

NORTHERN NEVADA AQUATICS
NNA AGE GROUP OPEN
PACIFIC SWIMMING Z4 SHORT COURSE MEET
MARCH 23-24, 2019



Enter online at: <https://ome.swimconnection.com/PC/NNA20190323>

SANCTION: Held under USA Pacific Swimming Sanction No. **19-031**

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 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:

Meet Referee: Jim Morefield	Head Starter: Gary Nilsson
Meet Marshal: Jo Ann Porter	Admin Official: Veronica Harmon / Lisa Nilsson
Meet Director: Lindsay Robertson 775-240-7127 lindsayrobertson89@gmail.com	

LOCATION: Northwest Pool, 2925 Apollo Way, Reno, NV 89503 - (775) 334-2203.

DIRECTIONS: From I-80 East, take Keystone Ave (Exit 12), left onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right onto Apollo Way, the pool will be on the right. From I-80 East, take Keystone Ave (Exit 12), right onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right on Apollo Way, the pool will be on the right. Parking will be on the street or in parking lots adjacent to the pool. **Please be respectful when driving in the area and when parking on the street as this pool is a neighborhood.**

COURSE: Indoor heated 8 lane 25 yard pool. Semi-automatic (buttons+watches) timing will be used. Up to eight lanes will be used for competition and there may be no warm-up/warm-down lanes available during part or all of the competition. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'6" at the turn end. All events will start at a depth of 10'0". The competition course has not been certified in accordance with Article 104.2.2C(4).

TIMES:

- **Morning 10-under sessions:** warm-ups 7:30-8:45 AM; session will begin at 9:00 AM each day.
- The last 15 minutes of warm-ups in the morning session will be dedicated for athletes 8 and under.
- **Afternoon 11-over sessions:** warm-ups **no earlier than** 11:00 AM; session begins **no earlier than** 12:00 noon each day.
- Close of warm-ups will be 15 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. **If conditions warrant, the Meet Director may assign clubs to specific lanes and time periods for one or more warm-up sessions. Any preference for early or late warmup times should be communicated to the Meet Director as soon as possible, but cannot be guaranteed.**
- All events are timed finals and will be seeded fastest to slowest.
- Athletes may enter as many events as they wish, but **shall compete in no more than five (5) events per day.**
- All athletes ages 12 and under should complete competition within four (4) hours each session.
- Entries for a session may close before the deadlines below if and when the estimated timeline for that session reaches 4 hours.
- 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.
- **Athletes in the 500 freestyle must provide their own lap counters.**
- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner at all times while on deck.** All coaches are required to sign in and present their valid 2019 membership before coaching athletes 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 each session.**
- Entry fees are \$9.00 per relay. Relays will not be scored or awarded.

- Relays are **10 & under or 11 & over** – any combination of gender and ages within those groups will be accepted.
- Clubs may enter as many relays as they wish. Relay athletes must be entered in the meet (no relay-only athletes).
- Unattached athletes may swim with a club's relay but will disqualify that relay.

ATTENTION HIGH SCHOOL ATHLETES: If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can UN-attach at the meet if necessary. This does not apply to California or Nevada athletes swimming under the rules of the **Nevada Interscholastic Activities Association (NIAA)**.

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

RACING STARTS: Each athlete entered into this meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water without the use of the backstroke ledge. It is the responsibility of the athlete or the athlete'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 athletes during the meet and during warm-up periods

- No smoking or use of tobacco products.
- No sale or use of alcoholic beverages or the recognition of alcohol sponsors.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- All shelters must be properly secured. No athlete or team canopies may be placed on the pool deck.
- **Deck space will be limited; there is additional outside space in the adjacent park. Please plan accordingly based on weather.**
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- **No animals except working service animals are permitted.**
- 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.
- Coaches, parents and siblings are not allowed in any of the swimming pools.
- During general warm-ups athletes must enter the pool feet-first with one hand in contact with the deck or gutter (3-point entry).
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY:

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as shown in their USA Swimming registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host must check all athlete 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.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Any deck entries, and any athletes 19 years of age and over, shall swim for time only, and shall not receive awards or score points.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY TIMES: Entries must be submitted using the athlete's best short-course yards time for each event (converted times allowed). All entry times must be in yards. Entries with **"NO TIME" (NT) will be accepted**. Relay entry times may be coach-estimated.

ENTRY FEES: \$4.00 per event plus a \$9.00 per athlete participation fee, and \$9.00 per relay team. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

ENTRY DEADLINES: entries will be accepted by mail or online until the applicable deadline listed below, **or when a session becomes full and is closed early per the rules section above, whichever is first**. NO ENTRY CHANGES WILL BE ALLOWED. Check <https://ome.swimconnection.com/PC/NNA20190323> for session open or closed status.

DECK ENTRIES: Deck entries may be accepted at the Clerk of Course during this meet, for time only and subject to proof of USA Swimming registration. Deck entries will **not** be accepted after the event has closed for seeding or the session is full.

ONLINE ENTRIES: Go to <https://ome.swimconnection.com/PC/NNA20190323> to receive an immediate entry confirmation. The "billing information" email should be brought to the meet as proof of entry. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per athlete 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 an athlete by Pacific Swimming.** Online entries will be not be accepted after **Wednesday, March 13th, 2019, 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 athlete's best yards time. Entries must be **postmarked by midnight, Monday, March 11th, 2019** or **hand delivered by 5:00pm, Wednesday, March 13th, 2019, and may be rejected if a session is already full.** Entries submitted after these times 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

Or Hand Deliver: by 5:00 pm Wed. March 13 2019 to:

Mail payment with entries to:

Northern Nevada Aquatics
NNA Age Group Open
1135 Terminal Way #106
Reno, NV 89502

NNA AGO Entries
4570 Rio Encantado Lane
Reno, NV 89502

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in will not be allowed to compete in the event.

SCRATCHES & NO-SHOWS: Any athletes not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Distinctive awards will be given to 1st through 8th place for each age group, 6 & under, 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 1st through 8th. Individual High-Point and Runner-up awards will be awarded for 6 & under, 7-8, 9-10, 11-12, and 13 & over in both boy and girl age groups. All awards must be picked up at the meet, **NO** awards will be mailed. Athletes 19 years of age or over shall swim for time only and shall not receive awards or score points.

ADMISSION: Free.

PROGRAMS: Available for a fee.

SNACK BAR: A limited snack bar will be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **Deck space will be limited; there is additional outside space in the adjacent park. Please plan accordingly based on weather.**

TIMERS: Clubs will be assigned lanes based on the number of participating athletes from each club (*host club will not be expected to time*). The individual Clubs will be responsible for scheduling their own timers for their assigned lanes for each session.

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 athletes 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

EVENT SUMMARY

Saturday - March 23				Sunday - March 24			
8 & under	9 - 10	11 - 12	13 & over	8 & under	9 - 10	11 - 12	13 & over
25 Free	200 Free	200 IM	200 IM	50 Free	200 IM	200 Free	200 Free
100 IM	100 IM	100 Free	100 Free	25 Fly	50 Free	200 Breast	200 Breast
50 Fly	50 Fly	100 Fly	100 Fly	50 Back	100 Fly	50 Breast **	50 Breast **
25 Back	100 Back	200 Back	200 Back	25 Breast	50 Back	100 Back	100 Back
50 Breast	50 Breast	50 Back **	50 Back **	100 Free	100 Breast	200 Fly	200 Fly
	500 Free	100 Breast	100 Breast		100 Free	50 Fly **	50 Fly **
		100 IM	100 IM			50 Free	50 Free
		500 Free *	500 Free *			400 IM	400 IM
<i>10 & under - 4 x 50 Medley Relay</i>		<i>11 & over - 4 x 50 Medley Relay</i>		<i>10 & Under - 4 x 50 Free Relay</i>		<i>11 & over - 4 x 50 Free Relay</i>	

SCHEDULE OF EVENTS

AM SESSION - 10 & UNDER					
Saturday - March 23			Sunday - March 24		
Event #	Event	Event #	Event #	Event	Event #
1	9-10 200 Free	2	37	9-10 200 IM	38
3	8 & under 25 Free	4	39	10 & under 50 Free	40
5	10 & under 100 IM	6	41	9-10 100 Fly	42
7	10 & under 50 Fly	8	43	8 & under 25 Fly	44
9	9-10 100 Back	10	45	10 & under 50 Back	46
11	8 & under 25 Back	12	47	9-10 100 Breast	48
13	10 & under 50 Breast	14	49	8 & under 25 Breast	50
15	9-10 500 Free *	16	51	10 & under 100 Free	52
17 & 18	<i>4x50 Medley Relay (10 & under)</i>		53 & 54	<i>4x50 Free Relay (10 & under)</i>	

PM SESSION - 11 & OLDER					
Saturday - March 23			Sunday - March 24		
Event #	Event	Event #	Event #	Event	Event #
19	200 IM	20	55	200 Free	56
21	100 Free	22	57	200 Breast	58
23	100 Fly	24	59	50 Breast **	60
25	200 Back	26	61	100 Back	62
27	50 Back **	28	63	200 Fly	64
29	100 Breast	30	65	50 Fly **	66
31	100 IM	32	67	50 Free	68
33	500 Free *	34	69	400 IM	70
35 & 36	<i>4x50 Medley Relay (11 & over)</i>		71 & 72	<i>4x50 Free Relay (11 & over)</i>	

Relays are 10 & under or 11 & over – any combination of gender and ages within those groups will be accepted.

* 500 Free athletes must provide their own lap counters. These events will swim in regular event order.

** Athletes 13 & Older - these events are not nationally recognized, but will be awarded and count towards High Point & High Point Runner-Up Awards.

Pacific Swimming – Hosted by Northern Nevada Aquatics
 NNA Age Group Open
 March 23 – 24, 2019
 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									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
								: .				SCY									
# of entries _____ x \$4.00 = \$ _____ EVENT Participation Fee \$9.00 Total \$ _____																					
Coach																					
Athlete's Address																					
Home Phone							Cell Phone														