RENO AQUATIC CLUB GAMBLE
PACIFIC SWIMMING LONG COURSE MEET
JUNE 21 – 23, 2024
Enter Online: http://ome.swimconnection.com/PC/reno20240621

SANCTION: *Held under USA/Pacific Swimming Sanction No.:* **24-081**
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 children) 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 UNFORSEEN, 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. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets and live meet results.

USE OF AUDIO AND VISUAL: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee. Flash photography at the start of a race is prohibited in any location.

MEET PERSONNEL: ***Meet Referee: Roger Pflieger*** ***Head Starter: Jo Ann Porter***
Meet Marshall: Josh Heller ***Admin Official: Kelly Schott***
Meet Director: Steve Brown (swimrenogamble@yahoo.com) 605-670-0424

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 Dr. 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. Please do not park in restricted areas as your vehicle may be towed.*

COURSE: Outdoor heated 50-meter pool, eight lanes with Kiefer lane lines and fully automatic timing system. Up to 7 lanes will be used for competition, and the eighth lane will be used for warm-up and warm-down only, with Marshals on duty. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'6" at the turn end. All events will start at a depth of 10'0". The competition course has not been certified in accordance with Article 104.2.2C(4).

TIME: Meet begins each day at 9:00 am for 13 & Over athletes with warm-up from 7:30-8:45 am. The afternoon 12 & Under sessions will not start before 1:30 pm with warm-ups not earlier than 12:30 pm.

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 is a condition of participation in the conduct of this competition.
- All events are timed-final events and will be seeded fastest to slowest.
- Athletes may compete in no more than 4 individual events per day and 10 events total.
- Entries for 12 & Under sessions will close before the entry deadline if and when the estimated session timeline reaches 4 hours, or when the combined daily sessions timelines reach 8.5 hours, whichever occurs first.
- 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 given for any mandatory scratch downs.
- All coaches and deck officials must always wear their USA Swimming membership cards in a visible manner.
- Red Cross certified LGs, AED, backboards, rescue tubes, and minor first aid supplies available.

DISTANCE:

- **Per Zone-4 policy, to be eligible to enter the 1500m or 800m freestyle, an athlete must have previously established an official time in an event of 400m/400y or longer.**
- All 13 & Over athletes entered in the 1500m and/or 800m freestyle and/or 400m freestyle events must be checked in by 10:00 am on Friday, Saturday, and Sunday, respectively, otherwise they will be considered scratched from the event.
- All 12 & Under athletes entered in the 800m and/or 400m freestyle events must be checked in by 2 p.m. on Friday and/or Sunday, respectively, otherwise they will be scratched from the event.
- The 800m and 1500m freestyle will be swum alternating women's and men's heats.
- All athletes in the 1500m and 800m freestyle must provide their own timers and lap counters.
- The 1500m will be capped at 35 enteries for each of the women's and men's events.

UNACCOMPANIED ATHLETES: Any USA Swimming athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA Swimming Club Member-Coach.

RACING STARTS: 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. 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

- No smoking or use of tobacco products.
- No sale or use of alcoholic beverages.
- No glass containers allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- All shelters must be properly secured.
- Deck changes are prohibited.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY:

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as they are shown in their USA Swimming Registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all Athlete registrations against the SWIMS database and if not found to be registered, 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" will be ACCEPTED. Per zone 4 policy, to be eligible to enter the 1500m or 800m, an athlete must have previously established an official time in an event of 400m/400y or longer.**
- 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.
- Athletes 19 years of age and over may compete in the meet for time only, no awards.
- The athlete's age will be the age of the athlete on the first day of the meet.

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

ENTRY FEES: $4.50 per event plus an $15.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

ENTRY DEADLINES: Entries for each session will close by the applicable deadline listed below, **or when a session becomes full and is closed early per the rules section above, whichever is first.** NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ACCEPTED. **Check** http://ome.swimconnection.com/pc/reno20240621 **for session open or closed status.**

ONLINE ENTRIES: To enter online go to http://ome.swimconnection.com/pc/reno20240621 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 accepted through Wednesday, June 12, 2024, at 11:59 pm.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the Athlete's best long-course meters time. **Entries must be postmarked by Monday, June 10, 2024, at 11:59 pm, and may be rejected if a session is already full before that date.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. If sent by Express Mail or FEDEX, indicate 'NO SIGNATURE REQUIRED FOR DELIVERY'. No signature will be available for mailed entries.

Make check payable to: Reno Aquatic Club
Mail entries to: Meet Director, Reno Aquatic Club
PO Box 7064
Reno, NV 89510

CHECK-IN: Except for the 1500M, 800M and 400M freestyle events, the meet shall be pre-seeded, and athletes will not be required to check-in. Athletes entered in the 1500M, 800M and 400M must complete a positive check-in. Please see the Distance rules for special check-in times. Athletes who do not check-in will not be seeded and will not be allowed to compete in that event.

SCRATCHES & NO-SHOWS:

- **Scratch Deadlines**: Any Athlete not intending to swim an event is requested to scratch with the Clerk of Course (or via email to swimrenogamble@yahoo.com) as soon as possible. Sessions will be pre-seeded each evening before the next day's races. For Friday's events, the scratch deadline will be 5:00 p.m. on Thursday. For Saturday's events, the scratch deadline will be the end of the Friday afternoon session. For Sunday's events, the scratch deadline will be the end of the Saturday afternoon session. Email scratches from athletes will be confirmed with their coach.
- **No Shows**: Any athletes not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Ribbons will be awarded to the top 8 places in the 8 & under, 9-10, and 11-12 age groups. No individual event ribbons will be awarded for the 13 & Over group.

ADMISSION: Free

SNACK BAR & HOSPITALITY: A snack bar will be available all three days. Hospitality and lunches will be served to all working officials and coaches.

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours.

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 education and/or 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 requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

(Required starting September 1, 2024)

TIMERS: Clubs will be assigned lanes based on the number of athletes participating. All athletes in the 1500M Free and 800M Free must provide their own timers and lap counters.

Order of Events

Friday, June 21		
Girls	**AM Session**	**Boys**
EVENT #	**EVENT**	**EVENT #**
1	13 & Over 400 IM	2
3	13 & Over 100 Free	4
5	13 & Over 200 Back	6
7	13 & Over 1500 Free	8

Friday, June 21		
Girls	**PM Session**	**Boys**
EVENT #	**EVENT**	**EVENT #**
9	11-12 400 IM	10
11	12 & Under 100 Free	12
13	12 & Under 50 Back	14
15	12 & Under 100 Breast	16
17	11 & 12 800 Free	18

Saturday, June 22		
Girls	**AM Session**	**Boys**
EVENT #	**EVENT**	**EVENT #**
19	13 & Over 200 Free	20
21	13 & Over 100 Breast	22
23	13 & Over 200 Fly	24
25	13 & Over 100 Back	26
27	13 & Over 800 Free	28

Saturday, June 22		
Girls	**PM Session**	**Boys**
EVENT #	**EVENT**	**EVENT #**
29	12 & Under 100 Fly	30
31	12 & Under 200 Free	32
33	12 & Under 50 Breast	34
35	12 & Under 100 Back	36

Sunday, June 23		
Girls	**AM Session**	**Boys**
EVENT #	**EVENT**	**EVENT #**
37	13 & Over 50 Free	38
39	13 & Over 200 IM	40
41	13 & Over 100 Fly	42
43	13 & Over 200 Breast	44
45	13 & Over 400 Free	46

Sunday, June 23		
Girls	**PM Session**	**Boys**
EVENT #	**EVENT**	**EVENT #**
47	12 & Under 50 Free	48
49	12 & Under 200 IM	50
51	12 & Under 50 Fly	52
53	11 & 12 400 Free	54

RENO GAMBLE

Reno Aquatic Club

June 21 - 23, 2024

Consolidated Entry Card

NAME: **LAST**	**FIRST**	**INTL**

CLUB ABBR	IF UNATT (CLUB ABBR)	CLUB NAME	LSC

AGE	DATE OF BIRTH	AMT. PAID
		$

USA-S REG #	

GENDER: M F	AGE GROUP

EVENT #	DISTANCE / STROKE	ENTRY TIME (LCM)
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		: .
		: .
		: .
		: .

Of Entries _____ x $**4.50** = $_____

Participation Fee $ **15.00**

Total $_____

COACH:

ATHLETE'S ADDRESS:

EMAIL:

PHONE #: ( ) - Home Cell Other

PLEASE FILL IN YOUR ENTRY CARD COMPLETELY, INCLUDING YOUR BEST **LONG COURSE METER TIMES**