NORTHERN NEVADA AQUATICS
SILVER STATE CHAMPIONSHIPS
PACIFIC SWIMMING LONG COURSE PRELIMINARIES & FINALS MEET
JULY 12-14, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No**. 24-085**

TIME TRIALS SANCTION: Held under USA/Pacific Swimming Sanction No. **24-086**

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, 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, or in real time on the Internet at www.northernnevadaaquatics.com**

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

MEET PERSONNEL:
Meet Referee: Roger Pflieger ***Head Starter: Jim Motta***
Meet Marshals: **Morgan McCord, Michelle Hall**
Admin Officials: Arianne Soretta & Lindsay Robertson
Meet Director: **Erik Scalise - nnaevents@gmail.com 775-331-0123**

LOCATION: IDLEWILD POOL, 1805 Idlewild Drive, Reno, NV 89509

DIRECTIONS: From CA: I-80 to Reno, take Keystone Ave. exit from freeway. Go south on Keystone – stay in far-right lane until you reach Riverside Drive. *Do not go on overpass*. Turn right on Riverside Drive, continue about one block and turn left onto Booth Street Bridge, then turn right onto Idlewild Drive. The pool is two blocks ahead on the right. *Parking:* ***Please be aware there is an event scheduled in the adjacent Idlewild Park Friday evening. Parking may be limited and do not park in the restricted areas, as your vehicle may be towed.***

COURSE: OUTDOOR HEATED 8 LANE 50 METER pool with up to 7 lanes available for competition. An additional 1 lane shall 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 10' at the start end and 3' 6" at the turn end. The Meet Host shall ensure the required course dimensions.

TIME: Friday: Meet shall begin at 4:00pm with warm-ups from 3:00-3:50pm.
Saturday and Sunday: Meet shall begin at 8:30 AM each day with warm-ups from 7:00 to 8:20 AM each day. Designated warm-up lane for 8 and under athletes will be available upon request.

Finals: Start time and warm-up times will be determined by the Meet Referee and announced each day as early as possible.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall be posted at the Clerk-of-Course.
- 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.
- 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 preliminary events shall be swim fast to slow, with the first three heats circle seeded.
- Athletes may compete in a **maximum of three (3) individual events (including Time Trials) and one (1) relay** per day on Saturday and Sunday. During Friday timed finals, athletes may compete in a **maximum of two (2) individual events**.
- There will be one heat of FINALS (7 athletes per final) for 10 & under, 11, 12, 13, 14 and 15 & over for each gender.
- The 400 and over events will swim in regular event order as timed final events during the Friday PM session. No circle seeding; Friday night events are seeded fastest to slowest alternating women's and men's heats. They are timed finals and will be scored for high point designated by age groups.
- **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 2024 membership before coaching athletes at the meet.
- Red Cross certified lifeguards, AED, backboards, rescue tubes, and minor first aid supplies available.

RELAYS:

- Relays will be deck entered by 10:00 am each day at the Clerk of Course, where entry cards will be available.
- Relays are **OPEN RELAYS,** any combination of ages and genders will be accepted.
- Clubs may enter as many relays as they wish. Relay only athletes will be allowed. Athletes are limited to one relay per day each. Relays will not be scored or awarded.
- Order of the athletes must be clearly marked on the relay entry and shall not be changed after being called to block.
- Relays are timed finals. There will not be a break before the relays.

UNACCOMPANIED ATHLETES: Any USA-S athlete-member competing at the meet shall 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-S 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-S 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-S 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 a 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:

- 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 propane heaters are permitted, except for snack bar/meet operations.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck, limited spectators are specifically allowed as outlined in the "Admissions" section.
- Deck changes are prohibited.
- Limited club, vendor and coach's tents are allowed on the pool deck.
- Deck space will be limited; there is additional outside space in the adjacent park. Please plan accordingly.
- Coaches, parents, and siblings are not allowed in any of the swimming pools.
- During general warm-up, athletes must enter the pool feet-first with one hand in contact with the deck or gutter (3-point entry).
- 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 members of USA Swimming and enter their name and registration number on their entries 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 athlete registration cards. Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.
- Athletes with a disability are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and over may compete in the meet in the 15 and over age group and will be eligible for high-point and individual 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 conforming long course time or non-conforming short course meters/yards time for each event. Entries with **"NO TIME" will be accepted and coaches may enter an estimated time (except for the 800 Free; see "DISTANCE EVENTS" below)**.

DISTANCE EVENTS:

- Individual 400 meter and over events will be swum fastest to slowest alternating women's and men's heats.
- Per Zone-4 policy, to be eligible to enter the 800 meter freestyle, an athlete must have previously established an official time in an event of 500y/400m or longer.
- Athletes In the 800 meter freestyle must provide their own lap counters and timers.
- If local conditions warrant, the Meet Referee may combine women's and men's heats.
- Distance events may be limited to the top 28 (4 heats) entries in each event for each gender.

SEEDING: Event seeding shall be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM), non-conforming short course yards (SCY) - USA Swimming rules 207.11.7B. **Preliminary heats will be swum fastest to slowest, with the first three (3) heats being circle seeded.**

CHECK-IN: The meet will be pre seeded. There will be no positive check-in for 200 and under events. Athletes shall not be required to check-in except for the 400 meter individual events and the 800 meter freestyle (see above under "DISTANCE EVENTS"). Athletes shall report to the ready area one heat prior to their scheduled time for each event. Check in for distance events will be due by 3:30pm the day of the event (Friday). Scratches for Saturday and Sunday events will be due by 6:00pm on the preceeding day. All scratches need to be given to the administrative official at the admin desk or emailed by the cut off time (6:00pm the night before) to nnaswimmeet@gmail.com.

Preliminary and Timed-Final Events: Athletes who must withdraw from an event in which they have been seeded are requested to notify the Referee immediately. Any athletes not reporting for or competing in a preliminary or timed-final event that they have been checked in for **shall not be penalized**.

Finals Events: 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 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 finals race in an individual event, who fails to show up and compete in said final race prior to calling the first alternate, without having been properly scratched first, shall be barred from the **remainder of any finals 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 finals due to scratches of one or more original finalists, or the athlete is an alternate for finals.

ENTRY FEES: Are $6.00 per event. There will be a $15 splash entry fee for all athletes regardless of number of events entered. The Splash Fee will not apply to relay only Athletes. Time Trials will have a separate entry fee as listed below under Time Trials. Relays are $16 per relay entered. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made.

TIME TRIALS: Time trials may be held on Saturday, July 13th and Sunday, July 14th: subject to availability in the timeline. There will be no

break at the conclusion of prelims and the beginning of time trials. All time trial entries must be given to the administrative official by 11:00 am on the day of the time trial. Time trials are $15.00 per event and may be swum mixed ages, genders, and/or strokes according to the Meet Referee. **Athletes may not exceed more than three (3) events total per day including time trials.**

ONLINE ENTRIES: Go to **http://ome.fastswims.com** 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. Fastswims charges a service fee for this service, equal to 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 a mail entry or through a team Hytek file 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, July 3, 2024, 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 using the athlete's best conforming long course time or non-conforming short course meters/yards time for each event. Entries must be **postmarked by midnight, Monday, July 1, 2024** or **hand delivered by 5:00pm, Friday, July 5, 2024, 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 Fri. July 5, 2024 to:**
Mail payment with entries to:	Northern Nevada Aquatics NNA Silver State Champs 1135 Terminal Way #106 Reno, NV 89502	NNA SSC Entries 4570 Rio Encantado Lane Reno, NV 89502

AWARDS: Distinctive awards will be given to 1st through 7th place for boys and girls age groups: 10 & under, 11, 12, 13, 14, and 15 & over. Points will be awarded as follows (8, 6, 5, 4, 3, 2, 1) for 1st through 7th place for age groups 10 & under, 11, 12, 13, 14, and 15 & over. Individual High-Point awards will be awarded for 10 & under, 11, 12, 13, 14, and 15 & over in both girl and boy age groups. Awards must be picked up at the meet. NO awards will be mailed.

ADMISSION: Camping is not allowed inside the pool facility; ample space is available in the park directly north of the facility. Spectators are allowed in the facility based on current guidelines, but may change based on City of Reno rules in effect at the time of the meet.

PROGRAMS: Available printed and online for a fee.

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

HOSPITALITY: Coaches, Officials and Timers will be provided with water and snacks during the meet session. Lunches will be provided for coaches and officials.

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 mentoring. **Participating clubs are requested (required starting September 1, 2024), to provide at least the following number of certified and carded officials for each session:**

Club athletes entered in session	Trained and carded officials required starting September 1, 2024
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

SCHEDULE OF
EVENTS

Preliminary / Morning Sessions

Saturday, July 13, 2024			Sunday, July 14, 2024		
Girls #	Event Description	Boys #	Girls #	Event Description	Boys #
7	Open 200 IM	8	23	Open 200 Free	24
9	13 & O 200 Fly	10	25	Open 100 Back	26
11	12 &U 50 Fly	12	27	13 & O 200 Beast	28
13	Open 100 Breast	14	29	12 & U 50 Breast	30
15	13 & O 200 Back	16	31	Open 100 Fly	32
17	12 & U 50 Back	18	33	Open 50 Free	34
19	Open 100 Free	20			
21	Open 400 Medley Relay*		35	Open 400 Free Relay*	

Finals / Evening Sessions

Friday, July 12, 2024

Age	Girls #	Event	Boys #
15 & O 14 13 12 11 10 & U	1	400 Free	2
15 & O 14 13 12 11	3	400 IM	4
15 & O 14 13	5	800 Free	6

Saturday, July 13, 2024

Age	Girls #	Event	Boys #
15 & O 14 13 12 11 10 & U	7	200 IM	8
15 & O 14 13	9	200 Fly	10
12 11 10 & U	11	50 Fly	12
15 & O 14 13 12 11 10 & U	13	100 Breast	14
15 & O 14 13	15	200 Back	16
12 11 10 & U	17	50 Back	18
15 & O 14 13 12 11 10 & U	19	100 Free	20

Sunday, July 14, 2024

Age	Girls #	Event	Boys #
15 & O 14 13 12 11 10 & U	23	200 Free	24
15 & O 14 13 12 11 10 & U	25	100 Back	26
15 & O 14 13	27	200 Breast	28
12 11 10 & U	29	50 Breast	30
15 & O 14 13 12 11 10 & U	31	100 Fly	32
15 & O 14 13 12 11 10 & U	33	50 Free	34

Pacific Swimming – Hosted by NNA
SILVER STATE CHAMPIONSHIPS PRELIMINARIES & FINALS
July 12-14, 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)

USA-#														

Event #	Distance / Stroke	Entry Time	Circle One
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM
		: .	SCY / LCM / SCM

Number of Events x 6.00 $_____
Participation Fee $ 15.00
Total $_____

Coach

Athlete's
Address

Home Phone	Cell Phone

Email