

Zone 4 Championships

Hosted by the
Reno Aquatic Club
www.renoaquatic.org

August 10-12, 2007

- Sanction: Held under USA Swimming/Pacific Swimming Sanction No.: **1317**
- Location: Idlewild Pool, Idlewild Drive, Reno, NV. DIRECTIONS TO POOL: I-80 west, take Keystone Ave. exit from freeway. Go south on Keystone – stay in far right lane until you reach Riverside Dr. *Do not go on overpass.* Turn right on Riverside, continue about one block and turn left onto Booth Street Bridge, then take a sharp right turn onto Idlewild Drive. The pool is two blocks up on the right.
- Course: Outdoor, heated pool with Kiefer lane lines. 8 lane, 25 yard competition available, with additional lanes for warm-up. Electronic timing system will be used.
- Time: Warm-ups on Friday, Saturday, and Sunday morning will begin at 7:30 AM to 8:45 AM with the meet beginning at 9:00 AM.
- Rules: Current USA-S and 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 desk. All events are timed finals. **Swimmers may compete in up to 4 individual events on Friday, Saturday, and Sunday, but cannot exceed 9 events for the meet. Swimmers entered in the 500 Free, 1000 Free, and 1650 Free must have “A” times in their respective age groups to enter these events and must supply their own counters and timers. The 1000 Freestyle and 1650 Freestyle events will be swum fastest to slowest alternating girl and boy heats. Swimmers will be scored in either Schedule A or Schedule B according to their “A” times entered. Swimmers will be scored in the “A” Schedule if they have 2 more “A” time standards. Schedules A & B will be swum together and scored separately. Schedule A swimmers may compete in non-nationally recognized events (ex.13-14 50 yd fly), but may not score or be awarded in these events. All swimmers must enter their best times. “No Times (NT) will not be accepted. If a swimmer enters falsified times, they may be disqualified from the meet. **Only relays in the standard nationally recognized age groups will be allowed. No non-conforming relays will be allowed.** All coaches and deck officials must wear their USA Swimming membership cards in a visible manner. If local conditions warrant the meet referee in concurrence with the meet director may require a scratch down an immediate cash refund will be made. **12 & UN swimmers should complete competition within 8 hours.****
- Restrictions: Smoking and the use of tobacco products is prohibited on the pool deck, in the locker rooms, in any of the spectator areas, and in all areas used by swimmers during the meet and warm-up periods. Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- 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 SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10.00 surcharge will be added to the regular registration fee. Duplicate registrations will be refunded by mail. Meet is open to all qualified swimmers of teams in the Zone 4 league. **Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.**

Check-in: The meet will be deck seeded. Athletes must check in with the Clerk of Course. Close of check in for all events shall be no more than 30 minutes before the estimated start of the first heat of the event. Swimmers who do not check in will not be allowed to compete in the event.

Scratches: Any swimmer who has checked in for an individual event and fails to swim that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. The penalty will not apply if the swimmer scratches before the event is seeded, or if the referee accepts proof that illness, injury, or other circumstances beyond the control of the swimmer caused the failure.

Entries: ENTRIES: Option 1: Online Meet Entries

Enter at <http://swimconnection.com/pc/meet/reno> 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 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 no way required or expected of a swimmer by Pacific Swimming. Online entries will be accepted until midnight, August 1, 2007.

Option 2: Traditional Postal System Mailed Entries:

1. Fill out the provided Consolidated Entry Form completely for each swimmer in your family
2. Cut out your entry card(s) and mail to address below.

Each entry form must be completely filled out including best short course time for each event. Entered times must be submitted in yards. "No time" entries will NOT be accepted. A collect call may be made to verify incomplete or illegible information on any entries submitted. **ENTRIES MUST BE SUBMITTED EITHER THROUGH THE ONLINE ENTRY SYTEM OR MAILED WITH A POSTMARK BY MIDNIGHT, July 30, 2007 OR HAND DELIVERED BY WEDNESDAY, AUGUST 1, 2007, TO: 3451 Cheechako Drive , Reno NV 89509 . Please note that No late entries** will be accepted and no refunds will be made. Due to the fact we have high point awards, no switching of events and no deck entries will be allowed.

Check <http://swimconnection.com/pc/meet/reno> for session open or closed status.

ENTRY FEES: \$2.25 per event. Add \$5.00 per swimmer Participation Fee to help cover meet expenses.

Relay fee is \$7.00 per relay. Online Meet entries are encouraged

<http://swimconnection.com/pc/meet/reno>

Make checks payable to: **RENO AQUATIC CLUB** and mail with entries to:

**Mike Ginsburg
3451 Cheechako Drive
Reno NV 89509**

If you would like confirmation of entry, please include a self-addressed stamped envelope or postcard. IF SENT EXPRESS MAIL OR FEDEX *indicate NO SIGNATURE REQUIRED FOR DELIVERY* Entries will not be signed for.

Admission: Free. A three-day program will be available for a reasonable fee.

Awards: Awards for both Schedule "A" and Schedule "B" will be identical.
1st – 3rd Place Medallions, 5th-8th Place Ribbons
Swimmers in Schedule A may compete in non-nationally recognized events (ex. 13-14 50 yd fly), but may not score or be awarded in these events.

High Point Awards: Individual high point trophy will be awarded in the following age groups:

6-un, 7-8, 9-10, 11-12, 13-14, & 15-18.

Relays will be awarded 1st-3rd in the standard age groups listed:

8-un, 9-10, 11-12, 13-14, 15-18

Swimmers in both Schedules are eligible for all relays.

Entry cards for all relays are due to the Clerk of Course by the end of the previous day.

Team High Point Trophies will be awarded 1st-3rd

Scoring will be 9, 7, 6, 5, 4, 3, 2, and 1

Relay scoring will be 18, 14, and 12

13-up events will be awarded 13-14, 15-18 age groups

11-up events will be awarded 11-12, 13-14, 15-18 age groups

10-un events will be awarded 6-un, 7-8, 9-10 age groups

8-un events will be awarded 6-un, 7-8 age groups

Awards may be picked during the meet and a team representative MUST pick up all unclaimed awards on the last day of the meet. No awards will be mailed.

Hospitality: Limited hospitality will be offered to officials, coaches, and timers.

Snack Bar: There will be a well-stocked snack bar for food service.

Parking: Parking available for free outside the pool along the curb or in the designated parking lot next to the pool.

Officials: Referee: George Burke
Head Starter: Van Fortier
Head Meet Marshal: Rae Logue
Meet Directors: Francine Norton and Mike Ginsburg
frannorton@sbcglobal.net mginsburg@sppc.com

NOTE: The City of Reno has asked that nobody be allowed to set up their canopies, tents, chairs, etc. on Thursday evening. All spectators, TEAMS, and swimmers must wait until Friday morning. Also- NO TENT STAKES ALLOWED IN GRASS. THANKS!!!

NO EARLY SET UP ALLOWED ON THURSDAY NIGHT!

Time Standards for “A Schedule”

Swimmers will be scored in the “A” Schedule if they have 2 or more “A” time standards

Girls 8 & Under		
25	Free	19.49
50	Free	42.99
100	Free	1:35.29
25	Back	23.19
50	Back	51.59
25	Breast	24.79
50	Breast	55.29
25	Fly	21.59
50	Fly	52.59
100	IM	1:49.29

Boys 8 & Under		
25	Free	18.39
50	Free	40.89
100	Free	1:28.99
25	Back	22.69
50	Back	50.49
25	Breast	24.29
50	Breast	54.79
25	Fly	20.49
50	Fly	52.09
100	IM	1:45.09

Girls 9-10		
25	Free*	18.39
50	Free	36.79
100	Free	1:22.79
200	Free	2:58.69
500	Free	7:44.89
25	Back*	22.59
50	Back	45.19
100	Back	1:37.19
25	Breast*	24.64
50	Breast	49.29
100	Breast	1:48.69
25	Fly*	20.79
50	Fly	41.59
100	Fly	1:38.39
100	IM	1:34.79
200	IM	3:23.79

Boys 9-10		
25	Free*	18.24
50	Free	36.49
100	Free	1:19.69
200	Free	2:57.89
500	Free	7:24.89
25	Back*	22.45
50	Back	44.49
100	Back	1:35.19
25	Breast*	24.64
50	Breast	49.29
100	Breast	1:46.79
25	Fly*	20.49
50	Fly	40.99
100	Fly	1:38.39
100	IM	1:32.99
200	IM	3:23.09

Girls 11-12		
50	Free	32.99
100	Free	1:11.99
200	Free	2:35.89
500	Free	6:57.19
1000	Free	13:54.49
1650	Free	23:27.59
50	Back	39.59
100	Back	1:25.29
200	Back	2:52.89
50	Breast	43.29
100	Breast	1:34.79
200	Breast	3:17.69
50	Fly	36.69
100	Fly	1:22.79
200	Fly	3:02.89
100	IM	1:22.79
200	IM	2:59.19
400	IM	6:19.59

Boys 11-12		
50	Free	32.79
100	Free	1:12.29
200	Free	2:36.19
500	Free	6:57.19
1000	Free	13:54.39
1650	Free	24:46.69
50	Back	38.99
100	Back	1:23.99
200	Back	2:52.49
50	Breast	43.29
100	Breast	1:32.39
200	Breast	3:08.69
50	Fly	36.79
100	Fly	1:23.39
200	Fly	2:51.79
100	IM	1:23.99
200	IM	2:58.79
400	IM	6:07.69

Time Standards Continued

Girls 13-14		
50	Free	31.69
100	Free	1:08.39
200	Free	2:28.29
500	Free	6:30.89
1000	Free	13:34.99
1650	Free	22:22.29
50	Back*	39.64
100	Back	1:19.29
200	Back	2:49.09
50	Breast*	44.94
100	Breast	1:29.89
200	Breast	3:15.49
50	Fly*	38.79
100	Fly	1:17.59
200	Fly	2:53.89
100	IM*	1:24.54
200	IM	2:49.09
400	IM	5:59.59

Boys 13-14		
50	Free	29.59
100	Free	1:03.99
200	Free	2:19.49
500	Free	6:14.59
1000	Free	13:01.19
1650	Free	22:22.29
50	Back*	38.39
100	Back	1:16.79
200	Back	2:47.49
50	Breast*	41.99
100	Breast	1:23.99
200	Breast	3:04.69
50	Fly*	36.29
100	Fly	1:12.59
200	Fly	2:46.59
100	IM*	1:20.49
200	IM	2:40.99
400	IM	5:47.59

Girls 15-16		
50	Free	31.29
100	Free	1:07.79
200	Free	2:26.39
500	Free	6:25.99
1000	Free	13:22.99
1650	Free	22:37.29
50	Back*	39.89
100	Back	1:19.79
200	Back	2:50.79
50	Breast*	44.94
100	Breast	1:29.89
200	Breast	3:16.19
50	Fly*	37.79
100	Fly	1:15.59
200	Fly	2:49.79
100	IM*	1:22.74
200	IM	2:45.49
400	IM	5:59.59

Boys 15-16		
50	Free	27.99
100	Free	1:01.29
200	Free	2:13.19
500	Free	5:59.59
1000	Free	12:47.09
1650	Free	21:34.29
50	Back*	36.34
100	Back	1:12.69
200	Back	2:38.29
50	Breast*	39.64
100	Breast	1:19.29
200	Breast	2:56.29
50	Fly*	33.94
100	Fly	1:07.89
200	Fly	2:34.29
100	IM*	1:15.89
200	IM	2:31.79
400	IM	5:34.49

Time Standards Continued

Girls 17-18		
50	Free	32.19
100	Free	1:09.59
200	Free	2:31.19
500	Free	6:41.59
1000	Free	13:58.99
1650	Free	22:10.2
50	Back*	41.59
100	Back	1:23.19
200	Back	3:02.29
50	Breast*	46.29
100	Breast	1:32.59
200	Breast	3:20.29
50	Fly*	38.39
100	Fly	1:16.79
200	Fly	2:58.69
100	IM*	1:26.29
200	IM	2:52.59
400	IM	6:15.19

Boys 17-18		
50	Free	27.99
100	Free	1:00.69
200	Free	2:13.19
500	Free	6:07.09
1000	Free	12:49.19
1650	Free	21:36.49
50	Back*	36.24
100	Back	1:12.49
200	Back	2:45.09
50	Breast*	40.19
100	Breast	1:20.39
200	Breast	2:59.79
50	Fly*	34.24
100	Fly	1:08.49
200	Fly	2:40.69
100	IM*	1:16.54
200	IM	2:33.09
400	IM	5:40.49

***Not a Nationally recognized event for that age group.**

Note: swimmers from Schedule A will not score or be awarded for these events!

Host Hotel Information:

Sands Regency Hotel, 345 N. Arlington, Reno, NV 80503- Toll Free 1-800-386-7829
 Group Code- REN809 \$157.77 room and tax. Cut off for registration is July 20, 2007

www.renoaquatic.org

Schedule of Events

G	B	Age Group	Event
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Friday, August 10, 2007

1	2	13-up	200 Free
3	4	11-12	200Free
5	6	9-10	200 Free
7	8	8-un	100Free
9	10	13-up	200 Breast
11	12	11-12	200 Breast
13	14	11-up	50 Breast*
15	16	9-10	100 Breast
17	18	8-un	50 Breast
19	20	13-up	100 Fly
21	22	11-12	100 Fly
23	24	9-10	50 Fly
25	26	10-un	25 Fly**
27	28	13-up	100 Free
29	30	11-12	100 Free
31	32	9-10	100 Free
33	34	10-un	25 Free**
		10 minute break	
35	36	13-up	1650 Free

Saturday, August 11, 2007

37	38	8-un	100 Medley Relay
39	40	13-up	400IM
41	42	11-12	200IM
43	44	9-10	200IM
45	46	8-un	50 Free
47	48	13-up	100 Back
49	50	11-12	100 Back
51	52	9-10	50 Back
53	54	8-un	50 Back
55	56	13-up	200 Fly
57	58	11-12	200 Fly
59	60	11-UP	50 Fly*
61	62	9-10	100 Fly
63	64	8-un	50 Fly
65	66	13-up	50 Free
67	68	11-12	50 Free
69	70	9-10	50 Free
71	72	9-10	200 Medley Relay
73	74	11-12	200 Medley Relay
75	76	13-14	200 Medley Relay
77	78	15-up	200 Medley Relay
		10 minute break	
79	80	9-up	500 Free

Sunday, August 12, 2007

81	82	8-un	100 Free Relay
83	84	13-up	200IM
85	86	11-up	100IM*
87	88	9-10	100IM
89	90	8-un	100IM
91	92	13-up	100 Breast
93	94	11-12	100 Breast
95	96	9-10	50 Breast
97	98	10-un	25 Breast**
99	100	13-up	200 Back
101	102	11-12	200 Back
103	104	11-up	50 Back*
105	106	9-10	100 Back
107	108	10-un	25 Back**
109	110	9-10	200 Free Relay
111	112	11-12	200 Free Relay
113	114	13-14	200 Free Relay
115	116	15-up	200 Free Relay
		10 minute break	
117	118	11-up	1000 Free

*Not a nationally recognized event for 13-up swimmers.

**Not a Nationally recognized event for 9-10 year olds.

Schedule "A" swimmers may compete in non-nationally recognized events BUT may not score or be awarded.

