i.e.... 11-older or 13-older. Awarding and scoring is optional of the host club.
- e. Open events are available for any swimmer that the specific event is recognized by USA Swimming. Teams hosting BB +/- shall give Sierra Nevada Swimming Teams priority over teams outside the LSC. Entries from other teams outside Sierra Nevada Swimming may enter after (4) days after the priority period is for Sierra Nevada Teams.
- f. Team's hosting meets that are not invites must send out information to all Sierra Nevada Swimming Teams via email.

E. SANCTIONS

1. Sanctioned Meet

- a. All USA-S swimming events, whether they be competitive meets or exhibitions, must be sanctioned, except those closed meets held by and on the premises of a club which is a member of SNS, the entries being confined to members of the club. All organizations and swimmers participating in a sanctioned meet must be members in good standing of USA-S. Only sanctioned meets will have results posted on-line.
- b. Sanction fees are as follows:
 - (1) \$10.00 per day.
 - (2) There is no sanction fee for dual meets when no entry fee is collected.
- c. Application for sanction

- (1) Sanction applications will be provided to the host club with a copy of a suggested meet sheet format for the appropriate class of meet.
- (2) Completed applications, sanction fee, and one copy of the proposed meet sheet shall be submitted to the Sanctions Coordinator at least 45 days prior to the meet date. Applications not received in a timely manner will be returned to applicant.
- (3) Make check for sanction fee payable to Sierra Nevada Swimming.

2. Approved Meet

- a. An approved meet is a designated meet conducted by organizations other than USA Swimming member clubs from which swimmers may use their times as USA Swimming qualifying times. A designated USA Swimming Official must be present to attest that the conduct of the competition conforms to all relevant USA Swimming rules and meet standards.
- b. Complete official results of an approved meet must be furnished to the SNS Records Coordinator.

3. Observed Meet

REQUIREMENTS FOR OBSERVED SWIMS — Swims may be observed by assigned USA Swimming or YMCA officials for conformance with USA Swimming technical rules in a meet conducted under other than USA Swimming rules. Official times achieved as observed swims may be submitted for entry into the SWIMS database if all of the following conditions are met (effective 9/17/11):

- a. The meet must be a season-culminating Championship, e.g., League, Conference, District, Sectional, State, Regional, or be specifically approved by the USA Swimming Program Operations Vice President or designee. A time trial held in conjunction with the season-culminating championship meet that is officiated in accordance with the same standard as the championship meet may also be observed.
- b. Requests for USA Swimming observers for certification of times from meets in the championship progression must be made to the host LSC in accordance with LSC procedures at least 10 days prior to the meet. Applications for observation of all other meets must be made to the host LSC at least 10 days prior to the meet. Authorization of such non-championship meets must then be approved by the USA Swimming Program Operations Vice President or designee.
- c. A USA Swimming official must verify that all swims approved for USA Swimming purposes were in accordance with the requirements of 102.24 (Timing Rules), 103.3 (Racing Course Dimensions), and 103.13 (Starting Platforms).
- d. Where the technical rules of the stroke differ from USA Swimming as defined in Article 101, at least two USA Swimming observers, who shall be certified Stroke & Turn Judges assigned or approved by the LSC, must be present, one at each end of the course, to verify compliance of the swim or swims with that part of the USA Swimming rule that differs from the organization's rule. Where the technical rules as listed in Article 101 are identical to those of the organization under whose rules the meet is being conducted, the judgment of the organization officials shall be sufficient. An individual swim being observed requires notification to the observers prior to the start of the competition. The times should be entered, upon request, into SWIMS, the National Times Database.

F. SNS RECORDS AND AWARDS

1. Records

- a. SNS records may be set only by Sierra Nevada registered swimmers.
- b. Records may be made in any meet held under sanction of SNS and will be recognized and recorded from meet results or as per paragraph c below.
- c. SNS records set by Sierra Nevada registered swimmers in meets held in other LSCs, in regional meets, or in national meets shall be recognized from correct official meet results submitted to the SNS Records Coordinator. The results should be submitted in a meet results file in SDIF format that has been zipped. Alternatively, if this is not possible, the record should be submitted with the claimed record clearly marked or from a statement by meet officials giving date and location of the meet. Responsibility for submission of record times achieved out of SNS rests with the swimmers and coaches involved.
- d. Times submitted for records must be from three watches or from automatic electronic timing and judging systems. In 50-meter pools, all record times for 50-meter distances must be achieved with fully automatic or semi-automatic timing equipment.
- e. Records for both Short Course and Long Course will be recognized for the year period beginning September 1 through August 31.

Records will be recognized for all age groups in all individual and relay events recognized by USA Swimming, plus the following 8 and Under events:

- (1) Short Course: 25 yards freestyle, 50 yards freestyle, 100 yards freestyle, 25 yards backstroke, 50 yards backstroke, 25 yards breaststroke, 50 yards breaststroke, 25 yards butterfly, 50 yards butterfly, and 1 00 yards individual medley;
- (2) Long Course: 50 meters freestyle, 100 meters freestyle, 50 meters backstroke, 50 meters breaststroke, and 50 meters butterfly,

2. Awards

- a. All times must be submitted to the SNS Records Coordinator by September 10 to be considered for SNS awards for that year.

- b. Age Group Swimmer Awards shall be made annually to the top three boy and girl swimmers in each of the age divisions: 8 and under; 9-10; 11-12; 13-14; 15-16; and 17-18. Separate awards shall be given for both the short course and long course seasons. The basis for selection shall be tabulation done by the SNS Records Coordinator. The awards shall be presented at the annual SNS Banquet.
- c. Single awards shall be made annually to the outstanding Senior female swimmer and Senior male swimmer. Selection of these athletes will be based on performance at the National Meets for the year.

G. PROTESTS

Attention is called to the **USA Swimming Code**:

1. Protests against judgment decisions of the Starter, Stroke, Turn, or relay Take-off Judges can be considered only by the Referee of the meet.
2. Written protests to the Referee must be submitted within 30 minutes of the alleged infraction and must cite the rule under which relief is sought. The Referee shall act within 24 hours on said written protest or may refer the protest to the Sierra Nevada General Chair. If the Referee acts on the protest, then any party to the protest may appeal the Referee's decision to the General Chair by notifying the General Chair within 48 hours of the action of the Referee or its appeal. The General Chair may request additional information in writing and make a decision or may refer the matter to the Board of Review.
3. Written protests of application of rules, registration and affiliation of athletes falsifying entries, etc. must be filed with the Sierra Nevada General Chair and must state all substantiated facts as they are known by the Protestant. Protests must include names, addresses, and phone numbers of Protestants.
 - a. Any written protest may be referred to the Board of Review by the Sierra Nevada General Chair for report and recommendation. To be considered, the protest must set forth the grounds of protest citing factual and specific rule violations in as much detail as possible.
 - b. Upon a protest being referred to the Board of Review, the Board of Review Chair shall send a copy of the protest for review to the respondent. The respondent shall, within 30 days following receipt of the protest, file a written response with the Board of Review Chair, the petitioner, and the Sierra Nevada General Chair. The petitioner may, within 10 days following receipt of a copy of the response, file a written rebuttal with the Board of Review Chair, the respondent and the General Chair. The Board of Review Chair may decrease or increase the time limits for any of the foregoing, upon request of either party and if circumstances should warrant it.
 - c. The Board of Review shall meet and confer upon said protest and response. The Board of Review may set the matter for formal hearing or may act on the written material.
 - d. If a hearing is set, it must be set within 60 days of the date of filing the petition. If a hearing has not been set and the matter is to be handled on a written record, then a decision shall be made within 75 days from the date of filing the protest based on the record submitted for review.
 - e. A written recommendation shall be sent to the Sierra Nevada General Chair with copies to all parties, The protest, once reviewed and decided, shall not be reopened for reconsideration by the Board of Review, except as directed by the General Chair.
 - f. Appeals of decisions of the Sierra Nevada General Chair shall be made to the SNS Board of Directors.

SECTION 2

SWIM MEET PREPARATION

A. MEET ANNOUNCEMENTS

1. 120 days prior to the scheduled meet (see Section 1.D.2), the Meet Director shall download the sanction packet from the SNS web site. The following are required statements that must appear on all Meet Announcements:
 - a. SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction Number:

According to 202.7, In granting this approval, 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.

According to 202.3.3, "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."

ATHLETE PROTECTION: According to 202.3.4.E: The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms, behind the starting blocks or in the starting area at any time.

Changing into or out of swimsuits other than in the locker rooms or other designated areas is not appropriate and is strongly discouraged. Glass containers are not permitted on the pool deck. Smoking, tobacco products, and alcoholic beverages are not allowed.
 - b. "All swimmers must have a current USA Swimming registration card and must enter this number on their entry form. Entrants without a current Registration Number on their entries must present a current Registration Card (or Swim Connection Registration Verification email) prior to competition. Any swimmers entering as "pending" or "applied for" will be verified with the SNS Registration Coordinator prior to the meet, and if validly pending, will be allowed to check-in and compete. No swimmer shall be allowed to register on deck at the meet."

- c. Whether the meet will be “deck seeded” or “pre-seeded.”
 - d. Check-In time for the first four events (30 minutes before the starting time of the meet).
 - e. Entries must be on a standard consolidated entry card or online. Entry cards must be completely filled out.
 - f. Event limitations in trials and finals meets, qualified swimmers may compete in three events per day, plus relays, for which they are eligible. In timed finals meets, qualified swimmers may compete in five events per day, plus relays, for which they are eligible.
 - g. Best times for seeding purposes shall be required on submitted entry cards. Submitted times for meter meets (25 or 50 meter pools) shall be in meters. Meet Hosts may specify in the Meet Announcement that swimmers must submit estimated times if they have no official times.
 - h. The postmark closing date for mailed entries shall be no later than the second Monday preceding the first day of the meet. The online entry closing date shall be no later than the second Thursday preceding the first day of the meet. Once established, the closing date must be adhered to. Hand-delivered entries may be accepted at the option of the Meet Director. Late entries may be accepted at the discretion of the Meet Director with the concurrence of the Meet Referee. Deck entries may be accepted, but this decision must be stated in the Meet Announcement. Deck entered swimmers may compete for time only; they are not eligible for awards or scoring.
 - i. The nature of the awards to be given.
 - j. Name of the Referee ,Starter and Meet Director.
 - k. Smoking will not be allowed on the deck, in bleachers, locker rooms, or other areas designated as swimmer rest areas.
 - l. Glass containers and pets are not allowed in the pool area. No pets on deck – except service animals.
 - m. No propane heaters or tanks will be allowed
 - n. In accordance with 202.4.13.A, “The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.” Or, In accordance with 202.4.13.B, “The competition course has not been certified in accordance with 102.2.2.C(4).”
 - o. In accordance with 202.3.6, “The Meet Announcement shall include information about water depth measured for a distance of 3 feet 3 & ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.”
 - p. Meet Hosts may specify in the Meet Announcement that swimmers must submit estimated times if they have no official times.
2. A copy of the sanctioned Meet Announcement sheet must be posted on the Sierra Nevada Swimming website and emailed to the meet Referee and Starter no later than 30 days prior to the closing date for entries. A copy will also be posted on the online meet entry website.

B. ENTRY FEES

1. The following fees shall be charged for SNS meets. (Adopted 12/13/2011 beginning 01/2012)

Category of Event	Max	Min	Senior Travel	Age Group Travel	SNS
Non-Championship Meet					
Individual	\$4.00	\$2.25	\$0.75	\$1.00	\$0.50
Relay	\$8.50	\$4.50	\$1.25	\$2.25	\$1.00
Championship Meet (T&F)					
Individual	\$5.50	\$2.75	\$1.00	\$1.00	\$0.75
Relay	\$9.00	\$4.50	\$1.25	\$2.25	\$1.00
Seasonal Meet Fee	\$3.50	\$1.50	\$0.00	\$1.00	\$0.50 (HOD2013)

Swimmer Splash Fee:

- a. Host teams may impose a maximum surcharge per swimmer of \$8.00 to defray the cost of the pool facility for non-championship meets.
 - b. A maximum of \$12.00 for championship meets.
 - c. Host teams may petition the Board of Directors for a higher surcharge per swimmer to cover more expensive facility rental fees.
2. The following fees shall be charged for SNS non-bid sanctioned meets (Intersquad Meet, Dual Meet (2 teams), Tri Meet (3 teams), SuperLeague) due to using LSC resources. (Adopted at HOD 6/2015)
- Flat \$9 splash fee/swimmer - does not include facility fees. \$9 is paid to the LSC using the following breakdown:
 - \$2/General Funs
 - \$4/AG Fund
 - \$3/Senior Fund
3. Non-bid sanctioned meets not defined as Intersquad, Dual, Tri and/or SuperLeague meets will be required to follow the entry fee outline in B.1

Note: Leagues charging entry fees shall pay travel surcharges applicable to amount of entry fee as listed above.

C. EVENTS

1. Meet personnel may refer to the USA Swimming Rules and Regulations for the current list of recommended events.
2. In all age group meets a maximum of 40 events in any one-day may be listed, provided, however, upon application and approval by the Board of Directors, or designee more events may be held.
3. Once the sanction is granted there may be no change in the schedule of events or Meet Announcement without the approval of the Board of Directors or designee.
4. In cases where change of location is necessary after granting of the sanction, the meet management must immediately notify in writing the Sanctions Coordinator and all clubs to which information has already been sent.
5. The appropriate time standards (where applicable) must be listed with the events.

D. RELAY ENTRY INFORMATION

1. At the discretion of the Meet Director relay team entries may be made on the day of the meet at such time as deemed reasonable to allow for payment of entry fee, preparation of heat sheets, and seeding of teams, this being not less than one hour before the swimming of the first heat of the relay event being entered. Clubs desiring to do so may submit entry cards before the meet including only the team name. The Meet Director must accept such entries. Meet Directors may require pre-entry of relay teams if preferred. Names of team members, their ages and seeding times will be submitted upon call by the Meet Director.
2. Relay Meets-Entries must be submitted by the closing date, no earlier than the second Monday preceding the first day of the meet.

SECTION 3

CONDUCT OF MEETS

A. RULES

1. All meets shall be conducted under current USA Swimming rules. The Referee of the meet shall be the final authority for the conduct of competition. Procedures stated in the Meet Announcement, approved at the granting of the meet sanction, shall be the rules of the meet.
2. All sanctioned competitions are required to have all "warm-up" sessions supervised and controlled using the standard WARM UP RULES adopted by SNS. A complete copy of the WARM UP RULES will be provided with each sanction.
3. An electronic start system shall be provided for the Starter, and a public address unit must be provided and so placed as to be heard clearly in the designated swimmer rest areas.
4. Smoking and consumption of alcoholic beverages shall be prohibited in areas adjacent to the pool (on the deck, in bleachers, dressing rooms and swimmer rest areas).
5. All animals except working assist animals are prohibited from the pool deck areas during swim meets.
6. In "trials and finals" meets the finals may not begin less than one hour after the completion of the last preliminary or trial heat.
7. All personal heaters are prohibited at SNS sanctioned swim meets. Only heaters provided by the host team and approved by the SNS board of directors or their designee will be permitted.

B. MEET OPERATIONS

1. Registration Check

- a. A list from Swim Connection of all 'exception' swimmers entered in the meet must be sent to the SNS Registration Coordinator no later than 6:00 pm on the Monday prior to the first day of the meet. Failure to do so will result in a \$50 fine to the meet host.
- b. The Registration Coordinator will notify the Meet Director of the names of all swimmers who are not properly registered prior to the first day of the meet.
- c. Prior to the first session of the meet, the Meet Director shall ensure that any swimmer, who is not properly registered before the meet, is notified prior to arriving at the swimming venue. There will be no registration of athletes at the pool facility before or after the meet begins.

2. Entries

- a. Consolidated Entry forms should be filed alphabetically by age group and kept at the seeding desk as a ready reference in case of dispute over an entry.
- b. Entrants without a current Registration Number on their entry cards must present a current Registration Card or a registration verification email from Swim Connection prior to competition. Any swimmer entering as "pending" or "applied for," etc., will be verified with the Registration Coordinator prior to the meet and if validly pending, will be allowed to check-in and compete.

3. Entry Limitation

- a. The Referee may, at his discretion, if conditions warrant, apply the scratch down rule on any day of the meet.

4. Check-in

- a. **TIMED FINAL MEETS:** Close of check-in for the first 4 events shall be no more than 30 minutes before the scheduled start time of the meet. Close of check-in for subsequent events shall be no more than 30 minutes before the estimated start time of the first heat of the event.
- b. **TRIAL & FINAL MEETS:** Check in for a deck seeded Trials/Finals meet shall require that each swimmer be checked in by themselves, their coach, or a parent, (not by another swimmer) and according to the following closing schedule for each meet day. The First 6 Events Scheduled That Day: All swimmers entering these events shall be checked in no later than ½ hour before the scheduled start time that day. The Next 10 Events Scheduled That Day: All swimmers entering these events shall be checked in no later than the scheduled start time that day. The Remaining Events Scheduled: All swimmers entering these events shall be checked in no later than 1 hour after the schedule start time of the meet that day.

5. Seeding

- a. All classified meets shall be seeded on the deck.
- b. Relay seeding time must be submitted to the desk upon call by the meet management, this being not less than one hour before the first heat of each relay event. First and last names of competing relay swimmers, their ages, and their order of swimming shall be declared to the Head Lane Timer immediately prior to the start of the relay heat in which such team is entered, and no changes will be permitted thereafter.

6. Desk and Scoring

- a. Automatic or semi-automatic timing is recommended for all meets; under these conditions, a single Back-up Timer’s time is to be recorded on the swimmer’s time card.
- b. If automatic or semi-automatic timing is not available, the ballot system shall be used for judging places in all SNS sanctioned swim meets. Under the ballot system, three times shall be recorded on the swimmer’s time card and a judging system approved by the Referee shall be used.

7. Scratch Rules

Attention is called to USA Swimming Rule and Regulations. The following procedure will be followed in SNS meets which are deck-seeded.

- a. In timed-finals meets there is no penalty for a swimmer who does not compete in an event. Exceptions as stated in USA Swimming Rules and Regulations.
- b. In meets holding trials and finals, a modified version of rule 207.12.10.A and 207.12.10.B 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 207.12.10.C. 207.12.10.C states, “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 207.12.10.A and 207.12.10.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 an intent to swim prior to the close of seeding for the next days events”.
- c. Any swimmer qualifying for a final in an individual event that 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 (207.12.10.D).

8. Minimum Number of Officials Rule

The following requirement shall be published in the Meet Announcement:

One half-hour 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, in accordance with the following table. Those teams who have not provided sufficient officials shall have all their swimmers treated as “time-only swimmers” in all aspects of that session.

Number of a team’s swimmers entered in the meet	Number of trained and carded officials required
0 to 10	0
11 to 25	1
26 to 50	2
51 to 75	3
76 to 100	4
101 or more	5

The following table defines the minimum number of officials required to operate a sanctioned meet in Sierra Nevada Swimming (trainees do not count as officials for these purposes):

Minimum Officials for Short Course Venues

Lanes	4	6	8	10
Referee / Starter	3	3	3	3
Stroke & Turn	3	5	5	8

Minimum Officials for Long Course Venues

	Single Ended				Double Ended			
Lanes	4	6	8	10	4	6	8	10
Referee / Starter	3	3	3	3	6	6	6	6
Stroke & Turn	6	8	8	10	8	10	10	12

An Administrative Referee is required for all meets with trials and finals, all long-course, double-ended meets, and meets with concurrent sessions in two ends of the same pool.

If there are not sufficient officials to conduct the meet at the planned number of lanes, the number of seeded lanes may be reduced to meet the number of officials present. If the minimum number of officials cannot be achieved, the session may be canceled. In the event of insufficient officials, the Referee may modify or combine assignments, subject to the provisions of section 102.12.3 of USA-S Rules and Regulations.

9. Timers at Meet

a. The following formula will be used to determine the number of timers to fill timing chairs for host team and visiting clubs:

1. Number of swimmers for team/session divided by total number of swimmers/session multiplied by the number of timing chairs needed for that session. If there are too many Timers per formula, the first to drop a Timer is the team that is supplying the most. Subsequent additional Timers will be removed from host team requirement. All numbers are rounded to the closest whole number (0.5 rounds up). Host team still provides Timers. **Host team will fill empty chairs.** No cap on number of Timers required. *(Policy adopted by BOD 4/26/16)*

10. 4-Hour Rule

- a. SNS shall follow USA Swimming 4 hour rule according to
- b. Relays and distance events will not be included in the time frame of the 4-hour rule. Relays shall be held at the end of the meet and distance at the end of a session. 4/24/2012
- c. The penalty for violating this rule is \$5 per heat =for both individual and relay breakdowns. The meet director or designee is responsible for these penalties being sent to the SNS Treasurer or Sanctions Chair. 3/2011
- d. Equipment breakdowns and weather delay times are not considered part of the four-hour limit. 3/2011

C. WARM-UP AND SAFETY PROCEDURES

I. OVERVIEW

a. Meet Safety Committee

1. The Meet Safety Committee shall consist of the Meet Referee, the Meet Director and the host clubs Safety Coordinator acting with the Meet Safety Director/Head Marshal. It is recommended that this Committee prepare and implement an "action plan" to ensure safety is considered during warm-up session and swimming competition. The committee should review the warm-up procedures with the Coaches and Marshal monitoring the warm-up sessions and competition. It is recommended that all Coaches and Officials instruct their athletes and other interested parties in safety Issues before any practice, warm-up or competition.

b. Coaches

1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets.
2. Coaches should supervise their swimmers throughout the pre-meet session and meet.
3. ~~Coaches shall display their credentials (USA Swimming Coach Member card) at all times during the warm ups and competition. This is to ensure that all coaches are current in Safety Training. Failure to do so may result in disciplinary action (such as, but not limited to, swimmers for that team entered as "unattached" and the coach not allowed on deck).~~ 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 paperwork and identifying mark (wrist band, bag tag, 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. *Adopted by BOD 3/15/17, effective June 1, 2017.*

c. Marshals

1. Marshals should be planned according to the formula of two (2) Marshals for every six (6) lanes. An eight (8) lane pool would require three (4) Marshals as an example. The Marshals shall report and receive instructions from the Meet Safety Committee and shall be on deck during the entire warm-up procedures. These Marshals shall report to the Meet Safety Committee unsafe conditions or activities and any disciplinary actions they have taken to enforce safety.
2. Marshals shall be clearly identified.
3. Marshals may be Lifeguards from the host facility who may supervise if they have passed Red Cross Advanced Lifesaving and they agree to enforce warm-up rules as instructed by the Meet Safety Committee members.
4. Marshal should supervise continuous warm-up pools. Activities in a continuous warm-up pool must be supervised by a Safety Qualified Lifeguard, Marshal, or Coaches assigned by the Meet Safety Committee.

II. WARM-UP PROCEDURE

a. Modifications of warm-up procedures

1. Host clubs may, with the consent of the Meet Safety Committee, modify the time, schedule or recommended lane assignments depending on pool configuration, number of swimmer, or other considerations, so long as safety is not compromised. Any such change shall be announced and posted prominently in the areas of competition.

RULES FOR GENERAL WARM-UP

a. Overview

1. The preferred method on entering the water is 3-point entry (slip & slide followed by feet-first entry.) At no time should the athlete enter the water headfirst unless their coach is directly supervising starts.
2. All swimming will be done in a counter-clockwise swimming direction.
3. No equipment including, but not limited to, paddles, pull buoys, fins, assisted or resisted cords and/or similar such devices that could result in injuries to swimmers.
4. No swimming under bulkheads of pools. Swimmers caught swimming under bulkheads may, at the discretion of the Meet Referee, be dismissed from the meet and not allowed to compete in any of the sessions.

b. General Warm-Up Period

1. Usually consists of the first 30-45 min. of the warm-up session.
2. NO DIVING...Swimmers MUST enter the water using the 3-point entry, either feet first, or slip & slide.
3. No sprinting or pace work.
4. All lanes will be used for general warm-up.

c. Specific Warm-up Period

1. Recommended for 30-45 minutes of the warm-up session.
2. NO DIVING, feet first or slip & slide entries.
3. See recommendations below.
4. It is recommended that starts be assigned to the outside lanes. Swimmers may exit Push/Pace from the side of the pool and will not interrupt swimmers in push pace or general warm-up especially during long course season.
5. Push pace general - Push off one or two lengths from the starting end, circle swimming only (counter- clockwise), NO DIVING feet first or slip & slide entries only.
6. Racing Starts - Sprint lanes for race starts from blocks or for backstroke starts in specified lanes at designated times.

D. MEET RESULTS

1. The following must be sent to the Records Coordinator (preferably through Swim Connection) within 48 hours of the close of the meet. They can be sent by email or by first class mail (not certified) or hand-delivered.
 - a. One copy of all meet results (complete with team scores where applicable and separated by age-groups' 8-U, 10-U, 11 -12, 13-14, 15-16, 17-18, & 19-Up) including meet dates and sanction number. Results may be sent in one of the following ways:
 - (1) By email in a zipped SDIF file.
 - (2) Saved to a diskette as an SDIF file.
 - (3) Completely filled out individual event (timer's) cards for those swims attaining a SNRT or faster time, if the meet was not computerized or was run using a program that cannot produce SDIF files.
 - b. Completely filled out relay event (Timer's) cards for all relay swims. Relay cards must include the name, age, and USA-S registration number for each swimmer if the meet was not computerized or was run using a program that cannot produce SDIF files. If the meet was run from a computer program that can produce SDIF files the names of the relay swimmers must be included in the results file in the correct order of swim. Where available, the results file must also be sent with relay splits included.
2. Results must list first and last name of swimmer, age, club affiliation and time. (Include both trial and final time for T & F meets.) First and last name and age of each swimmer on a relay team must be listed if the time is a national age group reportable time or a Junior National qualifying time. (See instructions included with Meet Directors report forms.)
3. Swimmers must be listed in descending order of time - fastest to slowest. Results shall be submitted with girls first, 8-under through 17-18, then boys, 8-under through 17-18.

E. MEET REPORTS

1. The Meet Director shall send a copy of the final results to the SNS Records Coordinator within 48 hours of the completion of the competition. In the absence of prior arrangements to delay submission of results, failure to submit meet results within 48 hours will result in a fine of \$100 to the host team.
2. The financial report form received with the sanction must be completed and sent to the Finance Vice Chair within 10 days after the meet. Failure to submit the required reports and fees due will be grounds for denying future sanctions. If the financial report and fees are not received within 40 days after the completion of the meet, the host team will be fined \$100, and for every 30-day period thereafter that the report is delinquent, the team will be fined \$50.
3. Two checks must be sent payable to Sierra Nevada Swimming to include:
 - a. One check to the SNS General Account in the amount equal to the sum of (\$0.50 x the total number of individual entries) plus (\$1.00 x the total number of relay team entries.)
 - b. A second check to the SNS travel account in the amount equal to the sum of (\$1.25 x the total number of individual entries) plus (\$3.00 x the total number of relay team entries.)

4. The Head Referee shall send a copy of the Head Referee's Report to the Meet Director and the SNS Officials Chair within 10 days from the completion of the competition. Failure to submit this report within 10 days will be grounds for submitting this infraction to the Officials Chair. This report can be emailed, mailed or hand delivered to the SNS Officials Chair.
5. The Meet Director shall send a copy of the Meet Director's Report to the host club, Head Referee and the SNS Officials Chair within 10 days from the completion of the competition. Failure to submit this report within 10 days will be grounds for denying future sanctions. This report can be emailed, mailed or hand delivered to the SNS Officials Chair.

SECTION 4

AGE GROUP COMPETITION

A. QUALIFYING FOR AGE GROUP CLASSES

1. A swimmer will qualify for a specific class meet in a given stroke and distance when he has equaled or bettered the time standard for that event.
2. A swimmer who competes in a classified meet event at or better than the minimum standard shall thereafter be considered to be in that particular class in all courses and may not again compete in the same event in a lower class meet, even if he has not actually performed at or better than the time standard.
3. Qualifying By Stroke and Distance
 - a. Any swimmer who qualifies in a specific stroke at a specific distance will be considered qualified in the equivalent distance in all courses. E.g.: A swimmer who obtains a qualified time standard in 500 yd. Freestyle will be considered qualified in 400 meter Freestyle and vice-versa.
 - b. A swimmer maintains his classification for the duration of the meet even if he qualifies for the next class during the meet. This rule applies to relay events, also.
 - c. Any swimmer, upon changing age groups, who has previously met the time standard in certain events in the new age group will be considered qualified for those events in his new age group.
 - d. A swimmer, who enters an event for which he is not qualified, or who has met the next higher time standard, shall scratch the event. Refusal to do this may make the swimmer and his/her coach subject to discipline by the Board of Review. Entry fee is not refundable.
 - e. When classified age group meets offer 15-18 age group events or 13-18 age group events, swimmers must qualify at their own age group time standard.

B. ELIGIBILITY

1. Individual Eligibility

- a. Registered swimmers up to and including age 18 are eligible to compete in the Age-Group program in those events scheduled for the particular age group. They must swim in one age group for an entire meet; also see A.3.a. above. Age on the first day of the meet governs for the entire meet.
- b. Swimmers are eligible to compete only in the individual events for which they qualify in any classified meet (AA, A, B, etc.)
- c. In multi-class meets, i.e., B-A, B-A-AA, etc., swimmers shall compete only in the division(s) for which they qualify and shall not compete in divisions of lower classification in any event for which they have achieved the time standard for the higher division.
- d. In meets with specific time standards (i.e. B) and in meets with minimum time standards (i.e. B+ or B-A+) swimmers will compete within their proper age group and may only enter events for which they have achieved the minimum standard; subject to limitations specified in 3; below.
- e. Age Group Open Meets are open to all registered swimmers up to and including age 18, and swimmers shall not be classified by time standards. Also, see h. below.
- f. Invitational meets are open only to swimmers from invited clubs.
- g. Swimmers registered in other LSCs may swim in SNS B meets for which they qualify.
- h. In meets that provide any two of the three following age groups; 6-under, 8-under, or 10-under; the meet sheet shall state which 8&under and/or 10&under events shall provide separate scoring.
- i. USA-S registered swimmers over the age of 18 may compete in 13-18 or 15-18 events, but will not be scored or awarded.

2. Relay Eligibility

- a. Swimmers may compete in relays in meets of higher classification than that for which they qualify in individual events; e.g., an A swimmer in 50 Free may swim on a relay in AA meets, etc.
- b. Swimmers may not compete in relays in meets of lower classification than that for which they qualify in the like individual event; e.g., a AA swimmer in 50 Breast shall not be eligible for Breaststroke leg on a 200 Medley Relay team in an A meet.

- c. Swimmers must compete within their own age group.

3. Event Limitations

- a. In trials and finals meets, qualified swimmers may compete in three 3 events per day, plus relays, for which they are eligible.
- b. In timed finals meets, qualified swimmers may compete in 5 events per day, plus relays, for which they are eligible.
- c. A swimmer who enters too many events shall scratch events to conform to the above limitations. There is no guarantee of refund of entry fee.

C. CONDUCT OF MEETS

- 1. The trials and finals system shall be used in all SNS Age Group Championship level meets and in all AAAA minimum time standard meets. Minimum time standard meets of AAA or lesser, multi-class, and Age Group Open meets shall operate on the timed finals system. Invitational Meets may use either system.

D. AWARDS

- 1. **All SNS meets:** Standard "A" medals only shall be awarded swimmers attaining A times, for the first time, in each event, regardless of place achieved in the event.
 - a. Teams will not be charged for A medals. 10/2009
- 2. Championship Meets, AA, A: Awards for all finalists. The minimum is three medals or other distinctive awards, something other than a single ribbon, with ribbons for the balance of the finalists.
- 3. B Meets: No medals shall be awarded, except "A" medals. Ribbons only shall be awarded place winners.
- 1. Age Group Open Meets: Appropriate awards at the discretion of the host club. No awards by time standard (A, B, etc.).
- 5. Multiclass meets: Awards for each listed class.

For example: B-A-AA: 3 sets of awards;
 B-A+: 2 sets of awards.
- 6. In meets where combined 15-18 age group events or combined 13-18 age group events are offered, awards may be given either to the combined age group or to the separate age groups at the option of the host club.
- 7. High point and team awards are optional in Championship meets, AA, A+, A and Age Group Open meets. No perpetual trophies may be established or awarded in A meets.

E. ~~SIERRA NEVADA JUNIOR OLYMPICS~~ – SHORT COURSE CHAMPIONSHIP AND LONG COURSE CHAMPIONSHIP MEET

- 1) Teams must demonstrate that they have enough volunteers to host a large, championship caliber meet.
- 2) The choice of vendors must comply with LSC contracts.
- 3) The meet will be held in a 4-day format during the summer and a 3-day format for the 14-under spring meet and 2 ½ day format for the Senior winter meet.
- 4) Meet Announcements must be available at least 8 weeks prior to the start of the meet.
- 5) SWIMS and Swim Connection time verification will be used to verify entry times. Only times in this database will count for qualifying times.
- 6) The host team shall provide evaluation forms to coaches, parents and swimmers throughout the meet. (These forms will be evaluated by the Sierra Nevada Junior Olympic Committee after the meet).
- 7) Results shall be posted in a timely manner:
 - a. Complete preliminary results must be posted no later than 30 minutes after the completion of each preliminaries session.
 - b. Finals results must be posted before the start of the next day's preliminaries session.
- 8) Team scores and high point scores shall be announced at least once per session.
- 9) Standardized awards must be purchased through the LSC.
 - a. The LSC will pay for individual awards.
 - b. The host team will pay for team, high point, and team spirit.
 - c. Awards that must be given:
 - 1. Team awards.
 - 2. High point award.
 - 3. Team spirit award.
 - 4. Individual awards.
- 10) Results shall be sent by e-mail to teams either Sunday night or Monday morning after the meet.
- 11) The host team must send complete results to Swim Connection by Monday following the meet (using SDIF format).
- 12) Teams should prepare a written plan for the meet outlining the following:
 - a. Parking

- b. How local media will be utilized
 - c. Finals program (music, awards, parading of swimmers, etc...)
 - d. Organization of volunteers
- 13) Hospitality should be sufficient and appropriate for trials and finals meet.
- a. Snacks throughout the day
 - b. Drinks throughout the day
 - c. Lunch provided
 - d. Dinner provided
- 14) It is preferred, but not required, that the facility hosting this meet have at least 3 short course or 2 long course warm-up and warm-down lanes available while the meet is in session. All decisions will be made by the Meet Scheduling Committee.
- 15) The host team should engage an educated and enthusiastic announcer to provide commentary for finals sessions.
- 16) The host team should provide goody bags for each entered swimmer.
- 17) There will be no equipment rental fee for host teams of LSC Short Course Championship or Long Course Championship. 10/2011
- 18) Seven (7) events maximum was set for the 14 & under Championship meet 1/2010
- 19) 14 and under Championship meet will have 10 finalists – Venue must have 10 lanes available for finals. 1/2010
- 20) Host Team to provide shade structure for coaches on deck during the duration of the meet. 3/2017
- 21) Time Standards: (adopted 9/2013)
- a. Use top 32 as JO Time standards.
 - b. Evaluate 32nd spot every two years beginning 2014

SECTION 5

SENIOR COMPETITION

A. QUALIFYING

1. A swimmer will qualify for Senior or Junior-Senior competition when he has equaled or bettered the published time standard for the event.
2. A swimmer may qualify in any sanctioned meet, unsanctioned but approved meet such as school competition, in time trial, or by coach verification. For entry in championship meets, only performances in sanctioned meets and approved meets such as C.I.F. Section Championships or approved college meets are acceptable.
3. A swimmer who qualifies Senior or Junior-Senior in a specific stroke and distance will be considered qualified in the same stroke and distance in all courses.
- . A swimmer who enters a Senior meet at or better than the minimum standard shall thereafter be considered Senior class and shall not be permitted to compete in the same event in a Junior-Senior meet, even if he has not actually performed at or better than the time standard unless the meet is designated Junior-Senior+.

B. ELIGIBILITY

1. Senior Meets

- a. In three-day meets with trials and finals swimmers are eligible to enter all events in which they have equaled or bettered the listed time standards but may swim only three events per day, exclusive of relays.
- b. In two-day timed finals meets swimmers qualified under the listed time standards in one or more events on a given day may enter all other events, except the 1650 yd. or 1500 meter freestyle, on the same day. In such optional events swimmers must enter at actual meet times and must circle the times to indicate that they are not the standard or better. They may compete in only five events per day.

2. Junior-Senior Meets

- a. Swimmers are eligible to enter all events in Junior-Senior meets in which they have equaled or bettered the listed Junior-Senior time standards, but they may compete in only five events.
- b. A Junior-Senior swimmer shall maintain that classification for the duration of a meet. Even if he qualifies for Senior competition in a stroke and distance, he may still enter a Junior-Senior relay event in that stroke and distance in the same meet.
- c. Once a swimmer attains the Senior time standard in a particular event in a Junior-Senior meet, or any other meet, he may not enter the same event in another Junior-Senior meet unless the meet is designated Junior-Senior +.

C. CONDUCT OF MEETS

1. Senior meets and Junior-Senior meets shall offer all events that are swum in the National Championship meets. Relay events, including the 200 medley and 200 free, and the 50 back, 50 breast, 50 fly, are optional.

2. Senior meets, short course or long course, which are of three days duration, shall be operated on the trials and finals system with consolation finals, and the championship heat may precede the consolation heat. Two-day Senior meets may be operated on the trials and finals system. Junior-Senior meets shall be operated on the timed finals system.
3. In two-day timed finals Senior meets there are no pre-entry requirements. Entries will be made and heats established on the deck at the meet. Swimmers must bring filled out entry cards to the meet.
4. Two-day Senior meets and Junior-Senior meets shall include the following events.

	Women	Men
Freestyle	50yd/m	50yd/m
Freestyle	100yd/m	100yd/m
Freestyle	200yd/m	200yd/m
Freestyle	500yd/400m	500yd/400m
Freestyle	1000yd/800m	1000yd/800m
Freestyle	1650yd/1500m	1650yd/1500m
Backstroke	100yd/m	100yd/m
Backstroke	200yd/m	200yd/m
Breaststroke	100yd/m	100yd/m
Breaststroke	200yd/m	200yd/m
Butterfly	100yd/m	100yd/m
Butterfly	200yd/m	200yd/m
Individual Medley	200yd/m	200yd/m
Individual Medley	400yd/m	400yd/m

D. AWARDS

1. In Senior meets having trials and finals, awards for finalists are optional.
2. No awards shall be given in two-day timed-finals Senior meets.
3. In Junior-Senior meets awards are optional; however, if offered, there shall be a minimum of 6 individual awards for each event and team awards are recommended.

**SECTION 6
CLOSED LEAGUES**

A. SANCTIONS

1. Meets shall be sanctioned by SNS in accordance with Section I.E. Sanction applications shall be downloaded from the SNS website.
2. Dual Meets - Submit one blanket application to cover sanctions for all scheduled dual meets with one copy of the schedule, a copy of the list of events, and a list of the Meet Directors (registered as Non-Athletes) for each meet to the Sanctions Coordinator.
3. Championship meets - Submit separate application for a sanction with one copy of the Meet Announcement
4. Member leagues which charge an entry fee either by clubs or by individual swimmers shall be charged a fee of ten dollars (\$10) per day for the sanction of the championship meet.
5. Dates of league championships must be approved by SNS.
6. The proposed Meet Announcement, approved by the Meet Referee, upon submission to the Sanctions Coordinator, shall not be subject to revision or interpretation as long as it is in compliance with all other rules as stated in Section 6 of this Swim Guide.

B. AGE GROUPS

In Closed League swimming meets swimmers must compete within the age groups specified in Sect. I.C.I.a, c, and d.

C. ELIGIBILITY

The following national swimming rules must be enforced in order for times to be recognized for National 16 Best Times tabulation.

1. The eligibility of a participant for a particular age group will be determined by his date of birth.
2. Age on the first day of the meet shall govern for the full meet.
3. Participants must swim in their respective age brackets.
4. In 50 meter pools, all record times for 50 meter distances must be achieved with fully automatic or semi-automatic timing equipment.

D. SUBMISSION OF TIMES

A complete set of results for all times in closed league meets, dual meets, league championships, etc. must be sent to the Records Coordinator (preferably through Swim Connection) within 48 hours after holding the meet.

SECTION 7

SWIMMING OFFICIATING

A. OPERATION OF SWIMMING MEETS

1. SNS meets shall be staffed by officials from the SNS Officials Organization who are volunteers qualified by training and experience in the various capacities for efficient operation of meets, or by other USA-S member LSC carded officials.
2. Officials' positions and duties shall be as described in the USA Swimming Rules and Regulations, as these suit the meet situation and comply with SNS regulations.

B. ORGANIZATION

1. Those persons qualified, who have passed the required USA Swimming Criminal Background Check and who have paid the annual USA Swimming membership fee are members of the SNS Officials' Organization.
2. The annual membership fee for Officials shall be fixed by the SNS Board of Directors.
3. All Meet Directors, Referees, Starters, and Stroke and Turn Judges serving as Officials in a USA Swimming sanctioned event shall be members of USA Swimming.
4. The Officials Committee Chair shall preside over the Swimming Officials Organization and is its voting delegate at meetings of the House of Delegates.

C. QUALIFICATION OF OFFICIALS

1. Clinics for the instruction of officials in various capacities will be conducted by the Officials Committee and various clubs.
2. All clinics shall be sanctioned and shall be approved by the SNS Officials Chair. There is no sanction fee unless an admission charge is made for the clinic.
3. Persons instructed as Deck Officials at clinics shall serve at meets as trainees under the supervision of experienced qualified Officials. Certification of Deck Officials shall require the recommendation of Meet Referees under whom the training was accomplished in addition to the clinic instruction and the approval of the Officials Chair. Such certification shall remain valid for one year.
4. A card denoting positions for which the Official is certified is issued by the Officials Chair.
5. Carded Swimming Officials shall wear a uniform of appropriate clothing (white collared shirt and navy blue shorts/long pants and white shoes. No sandals.) Denim, (Levi's etc.) are also not acceptable under any circumstances. The Head Referee can designate any uniform change from white on navy blue deemed appropriate for regular meets or trials and finals meets and it shall be posted in the Meet Announcement. In addition, the dress code will be modified to address inclement weather.

SECTION 8

SENIOR TRAVEL FUND

A. PURPOSE

To reimburse travel costs of SNS athlete members competing in Senior Nationals, Olympic Trials, Paralympic Championships and National Open Water Championships, and SNS athlete members competing in Sectional Championships (or other LSC designated Senior Development Meets) who have met or exceeded the SNS Travel Standards.

B. CONTROL OF FUNDS

1. Senior Travel Fund receipts shall be deposited into the custody of the Treasurer, and such funds and their issue shall be used for the exclusive purpose stated in this Section 8.
2. A Committee of the Finance Vice Chair, Senior Vice Chair, a LSC General Chair appointee and a Coach representative shall be established to recommend travel expense reimbursements, to review swimmer eligibility, and to recommend the amount of reimbursement for each swimmer applying for funds, for the approval of the Board of Directors.

C. FUNDING

1. The method will be determined by the Board of Directors.
2. Surcharge- At all meets charging an entry fee, clubs shall collect one surcharge for each individual event entry and for each swimmer in a relay entry. Clubs shall send these collected surcharges to the Finance Vice-Chair within 10 days of the meet together with a report on the form specified.
3. Failure to Transmit Surcharges - Clubs which fail to report and transmit collected surcharges by October 1, from meets held during the prior period from September 1 to August 31, shall be denied sanctions for future meets and their members shall not receive travel funds until such report and collections are received.

D. SWIMMER ELIGIBILITY

1. Registration
 - a. The swimmer shall compete either attached to or unattached with a SNS team.
 - b. The swimmer shall hold continuous SNS registration for the following periods of time and be in good standing with their club team, in order to receive the stated reimbursement percentage:
 - (1) Swimmers that have represented SNS for less than 6 months will not be eligible for reimbursement.
 - (2) Swimmers representing SNS for 6-12 months will be eligible for a one-half reimbursement.
 - (3) Swimmers representing SNS for 12-18 months will be eligible for a two-thirds reimbursement.
 - (4) Once a swimmer has been continuously registered in SNS for over 18 months, the swimmer is eligible for 100 percent reimbursement as long as continuous SNS registration is maintained.
 - (5) The Senior Travel Fund Committee shall consider any application for reimbursement from a swimmer who has previously met the above eligibility requirements.
 - c. College athletes that swam with a SNS club team before college and will be representing a Sierra Nevada club for the summer are eligible for reimbursement based on their club membership prior to college.
2. Regulations
 - a. Only swimmers that train with a registered SNS team are eligible for inclusion in the Club Achievement Award program.
 - b. Swimmers may compete either attached or unattached.
 - c. The time standards will be adjusted each year between the spring and the summer for the new time standards.
 - d. For an athlete to be eligible, they must hold continuous SNS registration for the following periods of time in order to receive the stated reimbursement percentage:
 1. Swimmers who have represented SNS for 6 months will be eligible for 100 percent reimbursement
 2. Swimmers must attend at least two swim meets representing the club during the period of (Sept 1 – April 1 for spring reimbursement) and (April 1 – Aug 31 for summer reimbursement)
 3. College athletes must attend one of the following meets and represent a SN in at least two USA sanctioned meets to receive summer reimbursements (Gold Sectional Champs, USA Nationals, USA JR Nationals, Olympic Trials, or World Championships)
 4. Standards are set off the following:
 5. Spring Gold – USA Senior Nationals SCY
 6. Summer Gold – USA Senior Nationals LCM
 7. Spring Silver – USA JR Nationals SCY
 8. Summer Silver – USA JR Nationals LCM
 9. Spring Bronze – USA JR Nationals SCY Bonus Standards
 10. Summer Bronze – USA JR Nationals LCM Bonus Standards
 - e. Club Achievement Awards will be processed by Sept 15 to cover the previous season. Award applications received after the distribution dates WILL NOT BE CONSIDERED. Applications need to be completed and signed by ONE TEAM REPRESENTATIVE. Please do not send these in individually.
 - f. A, B or C standards must have been achieved in the 12 month period prior to the Club Achievement Award application due date
 1. An athlete is eligible for only one level of achievement.

E. FUND DISBURSEMENT

1. For each athlete that achieves a "Gold" standard the club will receive \$900. (2015)
2. For each athlete that achieves a "Silver" standard, the club will receive \$600. (2015)
3. For each athlete that achieves a "Bronze" standard, the club will receive \$300. (2015)
4. All reimbursements will be disbursed to the current swim club in which each athlete in training/competition at the time of reimbursements.

SECTION 9

AGE GROUP TRAVEL FUND

A. PURPOSE

To fund and pay all or part of travel costs of SNS Age Group all-star teams and their coaches to inter-LSC and/or USA Swimming meets when these are outside SNS.

B. CONTROL OF FUNDS

These funds shall be under the exclusive control of the Board of Directors and shall be deposited and managed by the Treasurer. The Age Group Vice Chair shall advise the Treasurer on use of the funds.

C. FUNDING

1. Surcharge- All meets shall collect one surcharge for each individual event entry and for each swimmer in a relay entry to be sent with the report form provided with sanction to the Treasurer within 10 days after the meet.
2. Failure to transmit surcharges- Clubs which fail to report and transmit collected surcharge shall be denied sanctions for meets and their swimmers, if qualified for all-star teams, shall be declared ineligible for the subject teams.
3. All surcharges may be transmitted with the national surcharges in one sum, but the report must clearly distinguish each fund's total.
4. The Age Group Committee may seek additional sources of revenue with approval of the Board of Directors and shall be assisted in this by the Finance Committee.

SECTION 10

BUSINESS OF THE LSC

A. HOUSE OF DELEGATES

1. The annual meeting of the House of Delegates of SNS shall be held in the month of June each year, **with an option of July in an Olympic year 3/2017**
2. All meetings of the House of Delegates shall take place at a site within the Territory. The House of Delegates or the Board of Directors shall determine the location and time of all meetings of the House of Delegates.
3. Not less than twenty (20) days written notice shall be given to each member of the House of Delegates and each Group Member for any annual, regular or special meeting of the House of Delegates. Various forms of notices are found in Section 16.1.5 of the SNS Bylaws.
4. The notice of the meeting shall contain the time, date and site, with special notice given to propose Bylaw changes.

B. BOARD OF DIRECTORS

1. The Board of Directors shall consist of the following officers, committee chairs, coordinators and representatives of SNS, together with those additional members designated in Sections 5.2 and 5.3 of the current Bylaws:

General Chair
Administrative Vice Chair
Senior Vice-Chair
Age Group Vice-Chair
Treasurer
Secretary
Coach Representatives
Athlete Representatives
Safety Coordinator
Safe Sport Chair (2014)
Technical Planning Chair
At-Large Board Members

2. Regular meetings of the Board of Directors shall be held in accordance with a schedule adopted by the Board of Directors. Current schedule is once a quarter.
3. Not less than six days notice shall be given to each Board Member for any annual, regular or special meeting of the Board of Directors.
4. The notice of the meeting shall contain the time, date and site and in the case of special meetings, the expected purpose, which may be general.

5. The SN Board of Directors not having their USAS dues paid for by a club shall have their dues paid by SNS; this includes any employees. 12/13/11

The following sections are reserved for future use and implementation

**SECTION 11
SPECIAL PROGRAMS**

- a. All Star Team
- b. Olympic Training Center Camp
- c. Catch The Spirit Camp
- d. Western Zone Team

**SECTION 12
EQUIPMENT PROCEDURES**

**SECTION 13
HONOR CODE**

**SIERRA NEVADA SWIMMING
CHANGE LOG**

- Require JO's host team to provide starting blocks for 8 and under events
- It was m/s to beginning 9/1/06 to charge \$300 per team yearly registration with reimbursement of up to \$200 for two representatives attending the House of Delegates.
- It was m/s to pay for one WZ Official from Officials budget and to pay for one from the AG budget – 8/29/2006
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