CARSON TIGERSHARKS INTERMOUNTAIN CLASSIC
PACIFIC SWIMMING LONG COURSE AGE GROUP OPEN
FRIDAY – MONDAY, MAY 28 – 31, 2021
Enter Online: https://ome.swimconnection.com/pc/CARS20210528

SANCTION: Held under USA/Pacific Swimming Sanction No. **21-097**
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.

MEET IS OPEN TO ALL REGISTERED USA SWIMMING ATHLETES AFTER THE PRIORITY REGISTRATION PERIOD FOR THE FOLLOWING CLUBS IN THE GREATER NORTHERN NEVADA REGION HAS ENDED – CARS, BST, DDST, EST, FBST, LAKE, MLST, NNA, RENO, SPKS, TAHO, TTST, WINN

This sanctioned meet is giving priority registration to Pacific Zone 4 athletes and Sierra Nevada athletes in the Greater Reno, Sparks, Truckee, and Northern Nevada areas. Only athletes, coaches, timers, volunteers, and the required USA Swimming certified officials will be allowed on deck. If Carson City guidelines change by the time of the meet, spectators and additional personnel MAY be allowed. Colorado Timing System with touchpads will be used, with buttons as backup times, and watches as tertiary times. The facility and safety plans have been incorporated into the meet sheet.

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, which 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 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. 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. Flash photography at the start of a race is prohibited.

OFFICIALS: **Meet Referee: Roger Pflieger; rogerpflieger96@yahoo.com; 775-200-4272**
Head Starter: Carson Schott **Admin Official: Veronica Harmon and Kelly Schott**
Meet Marshal: Becki Boehnke
Meet Director: Ben Kahue; benkahue3@gmail.com 775-338-4387

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

DIRECTIONS: From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel west for 0.9 mile. Turn left into Mills Park and the Carson City Community Center. Additional parking is available at the Bank of America at the northwest corner of Roop St. and Hwy. 50 (E. Williams St.).

COURSE: 50-meter heated indoor pool with up to 8 lanes for competition and a 25-yard, 6 lane outdoor pool for warm-up and warm down. Colorado Timing system with touchpads will be used. The minimum water depth in the competition course as measured in accordance with Article 103.2.3 is at least 4.5 feet at the start end and 4.5 feet at the turn end. The competition course has been

certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. All events will start at the South end of the pool.

TIME:

- **FRIDAY SESSION – Distance – 11 Years and Over:** Meet begins at 5:00 pm with warm-ups** from 3:30 – 4:45 pm.
- **14 Years & Over:**
    - **SATURDAY, SUNDAY, MONDAY:** Meet begins at 8:30 am with warm-ups** from 7:00am-8.15am
- **11-13 Years:**
    - **SATURDAY, SUNDAY, MONDAY:** WARM-UP** at the conclusion of the 14 & Over session, but not before 11:00am.
- **10 Years & Under:**
    - **SATURDAY and SUNDAY:** WARM-UP** at the conclusion of the 11-13 session, but not before 3:00 pm.

****WARM-UP periods may be split into sessions in order to meet building capacity for the event.**

RULES:

- All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- 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 and will be seeded fast to slow.
- **Athletes aged 11 & over may enter up to three (3) events per day, and up to 10 events total. Athletes aged 10 & under may enter up to four (4) events per day, and up to 8 events total.**
- **Entries for a session will close before the entry deadline** if and when the estimated session timeline for 12-under athletes reaches 4 hours or if the session capacity is reached.
- **Sessions are limited to approximately 150 athletes or until timelines are full, whichever comes 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 deck officials must wear their valid USA Swimming membership information in a visible manner at all times while on deck.** All coaches are required to sign in at the meet before the start of warm-ups and present their valid registration information. 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.
- **Adult coaches, officials, volunteers and timers on deck are required to have a negative COVID test** (or vaccination if permitted in lieu of negative COVID test)**,** as required by the Governor of Nevada Directive and Guidance for the Return to Adult and Youth Sports issued on February 17, 2021, as amended from time to time. The Governor's Directive does not currently permit vaccination in lieu of a negative COVID test, however this is subject to change.
- **The Governor's COVID Directive and Guidance in effect on the first day of the meet will control and may change from the date of sanction.** The Meet Director in consultation with the Meet Referee and facility management will determine compliance with the Governor's Directive and Guidance.

DISTANCE:

- **Per Zone-4 policy, to be eligible to enter the 1500 freestyle, an Athlete must have previously established an official time in an event of 400Y/400M or longer.**
- The 400m IM and 1500m freestyle will be run with a **positive check-in**. On Friday, all athletes entered in the 400m IM must be checked in by 4:30pm and all athletes entered in the 1500m freestyle must be checked in by 5:00pm, otherwise they will be considered scratched from the event.
- The 400m and 1500m freestyle events will be swum alternating women's and men's heats, fastest to slowest.
- The 400m IM will run fastest to slowest, all women's heats first, then men's heats.
- All athletes in the 1500m 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 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:

- 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 or the recognition of alcohol sponsors 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.
- No animals except for physician certified "service assistance" animals. Please show certification when asked by meet officials or marshals.
- All shelters must be properly secured.
- Deck Changes are prohibited.
- IMPORTANT: All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.
- 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.

ELIGIBILITY:

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as they are 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 will 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.
- Entries with **"NO TIME" will be ACCEPTED (Exception: see distance rules).**
- 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.
- 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.

CHECK-IN: The meet will be pre-seeded for all events, except for the 400m IM and 1500m freestyle on Friday afternoon. The 400m IM and 1500m free will have a positive check-in. See Distance Rules.

SCRATCHES & NO SHOWS: Any athlete not reporting for or competing in an individual event shall not be penalized.

ENTRY TIMES: Entries must be submitted using the athlete's best long course meters time for each event. All entry times must be submitted in long course meters.

DECK ENTRIES: Deck entries will **NOT** be accepted for this meet.

ENTRY FEES: $**4.00** per individual event, **$14.00** participation fee per athlete. All entry fees MUST be included with entry. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to **https://ome.swimconnection.com/pc/CARS20210528** 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 ENTRY PERIOD: Priority entry for the teams detailed at the top of this meet sheet ends on **Monday, May 10, 2021 at 11:59 pm**. Online entries will not be accepted after **11:59 pm Wednesday, May 19, 2021** or after a session is full.

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 meters time. Entries must be postmarked by midnight, **Monday, May 17, 2021** or hand delivered by 6:30 p.m. **Wednesday, May 19, 2021, and may be rejected if a session is already full.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: **Carson Tigersharks**

Mail entries to: **Becki Boehnke**
P.O. Box 1876
Carson City, NV 89702

Hand deliver entries to: **Becki Boehnke**
841 N. Roop Street
Carson City, NV 89701

AWARDS:

- **Individual Events:** Heat placement ribbons will be awarded for the 10 & Under age group. Ribbons 1st – 8th place will be awarded for the 11-13 age group.
- Athletes 14 and older will not receive individual ribbons.
- All awards will be given to coaches after each session is complete. There will be NO on-site award pickups and no awards will be mailed.

ADMISSION:

- Camping is not allowed inside the pool facility; ample space is available in Mills Park. Spectators are not allowed in the facility based on current guidelines but may change based on Carson City rules in effect at the time of the meet.
- In the February 17, 2021, Directive 038, the Governor of Nevada increased the venue restriction to 250 persons or 50% of the venue capacity. Carson City has further restricted capacity, and at this time, limited spectators **MAY** be allowed inside of the meet facility, if numbers do not overfill the allowed capacity.
- Should Carson City increase the allowed capacity by the date of the swim meet to the extent that additional persons may be allowed in the pool facility, a limited number of spectators (following COVID guidelines) may be allowed temporarily into the indoor portion of the facility, 1 heat prior to and during the event at the shallow, turn end of the competition pool. All spectators must exit prior to the first heat after the event they were spectating. Any parent who has volunteered to be a timer and has met the required testing or vaccination provisions of the Governor's Directive and Guidance will not be counted towards any spectator limit.

SNACK BAR: Limited snack sales located in the park or patio area **may** be available during the meet.

HOSPITALITY: Lunch and limited hospitality will be available to all working officials and coaches, to be consumed outside the facility. No food will be available within the venue. Coaches, Officials and Timers will be provided with water during the meet session. Snacks will be provided for them outside the facility.

MINIMUM OFFICIALS: Depending on COVID related restrictions in place at the time of the meet, all available USA Swimming member certified officials are welcomed and encouraged to work at this meet. Please contact the **Meet Referee, Roger Pflieger** at rogerpflieger96@yahoo.com or 775-200-4272 to sign up for officiating.

TIMERS: Clubs will be assigned lanes based on the number of Athletes from each club (host club will not be expected to time as their parents will be filling other meet volunteer positions). The individual Clubs will be responsible for scheduling their own timers for their assigned lanes for each session. **Adult timers on deck are required to have a negative COVID test (vaccination is not currently permitted in lieu of negative COVID test),** as required by the Governor of Nevada Directive and Guidance for the Return to Adult and Youth Sports issued on February 17, 2021, as amended from time to time. **The Governor's Directive and Guidance in effect on the first day of the meet will control and may change from the date of sanction.** The Meet Director in consultation with the Meet Referee and facility management will determine compliance with the Governor's Directive and Guidance. Do not submit proof of testing to meet personnel, but please keep on your person during the meet to verify to the Meet Director or Meet Referee.

EVENT SUMMARY:

	10 & Under	11-13	14 & Over
Friday	---	400 IM 1500 Free	400 IM 1500 Free
Saturday	100 Fly 50 Breast 200 Free 50 Free 100 Back	100 Back 200 Breast 50 Free 100 Fly 200 Free	100 Fly 200 Breast 100 Back 200 Free
Sunday	100 Breast 50 Fly 200 IM 50 Back 100 Free	200 Fly 50 Back 100 Breast 50 Fly 400 Free	200 Fly 50 Free 100 Breast 400 Free
Monday	---	200 IM 50 Breast 200 Back 100 Free	200 IM 200 Back 100 Free

ORDER OF EVENTS:

Friday, May 28		
Distance Events: 11 & Overs		
GIRLS #	***EVENT***	***BOYS #***
1	11 & Over 400 IM	2
3	11 & Over 1500 Free	4

Saturday, May 29											
14 & Overs				**11 – 13 Years**				**10 & Unders**			
GIRLS #	***EVENT***	***BOYS #***		***GIRLS #***	***EVENT***	***BOYS #***		***GIRLS #***	***EVENT***	***BOYS #***	
5	14 & Over 100 FLY	6		13	11-13 100 BK	14		23	10 & Under 100 FLY	24	
7	14 & Over 200 BR	8		15	11-13 200 BR	16		25	10 & Under 50 BR	26	
9	14 & Over 100 BK	10		17	11-13 50 FR	18		27	10 & Under 200 FR	28	
11	14 & Over 200 FR	12		19	11-13 100 FLY	20		29	10 & Under 50 FR	30	
				21	11-13 200 FR	22		31	10 & Under 100 BK	32	

Sunday, May 30											
14 & Overs				**11 – 13 Years**				**10 & Unders**			
GIRLS #	***EVENT***	***BOYS #***		***GIRLS #***	***EVENT***	***BOYS #***		***GIRLS #***	***EVENT***	***BOYS #***	
33	14 & Over 200 FLY	34		41	11-13 200 FLY	42		51	10 & Under 100 BR	52	
35	14 & Over 50 FR	36		43	11 & 12 50 BK	44		53	10 & Under 50 FLY	54	
37	14 & Over 100 BR	38		45	11-13 100 BR	46		55	10 & Under 200 IM	56	
39	14 & Over 400 FR	40		47	11 & 12 50 FLY	48		57	10 & Under 50 BK	58	
				49	11-13 400 FR	50		59	10 & Under 100 FR	60	

Monday, May 31						
14 & Overs				**11 – 13 Years**		
GIRLS #	***EVENT***	***BOYS #***		***GIRLS #***	***EVENT***	***BOYS #***
61	14 & Over 200 IM	62		67	11-13 200 IM	68
63	14 & Over 200 BK	64		69	11 & 12 50 BR	70
65	14 & Over 100 FR	66		71	11-13 200 BK	72
				73	11-13 100 FR	74

Special rules:

- Athletes aged 11 and over may enter as many events as they wish but shall check in for and compete in no more than 2 events on Friday and 3 events on Saturday, Sunday, and Monday for a maximum of 10 events total. Athletes aged 10 and younger may compete in up to 4 events on Saturday and Sunday for a maximum of 8 events total.
- Events 1 & 2 and 3 & 4 will be swum combined 11 & over, but will be scored 11-13 and 14 & over.
- The 1500m freestyle will be swum fastest to slowest, alternating women and men. Athletes must provide their own timers and lap counters.
- The 400m freestyle will be swum fastest to slowest, alternating women and men.

NOTE ADDITIONAL COVID-19 SPECIFIC RULES AND INFORMATION

COVID-19 "PREPAREDNESS AND SAFETY PLAN"

- Screenings must be conducted each day of the meet.
- All athletes, coaches, officials, volunteers and any person permitted entrance into the indoor areas of the facility are subject to the positive test protocols in the Nevada Governor's Guidance for Adult and Youth Sports, including quarantining, notification of meet personnel of COVID symptoms.
- By attending the meet all athletes, coaches, officials, volunteers and any person permitted entrance into the indoor areas of the facility agree to cooperate with a Local Health Authorities on contact tracing.
- Signage outlining safety protocols will be posted at venue entrances.
- Cleaning and disinfection of meet facilities will conform to the Nevada Governor's Guidance for Adult and Youth Sports.

GENERAL

- Athletes must wear masks inside the pool facility unless actively preparing to compete or competing.
- Athletes must leave towels, parkas, slippers, etc. in the designated area when preparing to compete.
- The COVID-19 USA Swimming waiver included with registration must be signed.
- Unless allowed by Carson City, facility capacity guidelines, no spectators are allowed on deck during the meet.
- Families may sit distanced by 6 feet or more from other families outside of the pool fence on or in their vehicles. Athletes will return to the family area between events. (monitored by a Meet Marshall).
- Staff, officials, volunteers and athletes must wear a mask when inside the facility.
- Hand sanitizer will be available around the facility.
- Starting blocks will be sanitized before and after each session.
- Bathroom facilities are available but are limited to short visits, showering and changing are not allowed.
- SHOWERS ARE NOT AVAILABLE. COME AND LEAVE WITH YOUR SUIT ON.
- DECK CHANGING IS PROHIBITED!
- Parents who wish to watch their children swim live may volunteer to fill timer seats provided they meet the testing requirements of the Governor's Directive, timing seats are organized by their team staff.
- The path competitors must follow will be marked on the pool deck.
- Location of stations such as timer, coach, officials, and spectators if allowed, will be marked on the pool deck.
- Athletes should not congregate at the end of the lane or in the lane. Athletes should continue to swim and avoid talking when in the pool during warmups.

HEAT AND LANE ASSIGNMENTS AND RESULTS: Will not be posted at the meet (to reduce crowding) but will be published on the Carson Tigersharks' website at https://www.teamunify.com/Home.jsp?team=pcct, on the MEET MOBILE App, and given to club coaches.

MEET SETUP

- The indoor pool will be used for competition only and general warm up before the start of the meet.
- The outdoor pool will be used for warm up and warm down during the competition. Swimmers will be required to follow social distancing requirements and to wear masks when not in the water.
- Athletes will have a specific route to walk to swim blocks before their heats and move away from blocks after their race to maintain distancing.
- All events 100m and over will start and finish at the South end of the pool. All 50m events will start at the South end and finish at the North end of the pool.

MEET STAFF AND VOLUNTEERS ON DECK

- Each lane will have 2 timers, wearing masks per COVID guidelines.
- Timers chairs are set back 8 feet from the starting end of the pool to maintain 6-foot distance from active athletes.
- Timers to remain seated at all times except to time at the end of the race.
- Starter with microphone is positioned at the south side of the pool.
- Colorado and Computer System Operator seated 6 foot distanced on the South-east side of the pool.
- Meet Marshalls positioned near the doors to the park to monitor entry and exit into the pool area.
- Stroke and turn officials wearing masks are positioned by the Meet Referee.
- Tables for 2 coaches per team, 6 feet distanced, and wearing masks are positioned on the East and West sides of the pool.
- Announcer is positioned at the South-east side of the pool with a speaker facing both inside the facility, and outside the pool into the park.
- Meet Referee may be positioned at the South side of the pool or the North side of the pool.

ATHLETE FLOW DURING MEET

- Athletes and spectators camp in the park outside the East doors of the facility. Coach sends athlete to their assigned lane 1 heat prior to the start of their heat.
- Athlete arrives at lane, steps on blocks when signaled, and completes a flyover start with the previous swimmer in the water, exiting after the previous swimmer has departed the block into the water (as usual).
- After the athlete's heat, athlete proceeds west to discuss event with the Coach if appropriate.
- Coaches discuss race with athlete, and ensure athlete proceeds outside the fence or to warm down lanes as appropriate.

SCREENING

- Athletes (and all persons entering the inside of the meet facility if permitted to enter by the Meet Director) will be screened for COVID-19 by Carson Aquatic Facility staff or a Meet Marshall, based on Nevada and the Carson City regulations prior to entering the pool deck for warmups. They should notify the screener or a coach if they are experiencing any of the following symptoms:
    - Cough
    - Shortness of breath
    - Known contact with someone with COVID-19
    - A temperature of over 100 degrees F.

Pacific Swimming – Hosted by Carson Tigersharks
LONG COURSE AGE GROUP OPEN
FRIDAY – SUNDAY, MAY 28 – 31, 2021

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	
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM
		: .	LCM

# of entries _____ x $4.00 = $_____
Participation Fee $ $ 14.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email