

NORTHERN NEVADA AQUATICS
SILVER STATE CHAMPIONSHIPS
PACIFIC SWIMMING LONG COURSE PRELIMINARIES & FINALS MEET
JULY 14-16, 2023
Enter Online: <https://ome.swimconnection.com/pc/NNA20230714>



PACIFIC
SWIMMING

NNA
Northern Nevada Aquatics

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-092**

TIME TRIALS SANCTION: Held under USA/Pacific Swimming Sanction No. **23-093**

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: Kendra Follett	Head Starter: Kevin Tokunaga
Meet Marshals: Morgan McCord, Michelle Hall	Admin Official: Larry Rice
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. In accordance with Article 104.2.2C(4) the competition course has not certified.

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. All preliminary events shall swim fast to slow, with the first three heats circle seeded.
- Athletes may compete in a **maximum of three (3) individual events 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 2023 membership before coaching athletes at the meet. Except for coaches accompanying athletes participating under the provisions of 202.8 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.
- **The Governor's COVID Directive and Guidance, if any, 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 Referee will determine compliance with the Governor's COVID Directive and Guidance.
- Red Cross certified LGs, 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.
- 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.
- 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. No onsite USA Swimming registrations will be accepted.
- 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 (4heats) 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).

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 swimmers. 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 15th and Sunday, July 16th: 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 <https://ome.swimconnection.com/PC/NNA20230714> to receive an immediate entry confirmation. The “billing information” email should be brought to the meet as proof of entry. This method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will be not be accepted after **Wednesday, July 5, 2023, 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, Saturday, July 1, 2023** or **hand delivered by 5:00pm, Wednesday, July 5, 2023, and may be rejected if a session is already full.** Entries submitted after these times will be held for possible conversion to deck entries at the meet if space is available, subject to receipt of the required entry fees and proof of registration. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make checks payable to:	Northern Nevada Aquatics	Or Hand Deliver: by 5:00 pm Wed. July 5, 2023 to:
Mail payment with entries to:	Northern Nevada Aquatics NNA Silver State Champ 1135 Terminal Way #106 Reno, NV 89502	NNA SSC Entries 4570 Rio Encantado Lane Reno, NV 89502

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: 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 director or meet referee to determine availability. As the number of certified officials allows and as permitted under the Governor's Directive and Guidance, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring but under current COVID related restrictions, it is not expected that shadowing/training of officials will be permitted.

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

Additional Information

A/V SETUP FOR BROADCAST: A webcam, or photographs of athletes during competitions may be set up to the side and not behind the blocks to follow current Safe Sport guidelines so that events may be watched remotely or recorded for sale. The meeting link and instructions will be available to all participants in pre-meet communications and/or in the “Events” section of the NNA website at <http://northernnevadaaquatics.com>.

HEAT AND LANE ASSIGNMENTS AND RESULTS: Will be posted at the meet on sandwich boards as well as sold (to reduce crowding), but will also be published on the NNA website at <http://northernnevadaaquatics.com>, on the MEET MOBILE App, and given to team coaches upon check in for the coaches.

MEET SETUP: Lanes 1-8 may be used for competition in a variety of configurations depending on number of entries in the swim meet and to provide appropriate distancing for timers. Athletes may have a specific route to walk to swim blocks and move away from blocks to maintain distancing during prelims and/or finals.

MEET STAFF AND VOLUNTEERS ON DECK

- Each lane will have 2 timers.
- 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 Southwest side of the pool.
- Colorado and Computer System Operator seated 6 feet distanced on the Southwest side of the pool.
- Meet Marshall positioned near the gate to the park to monitor entry and exit into the pool area.
- Stroke and turn officials are positioned by the Meet Referee.
- Tables for coaches per team, 6 feet distanced between teams, are positioned on the North side of the pool.
- Announcer is positioned at the Southwest side of the pool with a speaker facing both inside the facility, and outside the pool into the park.
- Referee may be positioned at the North side or the South side of the pool.

SCREENING: Athletes will be screened for COVID-19 by their coaches based on Nevada and the City of Reno 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.

WARM UP: 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.

SCHEDULE OF EVENTS

Preliminary / Morning Sessions							
Saturday, July 15, 2023				Sunday, July 16, 2023			
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 14, 2023				Saturday, July 15, 2023				Sunday, July 16, 2023			
Age	Girls #	Event	Boys #	Age	Girls #	Event	Boys #	Age	Girls #	Event	Boys #
15 & O	1	400 Free	2	15 & O	7	200 IM	8	15 & O	23	200 Free	24
14				14				14			
13				13				13			
12				12				12			
11				11				11			
10 & U				10 & U				10 & U			
15 & O	3	400 IM	4	15 & O	9	200 Fly	10	15	25	100 Back	26
14				14				14			
13				13				13			
12				12	11	50 Fly	12	12			
11				11				11			
15 & O	5	800 Free	6	10 & U				10 & U			
14				15 & O	13	100 Breast	14	15 & O	27	200 Breast	28
13				14				14			
				13				13			
				12				12	29	50 Breast	30
				11				11			
				10 & U				10 & U			
				15 & O	15	200 Back	16	15 & O	31	100 Fly	32
				14				14			
				13				13			
				12	17	50 Back	18	12			
				11				11			
				10 & U				10 & U			
				15 & O	19	100 Free	20	15 & O	33	50 Free	34
				14				14			
				13				13			
				12				12			
				11				11			
				10 & U				10 & U			

Pacific Swimming – Hosted by NNA SILVER STATE CHAMPIONSHIPS PRELIMINARIES & FINALS July 14-16, 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)			
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			
<div style="display: flex; justify-content: space-between;"> <div> Number of Events x 6.00 Participation Fee Total </div> <div> \$ _____ \$ 15.00 \$ _____ </div> </div>															
Coach															
Athlete's Address															
Home Phone								Cell Phone							
Email															