

2024 NEVADA STATE SHORT COURSE CHAMPIOSHIPS
HOSTED BY THE CARSON TIGERSHARKS
PACIFIC SWIMMING SHORT COURSE T/F MEET
NOVEMBER 8-11, 2024
Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **24-134**

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, 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 unofficial results of this meet may be posted in real time on the Meet Mobile App.**

USE OF AUDIO AND VIDEO: Photography and video recording from behind or beside 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. Flash photography during the start of a race is prohibited in any location.

MEET PERSONNEL:	Meet Referee: Roger Pflieger	Head Starter: Nikki Pierce
	Meet Marshal: Cassidy Russell	Admin Official: Veronica Harmon
	Chief Judge: Debbie Patrick	
	Meet Director: Becki Boehnke; becki@tigersharks.org ; 775-721-6142	

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. Additional parking is available at the former Bank of America at the northwest corner of Roop St. and Hwy. 50 (Williams St.).

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' at the start end and 5' at the turn end. The minimum water depth in the secondary competition course, as measured in accordance with Article 103.2.3, is 4' at the start end and 4' at the turn end. The Meet Host shall ensure the course dimensions.

TIMES:

- Friday Timed Finals (11 & over): Meet will begin at **3:30 PM** with warm-up from **2:00 PM to 3:20 PM**.
- Sat, Sun, & Mon Prelim sessions (11 & over): **8:30 AM** each day with warm-ups from **7:00-8:20 AM** each day.

- Sat, Sun, & Mon Timed-Finals Sessions (10 & under): **no earlier than 11:30 AM** warm-ups and **12:30 PM** competition.
- Fri, Sat, Sun Finals (11 & over): time to be determined and announced each day after the coaches meeting.

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 policy is a condition of participation in the conduct of this competition.
- All preliminary events will swim fast to slow, with the fastest 3 heats circle seeded.
- All timed-final events will swim fast to slow.
- Events will be seeded with all conforming short-course yards entries seeded first, followed by all non-conforming long-course meters entries.
- Preliminary events for the 11-12 and 13-14 age groups will have B and A finals, in that order.
- Preliminary events for the 15-18 age group will have C, B, and A finals, in that order, except for the 500yd freestyle which will have a B and A final only.
- Athletes may only enter events for which they have met the qualification standard or bonus standard (see Bonus Events section), and they are subject to the following entry limits:
 - 10 & under: 4 per day, 7 total for the meet, plus 1 relay per day.
 - 11 & over: 3 per day, 7 total for the meet, plus 1 relay per day.
- If local conditions warrant, 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.
- Carson City personnel, including certified lifeguards trained in First Aid/CPR, will be on site and an AED will be available to participants throughout the competition.

DISTANCE:

- All Friday events are timed finals. The Monday 500 freestyle events will swim as Preliminaries and Finals.
- Age groups in the 400yd IM and 1650yd Freestyle will be seeded together but will be scored and awarded separately.
- The 1650yd freestyle will be swum alternating women’s and men’s heats. All athletes in the 1650 must provide their own timers and lap counters.
- Athletes entered in the 500yd freestyle must provide their own lap counters and will swim women then men, no alternating.
- **Friday distance events will be positive check-in.** The 400 IM and 500 freestyle check-in will close at 3:00 PM. The 1650 freestyle check-in will close at 4:00 PM.

RELAYS:

- Relays are timed finals and will be deck entered by the announced deadlines on Saturday and Sunday.
- Clubs may submit as many relay entries as they wish.
- Relay entry cards will be available from the Admin table throughout the meet. Each entry must clearly designate the order of swim and any alternate athletes and shall not be changed after the lead swimmer is called to the blocks.
- 11 & over relays will be contested in the finals sessions only.
- Each relay athlete must be entered in an individual event in the meet, **OR** the name, registration number, birth date, and participation fee for each “relay only” athlete(s) must be submitted with the team entries.
- Each athlete may participate in no more than one (1) relay event per day. Athletes aged 19 & over shall not participate.

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 member-coach 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 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 a backstroke ledge. When unaccompanied by a member-coach, 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, including the Community Center.

- No smoking, vaping, or use of tobacco products.
- No sale and/or use of alcoholic beverages.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- All shelters must be properly secured.
- No animals, except for licensed service animals. Please show certification when asked by meet officials or marshals.
- Deck changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, fireworks of any kind, 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.
- The main competition facility will be a closed deck. There will be spectator viewing areas for standing room only. Deck chairs and team set up areas will be allowed in the adjacent Community Center Gym only.

ELIGIBILITY:

- Open to all current USA Swimming registered athletes residing in the State of Nevada, or representing a club registered with USA Swimming in the State of Nevada, who have achieved one or more qualifying time standards for the meet or are properly entered as relay-only athletes.
- 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" or not meeting the qualifying or bonus standards will be **rejected** except for relays.
- 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. The NV State Championships will be using the US Parawimming LSC Motivational Time Standards which can be found at pacswwim.org or by contacting the Meet Director.
- Athletes 19 & over may participate in the oldest age group of individual preliminary and timed final events, but shall not participate in finals or relays, and shall not score points or receive awards.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY FEES: \$6.00 per individual event plus a \$10.00 participation fee per athlete. Relays will be \$16.00 due with the relay entries or no later than 9:00 AM Monday, November 11, 2024. Relay-only athletes must also pay the \$10.00 individual participation fee. 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 <https://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus \$0.75 per transaction, regardless of number of athletes. Please note that the service fee is a separate fee from the Entry Fees. If you do not wish to pay the service fee, enter the meet using 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 not be accepted after Wednesday October 30, 2024, at 11:59pm.**

ELECTRONIC CLUB ENTRIES: A club may submit their entries electronically as a single file in Hytek format, using the event file available from the Meet Director. Entry files must be electronically received no later than 11:59pm, Wednesday, October 30, 2024 to Becki Boehnke at becki@tigersharks.org, and must include a PDF or hard-copy printout of the team's complete entries. Payment in full of all fees (including participation fees for relay-only athletes) must also be received by the same deadline at the mailing address below. Prior to the entry deadline, team Hytek entries may be changed **ONLY** by re-submitting the ENTIRE corrected entries as a single replacement file, provided the appropriate entry fees are received by the deadline. **No partial submissions, no late entries or entry changes, no deck entries (except relays), and no late payments will be accepted.**

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 midnight, Monday, October 28, 2024, or hand delivered by 6:30 p.m. Wednesday, October 30, 2024. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

ENTRY TIMES: Athletes must enter their best achieved qualifying time (or eligible bonus time) in the conforming (short-course yards) or non-conforming (long-course meters) course designated by a "Y" or "L" respectively for each event entered. Converted times from short-course meters to short-course yards will be accepted. No Times ("NT") and unofficial times will **NOT** be accepted. All entry times must meet the minimum qualifying times and will be run through the SWIMS database for verification.

BONUS EVENTS: Athletes with 1 qualifying time standard may enter up to 2 additional BONUS EVENTS where the bonus standard is achieved. Athletes with 2 qualifying times may enter 1 additional Bonus Event where the bonus time standard is achieved. Athletes with 3 or more qualifying times are NOT eligible for bonus events. Bonus time standards are as follows: for 25 add 0.25 sec, for 50 add 0.50 sec, for 100 add 1.00 sec, and for 200 add 2.00 sec to the qualifying time standards for those events. There are no bonus events for distances longer than 200.

ENTRY LIMITS: See rules section.

CHECK-IN: Except for the Friday distance events (see: Distance Rules), the meet shall be pre-seeded, and athletes will **NOT** be required to check in. Participants in the 11 & over 400 IM and 11-12 500 freestyle must check in by 3:00 PM on Friday, and participants in the 1650 freestyle must check in by 4:00 PM on Friday. Anyone who does not check in by these times will be considered scratched from these events.

SCRATCHES:

- **Preliminary and Timed Finals events:** Any athletes not reporting for or competing in a preliminary or timed final event shall not be penalized. Athletes who must withdraw from an event in which they have been seeded are requested to notify the Referee immediately.
- **Finals of events with Preliminaries:** Any athlete qualifying for any level of finals in an individual event who does not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in consolation finals or finals. In this case, they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event of that day. Otherwise all qualifiers not properly scratched will be seeded in finals.
- **Penalty for No-show in Finals:** Any athlete originally qualifying for any level of finals in an individual event who fails to show up in said final race prior to calling the name of the alternate, without having properly scratched first, shall be barred from the remainder of any final and relay events for that day. Should the athlete have no additional finals events for that day, they will be barred from their next preliminary event.
- **Exceptions:** No penalty shall apply for failure to withdraw or compete in a finals event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the failure is caused by circumstances beyond the control of the athlete, or the athlete qualified for any level of finals due to scratches of one or more original finalists, or the athlete is an alternate for any level of finals.

AWARDS: Individual Events: Medals 1st – 8th place; Ribbons 9th-16th place.

Awards for Individual High Point and Runner up for 8 & under, 9-10, 11-12, 13-14, and 15-18 age groups. High point and High point runner up ties will be broken by most meet yardage swum by individuals, and if still tied, the fastest time of the longest event swum. Relays: 1st-3rd

No team awards will be given.

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.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. 19 & over athletes will not score or receive awards.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will also be provided throughout the day.

MINIMUM OFFICIALS: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. No apprentice officials will be accepted at this meet. Participating clubs shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during the meet, in accordance with the following table:

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

One half-hour before the scheduled start of each session, the Meet Referee or designee shall conduct an inventory of Officials, and shall compare the number of athletes against the number of Officials present representing each club. Those clubs who have not provided sufficient Officials shall have all their athletes treated as "time only" athletes in all respects for that session. Neither the athletes nor the club shall be eligible for awards from that session.

For this meet, travel teams from Southern California Swimming and Snake River Swimming LSCs are exempt from the penalty for insufficient officials.

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 1650 freestyle events.

MISCELLANEOUS: More information about the meet can be found at <https://www.gomotionapp.com/team/pcct/page/home>.

EVENT SUMMARY

	8 & Under	9-10	11-12	13-14	15 & Over
Friday 11/8	No Events	No Events	500 Free	400 IM 1650 Free	400 IM 1650 Free
Saturday 11/9	100 Free 25 Breast 50 Back 100 Medley Relay 200 M.R. (10&U)	200 Free 50 Breast 100 Back 100 IM 200 M.R. (10&U)	200 Medley Relay 200 Free 50 Breast 100 Back 50 Fly 200 M.R. (11-18) 400 M.R. (11-18)	200 Medley Relay 200 Free 100 Breast 200 Back 100 Fly 200 M.R. (11-18) 400 M.R. (11-18)	200 Free 100 Breast 200 Back 100 Fly 200 M.R. (11-18) 400 M.R. (11-18)
Sunday 11/10	25 Fly 25 Back 50 Breast 50 Free 100 Free Relay 200 F.R. (10&U)	50 Fly 50 Back 100 Breast 100 Free 200 F.R. (10&U)	200 Free Relay 100 IM 100 Breast 100 Free 100 Fly 200 F.R. (11-18) 400 F.R. (11-18)	200 Free Relay 200 IM 200 Breast 100 Free 200 Fly 200 F.R. (11-18) 400 F.R. (11-18)	200 IM 200 Breast 100 Free 200 Fly 200 F.R. (11-18) 400 F.R. (11-18)
Monday 11/11	100 IM 50 Fly 25 Free	200 IM 100 Fly 50 Free	50 Back 200 IM 50 Free	100 Back 500 Free 50 Free	100 Back 500 Free 50 Free

EVENTS

<u>Friday, November 8</u>		
11 & Overs		
Warm Ups 2:00 PM / Start Time 3:30 PM		
Girls Event #	Event Description Timed Finals	Boys Event #
1	13-14 400 IM	2
	15 & Over 400 IM	
3	11-12 500 Freestyle	4
5	13-14 1650 Freestyle	6
	15 & Over 1650 Freestyle	

***Friday events will be positive check in. See Distance Rules.**

***The 400 IM and 1650 Free will be swum combined age groups, but they will be scored separately.**

***The 1650 freestyle will alternate women and men, fastest to slowest.**

***Athletes in the 500 freestyle must provide their own counters.**

***Athletes in the 1650 freestyle must provide their own timers and counters.**

<u>Saturday, November 9</u>						
11 & Overs <u>PRELIMS</u> Warm Ups 7:00 AM / Start Time 8:30 AM <u>FINALS</u> Start Time determined daily by Meet Ref				10 & Unders <u>TIMED FINALS</u> Warm Ups: Not before 11:30 AM Start Time Not before 12:30 PM		
Girls Event #	Event Description AM and Finals Sessions	Boys Event #		Girls Event #	Event Description TIMED FINALS	Boys Event #
7*	11-12 200 Medley Relay	8*		39	9-10 200 Freestyle	40
9*	13-14 200 Medley Relay	10*		41	8 & Under 100 Freestyle	42
11	15 & Over 200 Free	12		43	9-10 50 Breast	44
13	13-14 200 Free	14		45	8 & Under 25 Breast	46
15	11-12 200 Free	16		47	9-10 100 Back	48
17	15 & Over 100 Breast	18		49	8 & Under 50 Back	50
19	13-14 100 Breast	20		51	9-10 100 IM	52
21	11-12 50 Breast	22		53	8 & U 100 Medley Relay	54
23	15 & Over 200 Back	24		55	10 & U 200 Medley Relay	56
25	13-14 200 Back	26				
27	11-12 100 Back	28				
29	15 & Over 100 Fly	30				
31	13-14 100 Fly	32				
33	11-12 50 Fly	34				
35*	11-18 200 Medley Relay	36*				
37*	11-18 400 Medley Relay	38*				
*Relays will be swum only during the finals session.						

Sunday, November 10

11 & Overs <u>PRELIMS</u> Warm Ups 7:00 AM / Start Time 8:30 AM <u>FINALS</u> Start Time determined daily by Meet Ref			10 & Unders <u>TIMED FINALS</u> Warm Ups: Not before 11:30 AM Start Time Not before 12:30 PM		
Girls Event #	Event Description AM and Finals Sessions	Boys Event #	Girls Event #	Event Description TIMED FINALS	Boys Event #
57*	11-12 200 Freestyle Relay	58*	89	9-10 50 Fly	90
59*	13-14 200 Freestyle Relay	60*	91	8 & Under 25 Fly	92
61	15 & Over 200 IM	62	93	9-10 50 Back	94
63	13-14 200 IM	64	95	8 & Under 25 Back	96
65	11-12 100 IM	66	97	9-10 100 Breast	98
67	15 & Over 200 Breast	68	99	8 & Under 50 Breast	100
69	13-14 200 Breast	70	101	9-10 100 Free	102
71	11-12 100 Breast	72	103	8 & Under 50 Free	104
73	15 & Over 100 Free	74	105	10 & Under 200 Free Relay	106
75	13-14 100 Free	76	107	8 & Under 100 Free Relay	108
77	11-12 100 Free	78			
79	15 & Over 200 Fly	80			
81	13-14 200 Fly	82			
83	11-12 100 Fly	84			
85*	11-18 200 Freestyle Relay	86*			
87*	11-18 400 Freestyle Relay	88*			
*Relays will be swum only during the finals session.					

Monday, November 11

11 & Overs <u>PRELIMS</u> Warm Ups 7:00 AM / Start Time 8:30 AM <u>FINALS</u> Start Time determined daily by Meet Ref			10 & Unders <u>TIMED FINALS</u> Warm Ups: Not before 11:30 AM Start Time Not before 12:30 PM		
Girls Event #	Event Description AM and Finals Sessions	Boys Event #	Girls Event #	Event Description TIMED FINALS	Boys Event #
109	15 & Over 100 Backstroke	110	127	9-10 200 IM	128
111	13-14 100 Backstroke	112	129	8 & Under 100 IM	130
113	11-12 50 Backstroke	114	131	9-10 50 100 Fly	132
115	15 & Over 500 Freestyle	116	133	8 & Under 50 Fly	134
117	13-14 500 Freestyle	118	135	9-10 100 50 Free	136
119	11-12 200 IM	120	137	8 & Under 25 Free	138
121	15 & Over 50 Freestyle	122			
123	13-14 50 Freestyle	124			
125	11-12 50 Freestyle	126			
*The 500 free will have only an "A" and "B" final for all age groups. There will NOT be a "C" final for the 15-18 age group. *Athletes in the 500 free must provide their own counters.					

2024 NV STATE CHAMPIONSHIPS

QUALIFYING TIME STANDARDS

GIRLS			BOYS	
SCY	LCM	8 & UNDER	SCY	LCM
22.23	-	25 Free	22.01	-
49.09	54.99	50 Free	49.25	55.17
1:51.58	2:04.73	100 Free	1:47.33	2:00.06
26.59	-	25 Back	26.95	-
59.89	1:06.87	50 Back	59.15	1:06.06
30.93	-	25 Breast	30.12	-
1:06.44	1:14.08	50 Breast	1:04.79	1:12.26
27.83	-	25 Fly	27.83	-
1:00.81	1:07.59	50 Fly	1:01.63	1:08.49
2:08.50	-	100 IM	2:08.50	-
SCY	LCM	9-10	SCY	LCM
36.35	40.98	50 Free	38.47	43.31
1:22.43	1:32.67	100 Free	1:25.70	1:36.27
3:04.40	3:26.84	200 Free	3:07.14	3:29.85
43.55	48.90	50 Back	44.50	50.17
1:36.53	1:48.18	100 Back	1:44.04	1:56.44
51.07	57.04	50 Breast	51.83	58.01
1:51.25	2:04.37	100 Breast	1:55.27	2:08.54
44.29	49.71	50 Fly	43.39	48.72
1:48.60	2:01.24	100 Fly	1:48.85	2:01.33
1:33.87	-	100 IM	1:36.62	-
3:32.66	3:57.92	200 IM	3:37.02	4:02.72
SCY	LCM	11-12	SCY	LCM
32.62	37.72	50 Free	34.11	38.52
1:09.58	1:17.53	100 Free	1:14.34	1:23.77
2:32.03	2:51.23	200 Free	2:47.07	3:07.77
6:43.35	6:06.94	500 Free	7:24.59	6:43.23
38.30	43.11	50 Back	40.74	45.96
1:20.37	1:30.40	100 Back	1:29.60	1:40.83
43.52	48.75	50 Breast	46.68	52.34
1:34.98	1:46.47	100 Breast	1:42.30	1:54.53
37.13	41.84	50 Fly	38.98	43.87
1:29.94	1:40.73	100 Fly	1:32.14	1:43.15
1:19.39	-	100 IM	1:28.23	-
2:52.04	3:13.24	200 IM	3:13.52	3:36.87

GIRLS			BOYS	
SCY	LCM	13-14	SCY	LCM
29.99	33.94	50 Free	30.80	34.88
1:05.58	1:13.96	100 Free	1:04.99	1:13.58
2:21.88	2:40.06	200 Free	2:21.28	2:25.88
6:18.12	5:44.74	500 Free	6:31.55	5:56.56
24:00.71	24:30.71	1650 Free	23:37.97	24:07.97
1:14.15	1:23.56	100 Back	1:19.01	1:29.21
2:42.53	3:02.78	200 Back	2:56.35	3:17.98
1:27.65	1:38.41	100 Breast	1:30.88	1:41.96
3:10.60	3:33.65	200 Breast	3:17.76	3:41.53
1:18.40	1:28.24	100 Fly	1:18.28	1:28.10
3:02.28	3:24.50	200 Fly	2:56.86	3:18.54
2:38.46	2:58.30	200 IM	2:50.13	3:11.14
6:00.89	6:44.97	400 IM	6:10.27	6:55.29
SCY	LCM	15-18	SCY	LCM
29.89	33.89	50 Free	27.24	30.92
1:04.59	1:13.59	100 Free	58.29	1:06.11
2:16.19	2:35.69	200 Free	2:08.71	2:25.88
6:12.09	5:32.89	500 Free	5:52.00	5:21.75
21:26.19	22:02.19	1650 Free	21:48.50	22:18.50
1:11.59	1:23.49	100 Back	1:13.81	1:23.19
2:32.39	2:55.59	200 Back	2:43.84	3:03.82
1:23.69	1:35.49	100 Breast	1:21.23	1:31.35
2:58.69	3:24.79	200 Breast	2:57.80	3:20.08
1:09.99	1:19.49	100 Fly	1:08.38	1:17.46
2:55.43	3:16.97	200 Fly	2:43.47	3:03.92
2:34.69	2:58.09	200 IM	2:28.24	2:47.26
5:31.99	6:18.79	400 IM	5:39.95	6:21.94
BONUS EVENTS				
For event distance 25 add 0.25 seconds, 50 add 0.50s, 100 add 1.00s, & 200 add 2.00s. No bonus events for distances longer than 200.				
Up to 2 bonus events may be swum, for a total of 3 events. Make 1 cut, add 2 Bonus events where bonus standard is achieved; make 2 cuts, add 1 Bonus event; make 3 or more cuts, add no bonus events.				

Distance Events: 1650yd freestyle				
Athletes may qualify to compete in the 1650yd freestyle using an 800m/1000yd freestyle qualifying time. 13-14 girls: 800m 12:35.99 / 1000yd 14:01.99, 13-14 boys: 800m 12:05.89 / 1000yd 13:21.19, 15-18 girls: 800m 12:21.29 / 1000yd 13:49.19, 15-18 boys: 800m 11:40.09 / 1000yd 12:52.99.				

Para 1 LSC Motivational Time Standards

P1 - non-ambulatory (wheelchair bound): limited use of all four extremities	Girls								P1	Boys								
	10 & UP1		11-12 P1		13-14 P1		15 & OP1			10 & UP1		11-12 P1		13-14 P1		15 & OP1		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	1:44.49	1:44.49	1:34.69	1:34.69	1:26.19	1:26.19	1:24.89	1:24.89		50 FR	1:39.29	1:39.29	1:30.29	1:30.29	1:21.29	1:21.29	1:18.29	1:18.29
	3:39.19	3:39.19	3:18.59	3:18.59	3:00.79	3:00.79	2:58.09	2:58.09		100 FR	3:44.19	3:44.19	3:23.79	3:23.79	3:03.49	3:03.49	2:56.69	2:56.69
	8:44.89	8:44.89	7:55.69	7:55.69	7:12.99	7:12.99	7:06.49	7:06.49		200 FR	6:09.09	6:09.09	5:35.59	5:35.59	5:01.99	5:01.99	4:50.90	4:50.89
2:03.59	2:03.59	1:51.99	1:51.99	1:41.99	1:41.99	1:40.39	1:40.39	50 BK	1:22.89	1:22.89	1:15.39	1:15.39	1:07.89	1:07.89	1:05.39	1:05.39		
3:47.19	3:47.19	3:25.89	3:25.89	3:07.49	3:07.49	3:04.59	3:04.59	100 BK	3:01.19	3:01.19	2:44.69	2:44.69	2:28.19	2:28.19	2:22.69	2:22.69		
1:54.39	1:54.39	1:43.63	1:43.63	1:34.39	1:34.39	1:32.99	1:32.99	50 BR	1:29.59	1:29.59	1:21.49	1:21.49	1:13.29	1:13.29	1:10.59	1:10.59		
5:26.29	5:26.29	4:55.69	4:55.69	4:29.19	4:29.19	4:25.19	4:25.19	100 BR	4:19.99	4:19.99	3:56.39	3:56.39	3:32.69	3:32.69	3:24.89	3:24.89		
3:03.89	3:03.89	2:46.69	2:46.69	2:31.79	2:31.79	2:29.49	2:29.49	50 FL	2:48.09	2:48.09	2:32.79	2:32.79	2:17.49	2:17.49	2:12.39	2:12.39		
7:35.89	7:35.89	6:53.15	6:53.15	6:16.19	6:16.19	6:10.49	6:10.49	150 IM	7:30.09	7:30.09	6:49.19	6:49.19	6:08.19	6:08.19	5:54.59	5:54.59		

Para 2 LSC Motivational Time Standards

P2 - dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body.	Girls								P2	Boys								
	10 & U P2		11-12 P2		13-14 P2		15 & O P2			10 & U P2		11-12 P2		13-14 P2		15 & O P2		
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM	
	56.89	59.79	51.49	54.19	46.89	49.39	46.19	48.59		50 FR	53.99	56.79	49.09	51.69	44.19	46.49	42.59	44.79
	2:06.59	2:13.19	1:54.69	2:00.69	1:44.39	1:49.89	1:42.79	1:48.19		100 FR	1:59.09	2:05.29	1:48.29	1:53.99	1:37.39	1:42.59	1:33.79	1:38.79
	4:20.49	4:34.19	3:56.09	4:08.49	3:34.89	3:46.29	3:31.69	3:42.79		200 FR	4:11.89	4:25.09	3:48.49	4:00.99	3:26.09	3:36.89	3:18.49	3:28.89
			9:37.09	7:51.09	8:45.39	7:08.89	8:37.49	7:02.39		400/ 500 FR			9:37.89	7:51.69	8:40.09	7:04.49	8:20.79	6:48.79
	1:09.09	1:12.69	1:02.59	1:05.89	56.99	59.99	56.09	59.09		50 BK	1:01.09	1:04.29	55.49	58.39	49.99	52.59	48.09	50.69
	2:39.79	2:48.19	2:24.79	2:32.49	2:11.89	2:18.79	2:09.89	2:16.69		100 BK	2:32.79	2:40.89	2:18.89	2:26.29	2:05.09	2:11.59	2:00.39	2:06.79
			4:58.79	5:14.49	4:31.99	4:46.29	4:27.89	4:41.99		200 BK			4:20.89	4:34.59	3:54.79	4:07.09	3:46.09	3:57.99
1:12.09	1:15.89	1:05.49	1:08.89	59.59	1:02.69	58.69	1:01.69	50 BR	1:09.19	1:12.79	1:02.89	1:06.19	56.59	59.59	54.49	57.39		
2:39.99	2:48.39	2:24.99	2:32.59	2:11.99	2:18.89	2:09.99	2:16.79	100 BR	2:33.39	2:41.49	2:19.49	2:26.79	2:05.49	2:12.09	2:00.89	2:07.19		
		5:17.19	5:34.19	4:24.89	4:38.79	4:44.69	4:59.59	200 BR			5:00.99	5:16.79	4:30.89	4:45.09	4:20.89	4:34.59		
1:09.59	1:13.19	1:03.09	1:06.39	57.39	1:00.39	56.59	59.49	50 FL	55.89	58.79	50.79	53.49	45.69	48.09	43.99	46.39		
2:58.89	3:08.29	2:42.09	2:50.59	2:27.59	2:35.29	2:25.39	2:32.99	100 FL	2:55.29	3:04.49	2:39.39	2:47.79	2:23.39	2:30.99	2:18.09	2:25.39		
5:31.79	5:49.19	5:00.59	5:16.39	4:33.69	4:48.09	4:29.59	4:43.69	200 IM	5:12.39	5:28.89	4:43.99	4:58.99	4:15.59	4:29.09	4:06.19	4:19.09		

Para 3 LSC Motivational Time Standards

P3 - single limb deficiencies, visual impairments, intellectual impairments, ambulatory without significant assistance.	Girls								P3	Boys							
	10 & U P3		11-12 P3		13-14 P3		15 & O P3			10 U P3		11-12 P3		13-14 P3		15 & O P3	
	SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM		SCY	LCM	SCY	LCM	SCY	LCM	SCY	LCM
	44.09	48.89	39.89	44.29	36.39	40.39	35.79	39.69	50 FR	39.79	44.19	36.19	40.19	32.59	36.19	31.39	34.79
	1:33.89	1:44.29	1:25.09	1:34.49	1:17.49	1:26.09	1:16.39	1:24.79	100 FR	1:26.49	1:36.09	1:18.59	1:27.29	1:10.79	1:18.59	1:08.09	1:15.69
	3:51.49	4:17.19	3:29.79	3:53.09	3:10.99	3:32.19	3:08.09	3:28.99	200 FR	3:17.69	3:39.59	2:59.69	3:19.69	2:41.69	2:59.59	2:35.79	2:53.09
	8:46.89	7:43.19	7:57.59	6:59.79	7:14.79	6:22.19	7:08.19	6:16.39	400/ 500 FR	8:31.99	7:30.09	7:45.49	6:49.19	6:58.99	6:08.29	6:43.49	5:54.69
			18:00.49	15:19.59	16:32.09	14:04.39	16:18.49	13:52.79	800/ 1000 FR			18:21.59	15:37.49	16:31.39	14:03.69	15:54.69	13:32.49
			32:31.69	30:29.19	30:01.09	28:08.19	29:37.99	27:46.39	1500/ 1650 FR			34:04.19	31:55.79	30:39.71	28:44.19	29:31.53	27:40.29
	53.39	59.29	48.39	53.69	44.09	48.99	43.39	48.19	50 BK	45.59	50.69	41.49	46.09	37.29	41.49	35.89	39.89
	1:52.49	2:04.99	1:41.99	1:53.29	1:32.89	1:43.19	1:31.49	1:41.59	100 BK	1:36.09	1:46.79	1:27.39	1:37.09	1:18.59	1:27.39	1:15.69	1:24.09
			4:04.79	4:31.89	3:42.99	4:07.69	3:39.59	4:03.89	200 BK			3:29.49	3:52.79	3:08.59	3:29.49	3:01.59	3:21.79
	56.79	1:03.09	51.49	57.19	46.79	51.99	46.09	51.19	50 BR	49.79	55.29	45.29	50.29	40.79	45.29	39.29	43.59
	1:59.69	2:12.99	1:48.49	2:00.49	1:38.69	1:49.69	1:37.19	1:47.99	100 BR	1:50.59	2:02.89	1:20.49	1:51.69	1:30.49	1:40.49	1:27.19	1:36.79
			4:20.29	4:49.19	3:56.99	4:23.29	3:53.29	4:19.19	200 BR			3:40.09	4:04.49	3:18.09	3:40.09	2:56.09	3:31.89
	48.29	53.59	43.69	48.49	39.79	44.19	39.19	43.49	50 FL	43.29	48.09	39.29	43.69	35.39	39.29	31.49	37.89
	1:41.69	1:52.89	1:32.09	1:42.29	1:23.89	1:33.19	1:22.59	1:31.69	100 FL	1:30.89	1:40.99	1:22.79	1:31.99	1:14.39	1:22.59	1:06.09	1:19.59
			3:40.99	4:05.49	3:21.39	3:43.69	3:18.09	3:40.09	200 FL			3:29.19	3:52.39	3:08.29	3:29.19	2:47.39	3:21.39
3:57.99	4:24.39	3:35.69	3:59.59	3:16.29	3:38.09	3:19.39	3:34.79	200 IM	3:29.69	3:52.99	3:10.69	3:31.79	2:51.59	3:10.69	2:32.49	3:03.59	
		8:34.59	9:25.49	7:48.39	8:34.69	7:41.39	8:26.99	400 IM			7:46.79	8:20.09	6:56.79	7:30.09	6:40.09	7:13.39	

Pacific Swimming – Hosted by CARSON TIGERSHARKS 2024 Nevada State Short Course Championships November 08-11, 2024 Consolidated Entry Form															
Name: Last First Middle															
Club Abbr.			UNATT TEAM ABBR				Club Name								
Age			Date of Birth				Sex M F			LSC – (PC, SN, CA, SR)					
USA-#															
Event #	Distance / Stroke						Entry Time				Circle one				
							: .				SCY / LCM				
							: .				SCY / LCM				
							: .				SCY / LCM				
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# of entries _____ x \$6.00 = \$ _____ RELAY ONLY? (Y / N) Participation Fee \$ 10.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															