

JAMBA JUICE & NORCAL SWIM SHOP
5th Annual
SACRAMENTO VALLEY "MEET of CHAMPIONS"
Aug 6-7th, 2005

Enter online at: <http://swimconnection.com/pc/meet/jj>

LOCATION: Roseville Aquatics Center, 3051 Woodcreek Oaks Blvd. Roseville CA, 95747. Directions: From I-80 take Riverside (North). Left on Cirby. Right on Foothills. Left on Baseline. Right on Woodcreek Oaks. Facility is adjacent to Wood creek High School.

COURSE: Outdoor, heated 50 Meter pool using 8-16 lanes for competition. Separate 5 lane warm up/ warm down pool.

TIME: **Warm up:** The competition pool will open at 7:30 am each day. Swimmers will not be allowed to use kickboards, paddles, fins or other devices that pose a safety hazard to other swimmers while warming up or warming down **Special extended warm-up from 8:45-8:55 a.m. for 8-UN swimmers only.** **Competition:** The competition course will be cleared at 8:55 am, the meet will begin at 9:00 am each day. **FINALS** will begin no sooner than 1 hour following the final preliminary heat. There will be a **FINALS** warm-up period announced prior to end of preliminaries. The finals session will consist of a consolation final consisting of the 9th through 16th place qualifiers, followed by the championship final for the 1st through 8th place qualifiers. In the event of a no show, alternates will be called. Relays will be swum as timed finals only, during the finals session only, in event order.

RULES: This meet will be a USA Swimming observed meet. **USA Swimming Rules will be in effect.** USA Swimming warm-up procedures will be in effect. A copy of these procedures will be published in the meet program, and posted in various places around the pool area. All individual events are TRIALS/FINALS. Swimmers may compete in any event that they qualify. If local conditions warrant, the Meet Referee, with the Meet Director's concurrence, may be required to make adjustments to timeline to comply with the competition requirements. This meet is open to any swimmer that qualifies

CHECK-IN This meet will be Pre-seeded . **Swimmers will be pre-seeded in their entered events and a program will be available.**

RELAY CHECK-IN **All relay events are swum as Timed Finals during the finals session.** No Relay events will be swum during the morning sessions. Relay cards will be generated by the computer operator and distributed to coaches or team representatives. Relay check-in is accomplished by turning in your relay cards with each swimmers complete name and age to the clerk of the course by 11:00 am each day. Cards will be checked for completeness and then seeded.

RESTRICTION: Smoking or the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating or standing areas, and in all areas used by swimmers during the meet and warm-up periods. Sale or use of alcoholic beverages is prohibited in all areas of the meet venue. No glass containers are allowed on deck or in locker rooms. **NO DOGS ARE ALLOWED** in the pool area.

ELIGIBILITY: All swimmers must be a current Recreation League swimmer. Entries may be submitted on the team entry form provided to each team. Individual entries will be accepted on a **SAMMS entry card**. Each swimmer must enter their **TEAM NAME** and **COACH** on the SAMMS entry form. Swimmers are eligible to swim any event in which they place in the **top 10** of their recognized summer league championship meet **OR who meet the minimum time standard for each event**. Proof of qualification will be the responsibility of each swimmer and/ or coach. Swimmers/ coaches may be asked to provide proof of qualification at the Meet Directors request (meet results, ribbons...). No unattached or incomplete entries will be accepted. All relays must be entered prior to the meet and with relay member names and ages. Any changes must be reported to meet officials immediately.

Time Standards **Swimmers who meet the minimum time standard for each event will also be eligible for the meet. Time standards may be achieved at any meet during the 2005 swim season. Swimmers using time standards to enter, are not required to have placed in the top 10 at their championship meet. Time standards are published on the list of events attached to this meet information sheet.**

Corresponding Events – Should a league not offer the same distance of a particular stroke, swimmers may enter the corresponding event that is being offered at The Jamba Juice/NorCal Swim Shop Sacramento Valley Meet of Champions. Swimmers should use the times achieved in the events they swam and will be seeded accordingly.

SCRATCHES: **Preliminaries** – This is a pre-seeded meet. Swimmers will be required to check in and verify that a signed waiver is on file. Waivers will be available at the check in table. Swimmers will receive a complimentary goody bag at check in. It will be the responsibility of each swimmer to report for each race. No entry fee refunds will be given for missed races.

Finals – Swimmers will have 30 minutes from the time finalists are announced to scratch their finals, if they do not wish to swim. If you do not plan to swim finals, please scratch your event, so alternates can be notified. The Meet Referee has the authority to remove any swimmer from the remainder of the meet, for not showing up for a final event.

ENTRIES: **INDIVIDUAL** entries can be submitted on the team entry forms that have been supplied to each team. Individuals may use the attached SAMMS entry form only if their team will not be submitting a team entry. An entry card must be filled out completely, including the best time for each event. No time or incomplete entries will NOT be accepted. NO late or deck entries will be accepted. No Refunds.

(Mailed)

ENTRIES: Enter online at: <http://swimconnection.com/pc/meet/jj> to receive
(Online) immediate confirmation of acceptance. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system is completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by the Jamba Juice/NorCal Swim Shop Sacramento Valley Meet of Champions.

RELAY ENTRIES: Teams will be limited to 1 relay per team. No B relay teams will be accepted. **EXCEPTION: Each team can enter 2 relays in the 6-under Co-ed Relay event only.** All relay entries must be submitted by each team on one form. Entries must include the names and ages of each competitor, and may include 2 alternates. Deadline for finalizing relay names will be determined by the meet referee. No Relay entries submitted by individuals will be accepted. Relay entries must be received by the entry deadline. No late or deck entries will be accepted. 6-under Free Relay will be swum as a Co-Ed Relay. Each team should have at least 1 boy and 1 girl per team. Teams unable to field co-ed relays may an all boys or all girls relay with the Meet director's approval. Only swimmers in the specific age group may enter relays. **Swimmers will NOT be allowed to swim out of their age group to fill out relays.** All swimmers competing in the relay events must have their names listed on the relay cards and have signed and completed an insurance waiver form.

PARTICIPATION FEES:

\$5.00 FEE FOR EACH SWIMMER SWIMMING AN INDIVIDUAL EVENT.

RELAY ONLY SWIMMERS ARE EXEMPT FROM THIS FEE. This fee will cover pool costs and insurance

\$2.00 per Individual Event \$8.00 per Relay.

Make checks payable to NORCAL SWIM SHOP. Entries and check must be received no later than 6:00 PM

Monday, August 1st, 2005. Mailed entries must also be received by August 1st, 2005.

ABSOLUTLY NO LATE ENTRIES WILL BE ACCEPTED

Mail entries to:

NorCal Swim Shop (MOC Entries)

120 Sunrise Ave

(916) 771-7946

Roseville, Ca. 95661

ADMISSION: Free. A two-day program will be available for sale at a reasonable price.

AWARDS:

Individual: **DISTINCTIVE MEDALS** will be awarded 1st through 8th place FINALISTS
DISTINCTIVE RIBBONS will be awarded 9th through 16th place Consolation Finalists

Relays: **DISTINCTIVE MEDALS** will be awarded to 1st - 3rd place teams
DISTINCTIVE RIBBONS will be awarded 4th through 8th place

TEAM: **CUSTOM TROPHIES** will be awarded to the TOP 3 scoring teams in two divisions. Team divisions will be based on number of swimmers entered for each team.

Individual Scoring: 1st through 16th places 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Scoring 1st through 16th places 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

HOSPITALITY: Hospitality will be available for officials, coaches, and timers. A snack bar will be available.

OFFICIALS: Head Referee: Randy Scott Head Starter: _____
Meet Directors: Brian Botsford and Jeff Jungk jeffjungk@comcast.net

SACRAMENTO VALLEY
MEET of CHAMPIONS
AUGUST 6-7th, 2005

SAMMS Consolidated Entry Card

NAME: LAST FIRST INTL

League Name	CLUB FULL NAME:
DATE OF BIRTH	AGE (Swimmer will be competing as)
SEX Boy Girl	AGE GROUP (Swimmer will Compete in)

EVENT #	DISTANCE/STROKE	ENTRY TIME
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of Entries x \$2.00 per event = _____

Participation Fee = \$5.00

Total = _____

COACH: _____

SWIMMERS ADDRESS: _____

PHONE # ()

This SAMMS entry form is **ONLY** to be used if your team will not be submitting a **TEAM ENTRY FORM**.

The **TEAM ENTRY FORM** is the preferred method of entry.

Priority will be placed on the **TEAM ENTRY FORM**. Should duplicate entries be submitted, **TEAM ENTRY FORM** will take precedence over individual entry form, and individual entry will not be accepted.

Please include proof of eligibility with all Individual entry forms submitted.

2005 Q Time		GIRLS	Age Group	Event	BOYS	2005 Q Time	
1:23.58	1		9-10	100 IM	2		1:25.63
1:14.12	3		11-12	100 IM	4		1:18.48
1:13.89	5		13-14	100 IM	6		1:06.87
1:10.70	7		15-18	100 IM	8		1:03.14
21.51	9		6-UN	25 Free	10		21.19
17.08	11		7-8	25 Free	12		16.68
14.59	13		9-10	25 Free	14		14.86
29.43	15		11-12	50 Free	16		29.74
28.38	17		13-14	50 Free	18		26.27
27.94	19		15-18	50 Free	20		24.47
26.79	21		6-UN	25 Back	22		26.91
21.39	23		7-8	25 Back	24		21.16
18.43	25		9-10	25 Back	26		18.35
36.11	27		11-12	50 Back	28		36.71
33.87	29		13-14	50 Back	30		32.57
1:12.67	31		15-18	100 Back	32		1:06.29
No Time	33		6-UN COED	100 Free Relay	34		No Time
No Time	35		7-8	100 Med Relay	36		No Time
No Time	37		9-10	100 Med Relay	38		No Time
No Time	39		11-12	200 Med. Relay	40		No Time
No Time	41		13-14	200 Med. Relay	42		No Time
No Time	43		15-18	200 Med. Relay	44		No Time

2005 Q Time		GIRLS	Age Group	Event	BOYS	2005 Q Time	
37.85	45		7-8	50 Free	46		37.82
32.44	47		9-10	50 Free	48		32.72
1:06.26	49		11-12	100 Free	50		1:06.87
1:03.26	51		13-14	100 Free	52		59.03
1:01.13	53		15-18	100 Free	54		56.00
23.47	55		7-8	25 Breast	56		24.07
19.15	57		9-10	25 Breast	58		20.38
38.71	59		11-12	50 Breast	60		39.46
38.08	61		13-14	50 Breast	62		35.46
1:19.92	63		15-18	100 Breast	64		1:12.31
19.63	65		7-8	25 FLY	66		19.87

16.19	67	9-10	25 FLY	68	16.69
33.47	69	11-12	50 FLY	70	34.19
32.06	71	13-14	50 FLY	72	29.69
30.86	73	15-18	50 FLY	74	28.53
No Time	75	7-8	100 Free Relay	76	No Time
No Time	77	9-10	100 Free Relay	78	No Time
No Time	79	11-12	200 Free Relay	80	No Time
No Time	81	13-14	200 Free Relay	82	No Time
No Time	83	15-18	200 Free Relay	84	No Time