

2023 KING OF THE HILL CHALLENGE presented by TYR  
HOSTED BY RENO AQUATIC CLUB  
PACIFIC SWIMMING ZONE 4 SHORT COURSE MEET  
Friday October 20 – Sunday October 22, 2023  
Enter online at: <https://ome.swimconnection.com/PC/reno20231020>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-124**

*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. 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 VISUAL:** 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 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 during the start of a race is prohibited in any location.

<b>OFFICIALS:</b>	<b>Meet Referee:</b> Roger Pflieger	<b>Head Starter:</b> Jeremy Murray
	<b>Meet Marshal:</b> Steve Brown	<b>Administrative Official:</b> Kelly Schott
	<b>Meet Director:</b> Joshua Heller    775-386-7847	<a href="mailto:swimmingofthehill@gmail.com">swimmingofthehill@gmail.com</a>

**LOCATION:** Carson City Aquatic Facility, 841 N. Roop St. Carson City, NV

**DIRECTIONS:** From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel West for 0.9 mile. Turn left into Mills Park and the Carson City Community Center. Additional parking is available at the Bank of America at the northwest corner of Roop St. and Hwy. 50 (E. Williams St.).

**COURSE:** Indoor 25 yard by 50 meter indoor pool with up to 8 short-course lanes for competition and 8 lanes for warm-up/cool down throughout the competition. Colorado Timing system with touch pads and scoreboards will be used. The minimum water depth in the competition course as measured in accordance with Article 103.2.3, is 5 feet at the start end and 5 feet at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:**

- **FRIDAY 9-18 SESSION:** Meet begins at 5:00 pm with warm-ups from 4:00 – 4:45 pm.
- **SATURDAY AND SUNDAY 13-18 SESSION:** Meet begins at 8:30 am with warm-ups from 7:00 – 8:15 am.
- **SATURDAY AND SUNDAY 12 & UNDER SESSION:** Meet begins no sooner than 1:00 pm with warm-ups no sooner than 12:00 pm.

## **RULES:**

- 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.
- 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.
- All events will be seeded fastest to slowest, and all heats of King-of-the-Hill 50 Freestyle Challenge will be circle seeded.
- All events except the King-of-the-Hill 50 Freestyle Challenge are timed finals.
- Athletes 13 and over may compete in no more than 3 individual events per day and 8 individual events total. Any and all King-of-the-Hill Challenge rounds count as a single Saturday event.
- Athletes 12 and under may compete in no more than 5 individual events per day and 10 individual events total.
- Entries for the Morning 13-18 sessions will close before the entry deadline if and when the estimated session timeline reaches 5 hours, or when the combined session timelines reach 8.5 hours, whichever occurs first.
- Entries for the Afternoon 12-under session will close before the entry deadline if and when the estimated session timeline reaches 4 hours, or when the combined session timelines reach 8.5 hours, whichever occurs first.
- Entries for the Friday session of the meet will close before the entry deadline if and when the estimated session timeline reaches 4 hours.
- 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 officials must wear their USA Swimming membership cards in a visible manner.**
- Medical Supervision: First aid and an AED device are available on-deck at the lifeguard office. Carson City personnel, including certified lifeguards, will be available throughout the meet. The nearest emergency rooms are Carson Tahoe Regional Medical Center – (distance: 3.1 miles, address: 1600 Medical Pkwy, Carson City, NV 89703) and Carson Valley Health Hospital (distance: 19.2 miles, address 1107 Highway 395 N., Gardnerville, NV 89410).

## **KING-OF-THE-HILL 50 FREESTYLE CHALLENGE:**

- Open to athletes ages 13-18 who **enter the King of the Hill Challenge (event 7 for girls or event 8 for boys).**
- The Challenge is a multiple-round championship elimination swum over 2 days, as shown in the schedule of events, starting with the top 64 times in each gender from Events 7 and 8, and continuing with the top 32, 16, 8, 4, and 2 times respectively from each previous round until there is one champion for each gender, the King of the Hill, who will receive a distinctive award.
- The 2nd through 8th finishers in each gender will also receive distinctive awards.
- All heats of all rounds of the King of the Hill 50-free Challenge will be circle-seeded.
- **King of the Hill participants who wish to scratch their remaining rounds are requested to notify the Referee within 10 minutes of the conclusion of the previous round.**
- **Athletes in the top-16 for the King-of-the-Hill Challenge on Sunday must do a positive check-in by 8am Sunday to ensure that all lanes are filled. Athletes who do not check in by 8am will be automatically scratched from the event and their space given to the next finisher.**

## **DISTANCE:**

- **Per Zone-4 policy, to be eligible to enter the 1650 freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.**
- All athletes entered in Friday events or in the 500 Free on Sunday must **positively check in by the stated deadlines, otherwise they will be considered scratched from those events.**
- The 1650 Free will be swum alternating women's and men's heats.
- All athletes in the 500 Free must provide their own lap counters. All athletes in the 1650 Free must provide their own timers and lap counters.

**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 without the use of the 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 restrictions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating or standing areas, and all areas used by athletes during the meet and during warm-up periods.

- No smoking, "vaping," or use of tobacco products.
- No sale and/or use of alcoholic beverages, or recognition of alcoholic sponsors.
- No glass containers.
- No propane heaters, except for snack bar/meet operations.
- No animals except physician-certified "service assistance" animals are permitted. Please show certification when asked by meet officials or marshals.
- Deck changes are prohibited.
- IMPORTANT: All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.
- There will be closed areas of the deck. Cooperation of athletes, families, and coaches will be appreciated.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), fireworks of any kind, 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:**

- **The meet is open to all 18-under athletes** who are current athlete members of USA Swimming.
- Athletes must enter their name and registration number exactly as they are shown on 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 must 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** (exception: see distance eligibility rules per Zone-4 policy)
- 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 special accommodations on entry times and seeding per Pacific Swimming policy.
- The athlete's age will be the age of the athlete on the first day of the meet.

**ENTRY FEES:** \$4.50 per event plus an \$11.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. **NO REFUNDS** will be given except in the case of a mandatory scratch-down.

**ONLINE ENTRIES:** To enter on-line go to <https://ome.swimconnection.com/PC/reno20231020> 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. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** If you do not wish to pay the processing fee, enter the meet using a mail entry. **Online entries will not be accepted after 11:59 pm, Wednesday, October 11, 2023.**

**MAILED ENTRIES:** Fill out the provided Consolidated Entry Form completely for each athlete in your family, including best yards time for each event. Cut out your entry card(s) and mail to the address below. **Mailed entries must be postmarked no later than 11:59 pm Saturday, October 7, 2023, and may be rejected if a session is already full before the postmark date.**

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

If you would like confirmation of entry, please include a self-addressed stamped envelope or postcard. If Sent by Express Mail or FEDEX indicate **\*NO SIGNATURE REQUIRED FOR DELIVERY\***. No signature will be available for mailed entries.

**ENTRY DEADLINES:** Entries for each session will close by the applicable deadlines listed above, **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 ALLOWED. Check <https://ome.swimconnection.com/PC/reno20231020> for session open or closed status.

**CHECK-IN:** Except for Friday's session, and the 500 Free and Top-16 King of the Hill on Sunday, the meet shall be pre-seeded and athletes will not be required to check-in. Positive check-in events and deadlines are as follows:

- **Friday 400 IM and 500 Free events 1, 2, 3, and 4** – check-in by 4:30 pm
- **Friday 1650 Free events 5 and 6** – check-in by 5:00 pm
- **Sunday Top-16 King of the Hill** – check-in by 8:00 am
- **Sunday 500 Free events 45 and 46** – check-in by 9:00 am

**Athletes who do not check in by these times will be automatically scratched from these events.**

**SCRATCHES & NO-SHOWS:** Any athlete not intending to swim an event is requested to scratch with the Clerk of Course (or via email to [swimmingofthehill@gmail.com](mailto:swimmingofthehill@gmail.com)) as soon as possible. Each session will be pre-seeded after the following deadlines:

- **Friday session – positive check-in required** (by 4:30 pm for Events 1-4, by 5:00 pm for Events 5-6)
- **Saturday sessions** – scratch deadline 5:00 pm Friday
- **Sunday sessions** – scratch deadline 5:00 pm Saturday (except 500 free and Top-16 KOH)
- Email scratches from athletes will be confirmed with their coach.
- **No-Shows:** Any athlete not reporting for or competing in an individual event shall not be penalized. **Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.**
- King-of-the-Hill Challenge participants who scratch or no-show a King of the Hill round become ineligible for all subsequent rounds and are still subject to the daily event limits.

**AWARDS:**

- **Individual events:** Ribbons 1<sup>st</sup> through 8<sup>th</sup> place in each age group (8-Under, 9-10, 11-12, 13-14, and 15-18).
- **King of the Hill Challenge:** The boys' and girls' champion will each receive a King of the Hill Trophy. The 2<sup>nd</sup> through 8<sup>th</sup> King of the Hill finishers will receive distinctive awards.
- Each club is asked to designate a representative to collect the awards for the athletes. Awards will be handed out at the end of the Sunday session. Unclaimed awards will not be mailed.

**ADMISSION:** Free.

**SNACK BAR & HOSPITALITY:** A snack bar will be available each day. Hospitality will be offered to officials, coaches, and timers.

**TIMERS:** Clubs will be assigned lanes based on the number of athletes from each club (host club will not be expected to time). All athletes in the 1650 Free must provide their own timers.

**MINIMUM OFFICIALS:** All available USA Swimming members 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 to provide at least the following number of certified and carded officials for each session:**

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

## SCHEDULE OF EVENTS

### Friday Evening 9-18 Session

Girls Event#	Age Group	Event	Boys Event#
1	13-18	400 IM	2
3	9-12	500 Free	4
5	13-18	1650 Free*	6

\*Per Zone-4 policy, to be eligible to enter the 1650 freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.

### Saturday Morning 13-18 Session

Girls Event#	Age Group	Event	Boys Event#
7	13-18	50 Free	8
<b>King of the Hill Challenge (KOH)</b>			
9	13-18	200 Fly	10
11	13-18	100 Back	12
13	13-18	100 Breast	14
<b>KOH</b>	<b>13-18</b>	<b>50 Free top 64</b>	<b>KOH</b>
15	13-18	200 Free	16
17	13-18	200 Breast	18
<b>KOH</b>	<b>13-18</b>	<b>50 Free top 32</b>	<b>KOH</b>

### Saturday Afternoon 12-under Session

Girls Event#	Age Group	Event	Boys Event#
19	9-12	200 Free	20
21	8 & under	100 Free	22
23	12 & under	50 Breast	24
25	9-12	100 Fly	26
27	8 & Under	25 Fly	28
29	12 & under	50 Free	30
31	9-12	100 Back	32
33	8 & under	25 Back	34
35	11-12	100 IM	36

### Sunday Morning 13-18 Session

Girls Event#	Age Group	Event	Boys Event#
<b>KOH</b>	<b>13-18</b>	<b>50 Free top 16</b>	<b>KOH</b>
37	13-18	200 Back	38
39	13-18	100 Fly	40
<b>KOH</b>	<b>13-18</b>	<b>50 Free top 8</b>	<b>KOH</b>
41	13-18	200 IM	42
<b>KOH</b>	<b>13-18</b>	<b>50 Free top 4</b>	<b>KOH</b>
43	13-18	100 Free	44
45	13-18	500 Free	46
<b>KOH</b>	<b>13-18</b>	<b>50 Free top 2</b>	<b>KOH</b>

### Sunday Afternoon 12-under Session

Girls Event#	Age Group	Event	Boys Event#
47	9-12	200 IM	48
49	10 & under	100 IM	50
51	8 & Under	25 Breast	52
53	12 & Under	50 Fly	54
55	9-12	100 Breast	56
57	8 & under	25 Free	58
59	12 & under	50 Back	60
61	9-12	100 Free	62

**PLEASE CUT OUT YOUR ENTRY CARD ON THE OUTER BLACK LINE - THANK YOU**

[illegible]

PACIFIC SWIMMING SHORT COURSE MEET HOSTED BY RENO AQUATIC CLUB KING OF THE HILL CHALLENGE <b>October 20-22, 2023</b> CONSOLIDATED ENTRY CARD					
Name:	Last	First	Initial		
Club Abbr.	If Unattached, Team Name	LSC _____ (PC, SN, etc.)			
Club Name: _____					
AGE	Date of Birth	Age Group			
USA-S Registration:	<div style="text-align:center;">                               </div>				
Gender (circle one):		Male	Female		
Event #	Distance / Stroke	Entry Time (yds)			
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<div># of Entries ____ X \$4.50 = \$ _____</div> <div>Participation Fee: + \$   <b>11.00</b></div> <div>Total Amount Paid: \$ _____</div> <div>(payable to Reno Aquatic Club)</div>					
Coach name: _____					
Athlete's	_____				
Address &	_____				
e-mail:	_____				
Phone # ( ) -	_____				
Team e-mail: _____					