

**NORTHERN NEVADA AQUATICS SILVER STATE CHAMPIONSHIPS**  
**PACIFIC SWIMMING LONG COURSE MEET**  
**JULY 12-13, 2025**  
Enter Online: <http://ome.fastswims.com>



**PACIFIC**  
SWIMMING

**NNA**  
Northern Nevada Aquatics

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-082**

*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](http://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.

<b>MEET PERSONNEL:</b>	<b>Meet Referee: Kendra Follett</b>	<b>Head Starter: Roger Pflieger</b>
	<b>Chief Judge: Jeremy Murray</b>	<b>Meet Marshals: Morgan McCord, Michelle Hall</b>
	<b>Admin Official: Lindsay Robertson</b>	
	<b>Meet Director: Erik Scalise <a href="mailto:nnaevents@gmail.com">nnaevents@gmail.com</a> 775-331-0123</b>	

**LOCATION:** Moana Springs Community Aquatics and Fitness Center at 240 W Moana Lane, Reno, NV 89509. Parking is free all three days. Street parking will be available. Loading and unloading zones will be marked. Coned off parking available for Meet Officials.

**DIRECTIONS:** From I-580, take the Moana Lane (exit 32) exit and head West for approximately 1.0 mile. After passing the light on Virginia Street, turn left at the light at Baker Lane, then right at the driveway into the Moana Springs Aquatic Center. Park anywhere in the main parking lot. Overflow parking is at the baseball field parking lots south of the pool, continuing down Baker Lane, or in the Atlantis Casino overflow parking lot, traveling further down Baker Lane and turning left on Peckham Lane.

**COURSE:** INDOOR 50 Meter by 25 Yard pool with up to 9 lanes available for competition. An additional 2 long course lanes shall be available for warm-up/cool down throughout the competition. Colorado Timing system with touch pads and scoreboards will be used. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 12' at the start end and 3'6" at the turn end. The Meet Host shall ensure the required course dimensions.

**TIME: Saturday and Sunday:** Meet shall begin at 1:00 PM each day with warm-ups from 12:00 to 12:50 PM each day. Designated warm-up lane for 8 and under athletes will be available upon request.

**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 swum fast to slow, with the first three heats circle seeded.
- Athletes may compete in a **maximum of three (3) individual events** per day on Saturday and Sunday.
- All events are timed finals. All age groups, 10 and under, 11-12, 13-14 and 15 and over will be swum together seeded by entry time. There will be separate awards for the top 8 finishers for each of the 4 age groups and each of the girls and boys divisions.
- Entries for each session will close before the stated entry deadlines if and when the estimated timeline for the session reaches 4 hours.
- **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 2025 membership before coaching athletes at the meet.
- Red Cross certified lifeguards, AED, backboards, rescue tubes, and minor first aid supplies available.

**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 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.**

**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. **All heats will be swum fastest to slowest.**

**CHECK-IN:** The meet will be pre seeded. There will be no positive check-in for 200 and under events. Positive check in will be used for the 400 events. All scratches need to be given to the administrative official at the admin desk or emailed by the cut off time (12:30 pm each day) to [nnaswimmeet@gmail.com](mailto:nnaswimmeet@gmail.com).

**ENTRY FEES:** Are \$4.50 per event plus a \$15.00 per Athlete participation fee and a \$15.00 facility surcharge. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

**MEFAP ENTRY FEES:** \$15.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:

<https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202024.pdf>

**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 2, 2025, 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, June 30, 2025** or **hand delivered by 10:30am, Thursday, July 3, 2025, 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:**

**to: Mail payment with entries to:**

**Northern Nevada Aquatics**

Northern Nevada Aquatics  
NNA Silver State Champs  
1135 Terminal Way #106  
Reno, NV 89502

**Or Hand Deliver: by 10:30 am Thurs. July 3, 2025**

NNA SSC Entries  
4570 Rio Encantado Lane  
Reno, NV 89502

**AWARDS:** Distinctive awards will be given to 1<sup>st</sup> through 8<sup>th</sup> place for boys and girls age groups: 10 & under, 11-12, 13-14, and 15 & over. Points will be awarded as follows (9, 7, 6, 5, 4, 3, 2, 1) for 1<sup>st</sup> through 8<sup>th</sup> places. 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 RULE:** All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, registered apprentice officials are also welcome to train with working officials. **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 for each meet session, in accordance with the following table:**

<b>Club Athletes entered in a Session</b>	<b>Fully certified officials required for that session</b>
<b>1-10</b>	<b>0</b>
<b>11-25</b>	<b>1</b>
<b>26-50</b>	<b>2</b>
<b>51-75</b>	<b>3</b>
<b>76-100</b>	<b>4</b>
<b>101 or more</b>	<b>5</b>

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 that 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.

## SCHEDULE OF EVENTS

Event Sessions							
Saturday, July 12, 2025				Sunday, July 13, 2025			
Girls #	Event Description	Boys #		Girls #	Event Description	Boys #	
1	Open 200 IM	2		17	Open 200 Free	18	
3	13 & O 200 Fly	4		19	Open 100 Back	20	
5	12 & U 50 Fly	6		21	13 & O 200 Breast	22	
7	Open 100 Breast	8		23	12 & U 50 Breast	24	
9	13 & O 200 Back	10		25	Open 100 Fly	26	
11	12 & U 50 Back	12		27	Open 50 Free	28	
13	Open 100 Free	14					
15	Open 400 IM	16		29	Open 400 Free	30	

Pacific Swimming – Hosted by NNA SILVER STATE CHAMPIONSHIPS July 12-13, 2025 Consolidated Entry Form													
Name: Last, <span style="margin-left: 150px;">First</span> <span style="margin-left: 150px;">Middle</span>													
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			
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<div style="display: flex; justify-content: space-between;"> <div>           Number of Events x 4.50            Participation Fee            Total         </div> <div>           \$ _____            \$30.00            \$ _____         </div> </div>													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													