

## NORTHERN NEVADA AQUATICS

Pacific Swimming Zone-4 Short Course Age Group Open Meet

March 19-20, 2016

Enter online at: <https://ome.swimconnection.com/pc/NNA20160319>



**SANCTION:** Held under USA Pacific Swimming Sanction No. **16-031**

*In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.*

**NOTICE:** By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, of information and/or imagery related to their participation at this meet, which may include, but is not limited to, photographs, video, web casting, television, psych sheets, and live meet results.

**USE OF AUDIO AND VIDEO:** Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones, tablets, and Google Glass, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Jim Morefield	<b>Head Starter:</b> Kevin Tokunaga
<b>Meet Marshal:</b> Jen Garrett	<b>Admin Official:</b> Veronica Harmon and Roger Pflieger
<b>Meet Director:</b> Marjorie Turner – 775-331-0123, <a href="mailto:nnaswimmeet@gmail.com">nnaswimmeet@gmail.com</a>	

**LOCATION:** Fernley Swim Pool, 300 Cottonwood Lane, Fernley NV 89408 - (775) 575-2121.

**DIRECTIONS:** From Reno/Sparks: Take exit 46 to Fernley West, Merge onto NV-427E/US-95 Alt S, Continue to E Main Street, Turn Right on Hardie Lane. Cottonwood Lane is on your Left. Parking will be on the street or in an adjacent parking lot.

**COURSE:** Indoor heated 6 lane 25 yard pool. Semi-automatic (buttons+watches) timing will be used. Up to six lanes will be used for competition and there may be no warm-up/warm-down lanes available during the competition. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 12'3" at the start end and 3'6" at the turn end. All events will start at a depth of 12'3". The competition course has not been certified in accordance with Article 104.2.2C(4).

### TIMES:

- **Morning 12-under sessions:** warm-ups 7:30-8:50 AM; session begins at 9:00 AM each day. Designated warm-up lane for 8 and under swimmers will be available on request.
- **Afternoon 13-over sessions:** warm-ups **no earlier than** 12:00 noon; session begins **no earlier than** 1:00 PM each day.
- **Close of warm-ups** will be 10 minutes before the start of each session.

### RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events are timed finals.
- All events will be seeded fastest to slowest.
- Swimmers may enter as many events as they wish, but **shall compete in no more than five (5) events per day.**
- All swimmers ages 12 and under should complete competition within four (4) hours each session.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- The 500 freestyle will swim in regular event order with no alternating of heats. Swimmers in the 500 freestyle must provide their own lap counters.
- **All coaches and deck officials must wear their USA membership cards in a visible manner at all times while on deck.** All coaches are required to sign in at the meet before the beginning of warm-ups and present their valid 2016 membership card before coaching swimmers at the meet. Except for coaches accompanying athletes participating under the provisions of 202.8 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

## RELAYS:

- Relays for each session will be deck entered at the Clerk of Course no later than the start of competition for that session.
- Teams may enter as many relays as they wish. Relay swimmers must be entered in the meet (no relay-only swimmers), and must not be Unattached.
- Relay cards will be available from the Clerk of Course.
- Order of swimmers must be clearly marked on the relay card and shall not be changed after the lead swimmer is called to the blocks.
- Entry fees of \$9.00 per relay are due with the entries at the Clerk of Course, or no later than the start of the Sunday PM session.

**ATTENTION HIGH SCHOOL SWIMMERS:** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED SWIMMERS:** Every athlete competing at the meet must be accompanied by a USA Swimming coach member for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Coach Member.

**RACING START CERTIFICATION:** Each swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start, or must start each race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**RESTRICTIONS:** the following prohibitions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating, standing areas, and all areas used by swimmers during the meet and during warm-up periods

- No smoking or use of tobacco products.
- No sale or use of alcoholic beverages.
- No glass containers.
- No propane heaters.
- No animals except service animals.
- All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- During general warm-ups swimmers must enter the pool feet-first with one hand in contact with the deck or gutter (3-point entry).

## ELIGIBILITY:

- Swimmers must be current athlete members of USA Swimming 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 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Entries with "**NO TIME**" will be accepted.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry times and seeding per Pacific Swimming policy.
- Any deck entries, and any swimmers 19 years of age and over, shall swim for time only, and shall not receive awards or score points.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRIES:** Entries will be accepted by mail or online until the applicable deadline below, or when a session is determined to be full and closed per the 4-hour rule, whichever occurs first. Check the online meet entries web site (below) for session open or closed status. **Deck entries may be accepted at the meet (for time only, and subject to proof of USA Swimming registration) only until**

**the event is closed for seeding or the session is full.** All entries must be submitted using the swimmer's best short-course yards time for each event. "No Time" entries WILL be accepted.

**ENTRY FEES:** \$9.00 per swimmer participation fee, plus \$4.00 per individual event, and \$9.00 per relay team. NO REFUNDS except for mandatory scratch-downs. Entries will be rejected if not accompanied by the required fees.

**ONLINE ENTRIES:** Go to <https://ome.swimconnection.com/pc/NNA20160319> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of a swimmer by Pacific Swimming.** Online entries will be accepted through **Wednesday, March 9<sup>th</sup>, 2016, at 11:59 pm.**

**MAILED/HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best yards time. Entries must be postmarked by midnight, **Monday March 7<sup>th</sup>, 2016** or hand delivered by **5:00 PM Wednesday, March 9<sup>th</sup>, 2016.** **Mailed entries postmarked after that date will be held for possible conversion to deck entries at the meet** if space is available, subject to receipt of the required entry fees and proof of registration. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make checks payable to:** Northern Nevada Aquatics  
**Mail payment with entries to:** Marjorie Turner  
Swim Meet Entries  
1135 Terminal Way #106  
Reno, NV 89502

**Hand Deliver Entries by 5:00 pm Wednesday March 9 to:**  
4570 Rio Encantado Lane  
Reno, NV 89502

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. No event shall be closed earlier than 30 minutes before the scheduled start of the session. Close of check-in for all events shall be no earlier than 60 minutes before the estimated time of the 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 swimmers not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**AWARDS:** Distinctive awards will be given to 1<sup>st</sup> through 8<sup>th</sup> place for each age group, 6&un, 7-8, 9-10, 11-12, 13-18 for each event. Points will be awarded as follows (9-7-6-5-4-3-2-1) for 1<sup>st</sup> through 8<sup>th</sup>. High Point awards for the highest overall point total for each age group in male and female categories. Pick-up awards at meet. No awards will be mailed.

**ADMISSION:** Free. Programs will be available for \$5.00 each.

**REFRESHMENTS:** A snack bar will be available serving hot breakfast, hot lunches, salads and other nutritious items and beverages. Coaches and working deck officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**MINIMUM OFFICIALS:** All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

Club swimmers entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

**SCHEDULE OF EVENTS**

<b><u>Saturday March 19 AM Session</u></b>				<b><u>Sunday March 20 AM Session</u></b>				
<b>Girls</b>			<b>Boys</b>		<b>Girls</b>		<b>Boys</b>	
<b>#</b>	<b>Age</b>	<b>Event</b>	<b>#</b>		<b>#</b>	<b>Age</b>	<b>Event</b>	<b>#</b>
1	7 - 12	200 Free	2		35	7 - 12	200 IM	36
3	8 & UN	25 Free	4		37	8 & UN	25 Breast	38
5	5 - 12	100 IM	6		39	5 - 12	100 Free	40
7	5 - 12	50 Back	8		41	5 - 12	50 Breast	42
9	5 - 12	100 Breast	10		43	5 - 12	100 Back	44
11	5 - 12	50 Fly	12		45	5 - 12	100 Fly	46
13	5 - 12	50 Free	14		47	8 & UN	25 Back	48
15	8 & UN	25 Fly	16		49	9 - 12	*500 Free	50
17	5 - 12	200 Free Relay	18		51	5 - 12	200 Medley Relay	52

<b><u>Saturday March 19 PM Session</u></b>				<b><u>Sunday March 20 PM Session</u></b>				
<b>Girls</b>			<b>Boys</b>		<b>Girls</b>		<b>Boys</b>	
<b>#</b>	<b>Age</b>	<b>Event</b>	<b>#</b>		<b>#</b>	<b>Age</b>	<b>Event</b>	<b>#</b>
19	13 & UP	200 Free	20		53	13 & UP	200 IM	54
21	13 & UP	**100 IM	22		55	13 & UP	200 Back	56
23	13 & UP	50 Free	24		57	13 & UP	100 Free	58
25	13 & UP	200 Fly	26		59	13 & UP	200 Breast	60
27	13 & UP	100 Back	28		61	13 & UP	100 Fly	62
29	13 & UP	100 Breast	30		63	13 & UP	*500 Free	64
31	13 & UP	400 IM	32		65	13 & UP	400 Medley Relay	66
33	13 & UP	400 Free Relay	34					

**\* 500 freestyle swimmers must provide their own lap counters, and will swim in regular event order with no alternating.**

**\*\* 100 IM is not a nationally recognized event for ages 13-UP.**

Pacific Swimming – Hosted by Northern Nevada Aquatics

3/19-20/2016  
Consolidated Entry Form

Name: Last,                      First                      Middle													
Club Abbr.			UNATT TEAM ABBR				Club Name						
Age			Date of Birth				Sex M    F		LSC – (PC, SN, etc.)				
USA-#													
Event #		Distance / Stroke					Entry Time (or NT)						
							: .			SCY			
							: .			SCY			
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# of entries _____ x \$4.00 = \$ _____ EVENT Participation Fee        \$9.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						