

2023 Blizzard Blast Short Course Swim Meet
Hosted by the CARSON TIGERSHARKS
PACIFIC SWIMMING SHORT COURSE MEET
January 13, 14, & 15, 2023

Enter Online: <http://ome.swimconnection.com/pc/CARS20230113>



SANCTION: Held under USA/Pacific Swimming Sanction No. **23-010**

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results. **The results of this meet may be posted in real time on the Meet Mobile App.**

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Flash photography during the start of the race is prohibited at any location. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and 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: Roger Pflieger	Head Starter: Nikki Pierce
Admin Official: Veronica Harmon & Kelly Schott	Meet Marshal: Julie Bennett
Meet Director: Becki Boehnke; becki@tigersharks.org ; 775-720-7988	

LOCATION: Carson Aquatic Facility, 841 N. Roop St., Carson City, NV 89701

DIRECTIONS: From Business HWY. 395 go two traffic lights East on Hwy. 50 (E. William St.). Turn right on Roop St, and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 580, take exit 39. Turn right and travel West approximately 1 mile. Turn left into Mills Park and the Carson City Community Center.

COURSE: Indoor 25-yard by 50-meter pool with up to 8 lanes available for competition. An additional 8 lanes will be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 5 feet at the start end and 5 feet at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

TIME:

- **FRIDAY SESSION:** Meet will begin at 5:00 PM with warm-up from 4:00 PM to 4:45 PM.
- **SATURDAY AND SUNDAY 13 & OVER:** 8:30 AM each day with warm-ups from 7:00-8:15 AM each day.
- **SATURDAY AND SUNDAY 12 & UNDER:** warm ups no earlier than 11:30 AM, meet begins not before 12:30 PM.

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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- All events are timed finals.
- All events will swim fast to slow.
- Athletes are subject to the following entry limits:
 - 8 & under: Up to 4 events per day, 8 total for the meet.
 - 9 & over: Up to 2 events on Friday, and 4 events on Saturday and Sunday, 10 total for the meet.
- All Athletes ages 12 and under should complete competition within four (4) hours.
- **Entries for a session will close before the deadline** if and when the estimated session timeline for 12-under athletes reaches four hours, or when the combined session timelines for that day reach 8.5 hours, whichever occurs first.
- 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.
- **All Coaches and Officials must wear their USA Swimming membership cards in a visible manner.** Coaches are required to sign in at the meet before the beginning of warm-ups and present their current USA Swimming registration information. Except for coaches accompanying athletes participating under the provisions of rule 202.9 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.
- AED is available on the pool deck. Lifeguard and/or First Aid/CPR certified personnel will be available throughout the meet.

DISTANCE:

- **Per Zone-4 policy, to be eligible to enter the 1000yd freestyle, an athlete must have previously established an official time in an event of 400yd/400m or longer.**
- Age groups in the 400yd IM, 500yd Freestyle, and 1000yd Freestyle will be seeded together, but will be scored and awarded separately.
- The 500yd freestyle and 1000yd freestyle will be swum alternating women's and men's heats.
- All athletes entered in the 500yd freestyle must provide their own lap counters. All athletes in the 1000yd Freestyle must provide their own timers and lap counters.

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: Athletes 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. 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 the athletes during the meet and during warm-up periods.

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by Athletes, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck Changes are 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.

- 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.
- **IMPORTANT:** All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.

ELIGIBILITY:

- Athletes must be current 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 Athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Entries with **"NO TIME"** will be **ACCEPTED (Exception: see distance rules)**.
- Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- Athletes with a disability 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards.
- 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. All entry times must be submitted in yards.

ENTRY FEES: \$4.50 per event plus a \$9.00 participation fee per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc CARS20230113> 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 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 accepted through **Wednesday January 4, 2023 at 11:59pm.**

MAILED OR 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 time. Entries must be postmarked by **11:59pm, Monday January 2, 2023** or hand delivered by **6:30 p.m. Wednesday, January 4, 2023.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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.

Make check payable to: Carson Tigersharks

Mail entries to: Becki Boehnke

PO Box 1876

Carson City, NV 89702

Hand deliver entries to: Becki Boehnke

841 N. Roop St.

Carson City, NV 89701

CHECK-IN:

- **Friday PM Session: Positive check-in.** Friday's session 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 on Friday shall be no earlier than 60 minutes before the estimated start of the first heat of that event. Athletes who do not check in for Friday's events will be considered scratched from those events.
- **Saturday and Sunday AM and PM Sessions: Pre-seeded. (Exception: 500yd Freestyle – see below).** Saturday and Sunday's sessions shall be pre-seeded, and athletes will **NOT** be required to check in. Any athlete who plans on scratching events is requested to scratch with the Clerk of Course as soon as possible.

- **Saturday 500yd Freestyle (13 & overs): Positive check-in.** Athletes **MUST CHECK IN** for the 500yd freestyle by 8:30am on Saturday morning. Athletes who do not check in for the 500 will be considered scratched from that event.

SCRATCHES & NO-SHOWS:

- **Scratch Deadlines:** Any athlete who plans on scratching events is requested to scratch with the Clerk of Course (or via email to becki@tigersharks.org) as soon as possible. Sessions will be pre-seeded by 30 minutes before the start of that session. The scratch deadline will be 60 minutes before the scheduled start of the session. Email scratches from athletes will be confirmed with their coach.
- **No-shows:** Any athlete not reporting for or competing in a single individual event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS:

- Individual Events: Ribbons 1st – 8th place for age groups 8 & U, 9-10, and 11-12.
- All awards must be picked up at the meet. No awards will be mailed. Each team is asked to designate a representative to collect awards.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch, with snacks and refreshments available in the weight room throughout the meet.

MINIMUM OFFICIALS: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. Officials must be certified by their LSC in the position(s) worked. 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

TIMERS: Clubs will be assigned lanes based on the number of athletes from each club. Athletes will need to provide their own timers for the 1000yd freestyle event.

MISCELLANEOUS: More information about the meet can be found at tigersharks.org.

EVENT SUMMARY:

FRIDAY			SATURDAY				SUNDAY			
9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O
500 FR	500 FR	400 IM	100 IM	100 IM	100 IM	200 BK	100 FR	200 FR	200 FR	200 FR
200 IM	200 IM	1000 FR	25 BK	50 BK	50 BK	100 FLY	50 BK	100 BK	100 BK	100 BR
	1000 FR		50 BR	100 BR	100 BR	500 FR	25 BR	50 BR	50 BR	200 FLY
			25 FLY	50 FLY	50 FLY	200 BR	50 FLY	100 FLY	100 FLY	50 FR
			50 FR	100 FR	100 FR	100 FR	25 FR	50 FR	50 FR	200 IM
										100 BK

* Events designated 9-12, 11 & Over, and 13 & Over will be swum combined, but scored in separate age groups.

* The 500yd freestyle and 1000yd freestyle events will be swum alternating women's and men's heats.

* Athletes must provide their own lap counters for the 500yd freestyle. Athletes must provide their own timers and lap counters for the 1000yd freestyle.

ORDER OF EVENTS:

WOMEN'S EVENT #	DESCRIPTION		MEN'S EVENT #
	AGE GROUP	EVENT	
Friday PM Session			
1	9-12	500 Freestyle	2
3	13 & Over	400 IM	4
5	9-12	200 IM	6
7	11 & Over	1000 Freestyle	8
Saturday AM Session			
9	13 & Over	200 Backstroke	10
11	13 & Over	100 Butterfly	12
13	13 & Over	500 Freestyle	14
15	13 & Over	200 Breaststroke	16
17	13 & Over	100 Freestyle	18
Saturday PM Session			
19	9-10	100 IM	20
21	8 & Under	100 IM	22
23	11-12	100 IM	24
25	9-10	50 Backstroke	26
27	8 & Under	25 Backstroke	28
29	11-12	50 Backstroke	30
31	9-10	100 Breaststroke	32
33	8 & Under	50 Breaststroke	34
35	11-12	100 Breaststroke	36
37	9-10	50 Butterfly	38
39	8 & Under	25 Butterfly	40
41	11-12	50 Butterfly	42
43	9-10	100 Freestyle	44
45	8 & Under	50 Freestyle	46
47	11-12	100 Freestyle	48
Sunday AM Session			
49	13 & Over	200 Freestyle	50
51	13 & Over	100 Breaststroke	52
53	13 & Over	200 Butterfly	54
55	13 & Over	50 Freestyle	56
57	13 & Over	200 IM	58
59	13 & Over	100 Backstroke	60
Sunday PM Session			
61	9-10	200 Freestyle	62
63	8 & Under	100 Freestyle	64
65	11-12	200 Freestyle	66
67	9-10	100 Backstroke	68
69	8 & Under	50 Backstroke	70
71	11-12	100 Backstroke	72
73	9-10	50 Breaststroke	74
75	8 & Under	25 Breaststroke	76
77	11-12	50 Breaststroke	78
79	9-10	100 Butterfly	80
81	8 & Under	50 Butterfly	82
83	11-12	100 Butterfly	84
85	9-10	50 Freestyle	86
87	8 & Under	25 Freestyle	88
89	11-12	50 Freestyle	90

Pacific Swimming – Hosted by CARSON TIGERSHARKS 2023 Blizzard Blast Swim Meet January 13, 14, & 15, 2023 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				Circle one				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 9.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															