

Pacific Swimming Short Course Junior Olympic Trials and Finals Meet

Hosted by SAN RAMON VALLEY LIVERMORE AQUATICS

March 14, 15 and 16, 2008

SANCTION: Held under USA/Pacific Swimming Sanction No.: **0268**

LOCATION: SAN RAMON OLYMPIC POOL AND AQUATIC PARK 9900 Broadmoor Drive, San Ramon, CA 94583. Pool is located next to California High School. From 680, take Bollinger Canyon exit, turn west on Bollinger Canyon. Turn left (south) on San Ramon Valley Blvd. and go approximately 2 miles. Turn left (east) on Montevideo Dr., go approximately 1/2 mile, turn right at stop sign onto Broadmoor Dr., go approximately 1/4 mile to pool located on left side. Parking is available behind the school in the south parking lot, and on some neighborhood streets. ***DO NOT PARK WHERE "NO PARKING" SIGNS OR "PERMIT PARKING ONLY" SIGNS ARE POSTED. YOU WILL RECEIVE A TICKET!!!! Parking between pool main entrance and tennis courts is for coaches and officials only.***

COURSE: Outdoor heated pool with anti-turbulent lane lines. Up to sixteen (16), 25-yard competition lanes available, with additional lanes for warm up. Electronic timing system will be used.

TIME: The competition pool will be available for warm ups on Friday, March 14 from 4:00 pm to 4:45 pm, the meet will start at 5:00 pm. Friday's events will be timed finals. The competition pool will be available for pre-meet warm ups on Saturday, March 15 and Sunday, March 16 from 7:30 am to 8:45 am, the meet will start at 9:00 am. Finals will begin no sooner than one and one half hours after the completion of trials. The exact time will be determined by the referee and announced as early as possible each day.

RULES: Current U.S.A. Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk-of-Course. All events are trials and finals except the 1000 and 1650 Freestyle events. **Swimmers may enter as many events as they have met or exceeded the listed time standards up to a maximum of seven (7) events.** If a swimmer enters more than seven events, he or she will be required to scratch down to the seven event limit – no refunds will be given. **Swimmers are further restricted to swimming no more than three (3) events in any single day. This restriction includes distance events.** The 15-16 and 17-18 age groups will be combined into one event, 15-18, and there will be two final heats in these events. All 16 finalists will receive awards regardless of preliminary finish (the 16th place in preliminary can still place 1st in finals). ***All swimmers in the 1000 and 1650 freestyle events must provide their own timers and lap counters. All swimmers in the 500 freestyle must provide their own lap counters.*** See special rules for distance events. Preliminary Events (trials) will be swum slowest to fastest starting with non-conforming long course meter "JO" time (LCM), then non-conforming short course meter "JO" time (SCM), and then conforming short course yard "JO" times (SCY), except where noted for distance events. Entry time submitted will be checked against USA computer database and may be changed in accordance with the Pacific Swimming entry time Verification Procedure. **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.** Coaches and deck official packets will only be given to those displaying their cards.

PROOF OF TIME: Proof of time will be required in advance for all swimmers in this meet per Section 4.C.2 of the Pacific Swimming Rules and Regulations. All entry times will be verified against the USA Swimming computer database. Entry times must have been achieved prior to the closing date for entries to the meet (March 6, 2008). If a time can not be proven prior to the meet, the swimmer will not be allowed to check in for the event until the entry time has been proven. No refunds will be given if a time cannot be proven. Only official results from sanctioned or approved meets may be used to prove times. Converted times are not to be used. Time standards for this meet are provided in short course yards, short course meters and long course meters. A swimmer who has met the qualifying time standard for an event in any course may enter that event at this meet. When possible, coaches will be notified of their swimmers who have not proven their entry times.

RESTRICTIONS: Smoking and 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 the swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Glass bottles and containers of any kind are not permitted in the pool area. Propane heaters or similar type devices are not permitted.

ELIGIBILITY: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the computer database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. Disabled swimmers are welcome to attend this meet and should contact the Meet Referee or Meet Director regarding special accommodations on entry times and seeding per Pacific Swimming policy. Meet is open to all qualified swimmers with “JO” times or better.

DISTANCE: The 1000 Freestyle (events 57/58 11-UP) will begin 10 minutes after the conclusion of the Trials for event 56 on Saturday. The 1650 Freestyle (events 103/104 11-UP) will begin 10 minutes after the conclusion of Trials for event 102 on Sunday. If there are more heats than there is time to swim them between Trials and Finals then slower heats will be swum after Finals. The 1000 and 1650 yard freestyle events are timed finals. The 1000 and 1650 freestyle will be swum fastest to slowest alternating girls and boys. **Swimmers in the 1000 and 1650 free must provide their own timers and counters.** The Meet Referee and Meet Director may decide to swim two swimmers per lane.

CHECK IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all events shall be no more than 30 minutes before the estimated time of the start of the first heat of the event with the exception of the 1000s and 1650s. Check-in for the 1000s and 1650s will close by 10:30am of the day of the event. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-of-Course desk. A copy may be obtained from the Meet Director prior to the meet by providing a self-addressed, stamped envelope. These rules include a provision **that any swimmer originally qualifying for a final who fails to compete in that final will be barred from further competition for the remainder of the meet. If the failure to compete occurs on the last day the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable,**

the swimmer shall then be fined \$25.00. Exceptions to that fine are only under the conditions stated in the Pacific Swimming scratch rules.

ENTRIES:

Option 1: Online Meet Entries:

Enter at: <http://swimconnection.com/pc/meet/srvla> to receive immediate confirmation of acceptance via email. The “billing information” email should be brought to the meet as proof of entry. 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 are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Option 2: Surface Mailed Entries:

1. Entries must be on the attached Consolidated Entry Form. Complete a separate form for each swimmer using the best time for each event. .
2. Mail entry forms and correct payment to the address below.

ENTRIES MUST BE COMPLETELY FILLED OUT, INCLUDING BEST TIME FOR EACH EVENT.

Entered times must be submitted in yards (SCY) or non-conforming long course meters (LCM) / short course meters (SCM). **Entries with “NO Time” or the omission of a time or a time slower than a “Junior Olympic” time will not be accepted. All swimmers must provide on the entry form, the date and name of meet where they achieved each qualifying entry time. Only times from sanctioned, approved, or observed meets will be acceptable. Entries must be entered through the online entry system no later than 11:59 PM on THURSDAY, March 6th or mailed with postmark by MIDNIGHT, MONDAY, March 3, 2008 or hand delivered no later than 11:59 PM ON THURSDAY, March 6th to the address below. No late entries will be accepted. NO REFUNDS will be made except for mandatory scratch downs. No fax entries will be accepted. *For confirmation of mailed entries, include a self-addressed, stamped envelope or post card. No Phone calls.***

Entry forms must be completely filled out, including best conforming short course time, or non conforming long/short course meter time for each event. All entries shall be noted by (SCY), (LCM) or (SCM) to the right of the entry time. [SCY=short course yards; LCM = long course meters; SCM = short course meters]. **DO NOT CONVERT TIMES USING ANY CONVERSION FORMULAS.**

ENTRY FEES: \$ 4.00 per entry. \$ 5.00 participation fee per swimmer.

If mailing entries, make check payable to “SRVLA” and mail with paper entry form to:

SRVLA Attention: Meet Entries

128 Minerva Way

San Ramon, CA 94583

SRVLA Email (for entry questions): rschmidt@rossmcdonald.com

AWARDS: Distinctive awards will be awarded for 1st-3rd; ribbons for 4th-8th place for the 14 and under age groups and 4th-16th for the combined 15-18 age group. All awards must be picked up at the meet. They will not be mailed. **Pick up awards shortly after results have been posted to avoid a long wait at end of the day.**

CERTIFICATION MEET: *This is a National Officials Qualifying Meet. Officials wishing to be evaluated must apply to the Meet referee when they first arrive at the meet and attend pre-session meetings. Briefing will occur one hour before the start of Trials and Finals. Shorts are not permitted for Finals. For an N3 evaluation to be valid it must be done over 4 sessions in the position. N2 evaluation must be done over 3 sessions in the position. Recertification evaluations must each be done over two sessions,*

however, the official must work at least 4 sessions at the meet for the recertification evaluation(s) to be valid. The application form can be downloaded from the 2008 Meet Schedule page on the Pacific Swimming web site http://www.pacswim.org/page/meet_schedule08.html at the same location where you can download a copy of this meet sheet.

HOSPITALITY: Lunches and refreshments will be provided for officials and coaches. Snacks and drinks will be provided to timers. Snack Bar will be available.

ADMISSION: Admission is free. A three-day program will be available for a reasonable cost.

OFFICIALS: Head Referee: Kent Yoshiwara Meet Director: Bob Schmidt (925) 766-1247
 Head Starter: Steve Kumpan Head Meet Marshal: Kathy Tafazzoli

All teams are requested to provide certified USA-Swimming Officials for the duration of the meet.

MEET SUMMARY

FRIDAY EVENTS - March 14

<u>10 AND UNDER</u>	<u>11/12</u>	<u>13/14</u>	<u>15/18</u>
200 FREE	500 FREE	500 FREE	500 FREE
500 FREE	400 I.M.	400 I.M.	400 I.M.

SATURDAY EVENTS – March 15

<u>10& UNDER</u>	<u>11/12</u>	<u>13/14</u>	<u>15/18</u>
100 I.M.	100 I.M.	100 FLY	100 FLY
50 FLY	100 BREAST	200 BREAST	200 BREAST
100 BREAST	200 FLY	50 FREE	50 FREE
50 FREE	50 FREE	200 BACK	200 BACK
100 BACK	100 BACK	100 FREE	100 FREE
	50 FLY	1000 FREE	1000 FREE
	200 FREE		
	1000 FREE		

SUNDAY EVENTS March 16

<u>10 & UNDER</u>	<u>11/12</u>	<u>13/14</u>	<u>15/18</u>
200 I.M.	200 I.M.	200 I.M.	200 I.M.
50 BREAST	50 BREAST	100 BREAST	100 BREAST
100 FREE	200 BREAST	200 FREE	200 FREE
50 BACK	100 FREE	100 BACK	100 BACK
100 FLY	50 BACK	200 FLY	200 FLY
	200 BACK	1650 FREE	1650 FREE
	100 FLY		
	1650 FREE		

****See pages 7 and 8 of this meet sheet for the 2008 “JO” time standards****

FRIDAY, MARCH 14, 2008

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
1	2	10-UN	200 FREE
3	4	11-12	500 FREE
5	6	13-14	500 FREE
		15-18	500 FREE
7	8	10-UN	500 FREE
9	10	11-12	400 I.M.
11	12	13-14	400 I.M.
		15-18	400 I.M.

**All events swum on Friday are timed finals.
13-14 and 15-18 will be combined but will be awarded separately.**

SATURDAY, MARCH 15, 2008

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
13	14	10-UN	100 I.M.
15	16	11-12	100 I.M.
17	18	13-14	100 FLY
19	20	15-18	100 FLY
21	22	10-UN	50 FLY
23	24	11-12	100 BREAST
25	26	13-14	200 BREAST
27	28	15-18	200 BREAST
29	30	11-12	200 FLY
31	32	10-UN	100 BREAST
33	34	11-12	50 FREE
35	36	13-14	50 FREE
37	38	15-18	50 FREE
39	40	10-UN	50 FREE
41	42	11-12	100 BACK
43	44	13-14	200 BACK
45	46	15-18	200 BACK
47	48	11-12	50 FLY
49	50	10-UN	100 BACK
51	52	11-12	200 FREE
53	54	13-14	100 FREE
55	56	15-18	100 FREE
57	58	11-12	*1000 FREE
		13-14	*1000FREE
		15-18	*1000 FREE

***1000 free swimmers must provide their own timers and lap counters. The 1000 free will be run after the last Trials event and before Finals as a timed final event.**

15-18 age groups will be combined for prelims and finals.

There will be two heats of finals for 15-18 year olds, Heat 1 and Heat 2. All swimmers in either heat are eligible for awards 1-16.

****See pages 7 and 8 of this meet sheet for the 2008 “JO” time standards****

SUNDAY, MARCH 16, 2008

EVENT NUMBER		AGE GROUP	EVENT
GIRLS	BOYS		
59	60	11-12	200 I.M.
61	62	10-UN	200 I.M.
63	64	13-14	200 I.M.
65	66	15-18	200 I.M.
67	68	11-12	50 BREAST
69	70	10-UN	50 BREAST
71	72	11-12	200 BREAST
73	74	13-14	100 BREAST
75	76	15-18	100 BREAST
77	78	11-12	100 FREE
79	80	10-UN	100 FREE
81	82	13-14	200 FREE
83	84	15-18	200 FREE
85	86	11-12	50 BACK
87	88	10-UN	50 BACK
89	90	11-12	200 BACK
91	92	13-14	100 BACK
93	94	15-18	100 BACK
95	96	11-12	100 FLY
97	98	10-UN	100 FLY
99	100	13-14	200 FLY
101	102	15-18	200 FLY
103	104	11-12	*1650 FREE
		13-14	*1650 FREE
		15-18	*1650 FREE

***1650 free swimmers must provide their own timers and lap counters. The 1650 will be run after the last Trials event and before Finals as a timed final event.**

15-18 age groups will be combined for prelims and finals.

There will be two heats of finals for 15-18 year olds, Heat1 and Heat2. All swimmers in either heat are eligible for awards 1-16.

2008 "JO" TIME STANDARDS

	GIRLS				BOYS	
SCY	SCM	LCM		LCM	SCM	SCY
			10/Under			
32.19	35.69	36.49	50 Free	37.09	36.29	31.89
1:12.49	1:20.39	1:21.99	100 Free	1:20.09	1:18.49	1:10.39
2:36.49	2:52.99	2:56.19	200 Free	2:55.79	2:52.59	2:35.89
6:52.29	5:45.99	5:52.39	400/500 Free	5:59.99	5:53.59	6:29.79
39.49	43.89	44.49	50 Back	44.39	43.79	38.89
1:25.09	1:34.79	1:35.99	100 Back	1:32.99	1:31.79	1:22.89
43.09	47.39	48.39	50 Breast	48.69	47.69	43.09
1:35.19	1:45.79	1:47.79	100 Breast	1:46.69	1:44.69	1:33.49
36.39	40.39	41.09	50 Fly	41.29	40.59	35.79
1:26.09	1:35.89	1:37.29	100 Fly	1:35.89	1:34.49	1:26.29
1:22.99	1:32.19	--	100 I.M.	--	1:30.39	1:21.39
2:58.49	3:17.19	3:20.39	200 I.M.	3:21.59	3:18.39	2:57.79
			11/12			
28.89	31.99	32.79	50 Free	32.59	31.79	28.69
1:02.99	1:10.09	1:11.69	100 Free	1:11.59	1:09.99	1:03.19
2:16.49	2:30.99	2:34.19	200 Free	2:34.39	2:31.19	2:16.69
6:05.39	5:23.19	5:29.59	400/500 Free	5:29.59	5:23.19	6:05.39
12:21.19	10:58.19	11:10.99	800/1000 Free	10:58.49	10:45.69	12:20.49
22:33.39	20:56.99	21:20.99	1500/1650 Free	21:15.99	20:51.99	21:34.39
34.59	38.49	39.09	50 Back	38.69	38.09	34.19
1:14.59	1:23.29	1:24.49	100 Back	1:23.39	1:22.19	1:13.49
2:36.09	2:53.49	2:55.89	200 Back	2:57.09	2:54.69	2:31.59
37.79	41.59	42.59	50 Breast	43.09	42.09	37.79
1:22.99	1:32.09	1:34.09	100 Breast	1:31.29	1:29.29	1:20.89
2:58.19	3:16.59	3:20.59	200 Breast	3:17.49	3:13.49	2:55.19
32.09	35.59	36.29	50 Fly	36.49	35.79	32.19
1:12.49	1:20.39	1:21.79	100 Fly	1:22.79	1:21.39	1:12.99
2:37.79	2:57.19	2:59.99	200 Fly	2:59.99	2:57.19	2:36.49
1:12.49	1:20.59	--	100 I.M.	--	1:21.69	1:13.49
2:36.49	2:53.39	2:56.59	200 I.M.	2:56.59	2:53.39	2:36.59
5:30.29	6:03.99	6:10.39	400 I.M.	6:10.89	6:04.49	5:30.29
			13/14			
27.69	30.49	31.29	50 Free	29.69	28.89	25.89
59.79	1:05.99	1:07.59	100 Free	1:03.69	1:02.09	55.99
2:09.29	2:22.79	2:25.99	200 Free	2:17.99	2:14.79	2:01.09
5:42.29	5:02.89	5:09.29	400/500 Free	4:56.29	4:49.89	5:28.09
11:53.99	10:31.59	10:44.39	800/1000 Free	10:16.59	10:03.79	11:24.49
19:35.99	19:41.99	20:05.99	1500/1650 Free	19:29.99	19:05.99	19:35.99
1:09.29	1:17.09	1:18.29	100 Back	1:16.19	1:14.99	1:07.19
2:28.09	2:44.59	2:46.99	200 Back	2:45.29	2:42.89	2:26.69
1:18.69	1:26.59	1:28.59	100 Breast	1:23.49	1:21.49	1:13.49
2:49.29	3:07.99	3:11.99	200 Breast	3:01.89	2:57.89	2:41.69
1:07.59	1:14.99	1:16.39	100 Fly	1:12.09	1:10.69	1:03.59
2:32.29	2:48.79	2:51.59	200 Fly	2:43.69	2:40.89	2:25.89
2:26.79	2:42.89	2:46.09	200 I.M.	2:38.49	2:35.29	2:20.89
5:14.99	5:48.09	5:54.49	400 I.M.	5:42.99	5:36.59	5:04.49

2008 "JO" TIME STANDARDS

	GIRLS			BOYS		
SCY	SCM	LCM		LCM	SCM	SCY
			15/16			
27.29	30.29	31.09	50 Free	27.89	27.09	24.49
59.39	1:05.79	1:07.39	100 Free	1:00.79	59.19	53.49
2:08.09	2:21.69	2:24.89	200 Free	2:12.29	2:09.09	1:56.59
5:38.09	4:59.19	5:05.59	400/500 Free	4:45.19	4:38.79	5:14.99
11:43.39	10:22.29	10:35.09	800/1000 Free	10:07.39	9:54.59	11:11.99
19:46.49	19:58.49	20:22.49	1500/1650 Free	19:23.99	18:59.99	18:53.99
1:09.89	1:17.69	1:18.89	100 Back	1:12.09	1:10.89	1:03.69
2:29.09	2:45.69	2:48.09	200 Back	2:36.49	2:24.09	2:18.59
1:18.69	1:26.59	1:28.59	100 Breast	1:18.69	1:16.69	1:09.29
2:51.79	3:08.99	3:12.99	200 Breast	2:53.89	2:49.89	2:34.39
1:06.19	1:13.49	1:14.89	100 Fly	1:07.19	1:05.79	59.29
2:28.59	2:44.69	2:47.49	200 Fly	2:32.59	2:29.79	2:15.09
2:24.89	2:40.19	2:43.39	200 I.M.	2:30.29	2:27.09	2:12.99
5:14.99	5:38.79	5:45.19	400 I.M.	5:30.29	5:23.89	4:52.99
			17/18			
28.09	31.09	31.89	50 Free	27.89	27.09	24.49
1:00.09	1:06.49	1:08.09	100 Free	1:00.19	58:59	52.99
2:12.09	2:26.09	2:29.29	200 Free	2:12.29	2:09.09	1:56.59
5:51.79	5:11.19	5:17.59	400/500 Free	4:50.99	4:44.59	5:21.49
12:14.99	10:50.79	11:03.59	800/1000 Free	10:07.39	9:54.59	11:13.99
20:17.89	20:23.89	20:47.89	1500/1650 Free	19:23.99	18:59.99	18:55.99
1:12.69	1:20.69	1:21.89	100 Back	1:11.89	1:10.69	1:03.49
2:39.59	2:57.19	2:59.59	200 Back	2:42.99	2:40.59	2:24.49
1:21.09	1:29.19	1:31.19	100 Breast	1:19.49	1:17.49	1:10.39
2:55.39	3:12.99	3:16.99	200 Breast	2:57.29	2:53.29	2:37.49
1:07.19	1:14.59	1:15.99	100 Fly	1:07.89	1:06.49	59.89
2:36.49	2:53.39	2:56.19	200 Fly	2:38.79	2:35.99	2:20.69
2:30.89	2:46.69	2:49.89	200 I.M.	2:30.79	2:27.59	2:13.39
5:28.69	6:03.19	6:09.59	400 I.M.	5:36.09	5:29.69	4:58.19

2008 Pacific Swimming Short Course Junior Olympic T&F Individual Entry Form

To be accepted, all entry information must be completely filled out. Please print!

Swimmers from outside Pacific Swimming may be asked to prove registration. Bring your USA Swimming Registration Card.

Last Name		First Name	Init.
LSC	Club Abbr.	Club Name (If entering unattached, enter club name and abbr. you want results listed in your team's summary report.)	
Age	Age Group	USA Swimming Registration Number – <i>Bring your card if not Pacific Swimming registered swimmer</i>	Gender M F
Date of Birth			
Event Number	Qualifying Entry Time	(SCY / LCM / SCM)	Distance/Stroke
		()	
		()	
		()	
		()	
		()	
		()	
		()	
		()	
		()	
Swimmer's Address:	Total Entries _____ X 4.00 US Dollars =====>	\$	
Swimmer's Phone # ()	\$5.00 US Dollars Participation Fee =====>	\$ 5.00	
Swimmer's/ parent's email:	-----	-----	
Swimmer's Coach:	Total Due- make check payable to SRVLA =====>	\$	

- NO ENTRY TIME will be automatically disqualified from the event and no refunds will be provided.
- Entry Times Submitted for this meet will be checked against a time verification database by Pacific Swimming and may be changed in accordance with Pacific Swimming entry Time Verification Procedures. Times not found in the time verification database meeting the “Junior Olympic” time standard must be proven on the day of competition.

IMPORTANT!
 Please print clearly. Be sure to include all information. All entry times must be at least “Junior Olympic” time standard for each event. Entries with “NO Time” or the omission of a time or a time slower than a “Junior Olympic” time will not be accepted. All teams will be assigned at least one lane for timing throughout the meet. The Longer distance events, (1000 free and 1650 free) require that the swimmer provide their own timers and counters. So, Parents, please take your turns at timing; we cannot make this possible without your help. Thank you.

Hotel Accommodations provided by...



2323 San Ramon Valley Blvd
San Ramon, CA 94583
800.4.SIERRA

Ask for: **Pacific Swimming Jr. Olympics Championships Rate**

Group Rates for: **Friday and/or Saturday March 14-15, 2008**

\$94.00 Queen Studio Suite

\$104 King Studio Suite

\$124.00 1-Bedroom Suite

Reservations should be made by: **February 22, 2008**

For Reservations Call: **(925) 743-1882**

At Hotel Sierra, we are dedicated to making your stay with us as pleasant and enjoyable as possible. We invite you to immerse yourself in a different kind of guest experience, where fresh design, attentive service, and special touches of luxury add up to a unique and inspiring stay.

Hotel Facts:

Check-in: 3:00pm Check-out: 12:00pm
Early Check-In May Be Available Upon Request
www.hotel-sierra.com

- Spacious, smartly designed suites and guest rooms
- Newest all-suite hotel in Tri-Valley area
- COMPLIMENTARY full breakfast buffet with cook-to-order omelets
- Full kitchen & sofa bed in every suite
- Outdoor heated pool & spa
- Alfresco patio with barbecue grill
- COMPLIMENTARY wireless or wired internet access property-wide
- On-site fitness center & laundry facility
- COMPLIMENTARY parking
- On-site market for your last minute snacking needs

Directions from Oakland International Airport: Go south on Highway 880 to Highway 238 East toward Stockton, to 580 East. Turn north on Highway 680 and exit at Crow Canyon Road. Turn left (west) on Crow Canyon Road. Turn right at the light on to San Ramon Valley Blvd. Hotel Sierra is on the left.

Directions from San Francisco International Airport: Go south on Highway 101 to Highway 92 East. (You will cross the San Mateo Bridge.) Go north on Highway 880 to Highway 238 East toward Stockton, to 580 East. Then go north on Highway 680 and exit at Crow Canyon Road. Turn left (west) on Crow Canyon Road. Turn right at the light on to San Ramon Valley Blvd. Hotel Sierra is on the left.