

**2023 INTERMOUNTAIN CLASSIC SWIM MEET
HOSTED by the CARSON TIGERSHARKS
PACIFIC SWIMMING ZONE 4 LONG COURSE MEET
MAY 26-28, 2023**



Enter Online: <https://ome.swimconnection.com/pc/CARS20230526>

SANCTION: Held under USA/Pacific Swimming Sanction No. **23-061**

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 unofficial results of this meet may be posted in real time on the Meet Mobile App.**

USE OF AUDIO AND VIDEO: 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, 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.

MEET PERSONNEL:

Meet Referee: Roger Pflieger

Chief Judge: Jeremy Murray

Meet Marshal: Julie Bennett

Meet Director: Becki Boehnke; becki@tigersharks.org; 775-721-6142

Head Starter: JoAnn Porter

Admin Official: Veronica Harmon

LOCATION: Carson Aquatic Facility, 841 N. Roop St., Carson City, NV 89701

DIRECTIONS: From Business HWY. 395 go two traffic lights East on Hwy. 50 (E. William St.). Turn right on Roop St, and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 580, take exit 39. Turn right and travel West approximately 1 mile. Turn left into Mills Park and the Carson City Community Center. Parking is available in the lots adjacent to the pool and in Mills Park.

COURSE: Indoor 25-yard by 50-meter pool with up to 8 long-course meter lanes available for competition. An additional 25-yard, 6 lane pool may be available for warm-up/cool down throughout the competition. The minimum water depth for the competition course, measured in accordance with Article 103.2.3, is at least 10 feet at the start end and 4 feet at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming. All events will start at the start end of the pool, except the 50m events **may** start at the turn end of the pool.

TIME:

- **FRIDAY SESSION:** Meet will begin at 5:00 PM with warm-up from 4:00 PM to 4:45 PM.
- **SATURDAY AND SUNDAY 13 & OVER:** 9:00 AM each day with warm-ups from 7:30-8:45 AM each day.

- **SATURDAY AND SUNDAY 12 & UNDER:** warm ups no earlier than 12:00 PM, meet begins not before **1:00 PM**.

- RULES:**
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures shall 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 the MAAPP policy 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 a maximum of 2 events on Friday and 4 individual events per day on Saturday and Sunday.
 - **Entries for a session will close before the entry deadline** if and when the estimated session timeline for 12-under athletes reaches 4 hours, or when the combined session timelines for that day reach 8.5 hours, whichever occurs first.
 - 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 Coaches and Officials must wear their valid USA Swimming membership information in a visible manner.** Coaches are required to sign in at the meet before the beginning of warm-ups and present their current USA Swimming registration information. Except for coaches accompanying athletes participating under the provisions of rule 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.
 - 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.

DISTANCE: • **Per Zone-4 policy, to be eligible to enter the 1500m freestyle, an athlete must have previously established an official time in an event of 400yd/400m or longer.**

- Age groups and genders in the 13 & over 400m freestyle and the 11 & over 1500m freestyle will be seeded together, but will be scored and awarded separately. The 11-12 400m freestyle will be swum all girls heats first, fastest to slowest, then all boys heats, fastest to slowest.
- All athletes in the 1500m Freestyle 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 a 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 prohibitions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating, standing areas, and all areas used by the 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.
- All shelters must be properly secured.
- No animals, except for physician-certified “service assistance” animals are permitted. Please show certification when asked by meet officials or marshals.
- 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.
- **IMPORTANT:** All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.

ELIGIBILITY: • Athletes must be current 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 (Exception: see distance rules).**
- 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.
- 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 long course meter time for each event. All entry times must be submitted in meters (converted times allowed). **Entries with “NO TIME” (NT) will be accepted.** 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.

ENTRY FEES: \$4.50 per individual event plus a \$14.00 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 ALLOWED. Check <https://ome.swimconnection.com/pc/CARS20230526> for session open or closed status.

ONLINE ENTRIES: To enter online go to <https://ome.swimconnection.com/pc/CARS20230526> 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 not be accepted after Wednesday May 17, 2023 at 11:59pm.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete’s best time. Entries must be postmarked no later than 11:59 pm Monday, **May 15, 2023** or hand delivered by 6:30 p.m. Wednesday, **May 17, 2023, and may be rejected if a session is already full.** Requests for confirmation of receipt of mailed entries should include a self-addressed envelope.

DECK ENTRIES: Deck entries may be accepted at the Clerk of Course during this meet, for time only and subject to proof of USA Swimming registration. Deck entries will close 1 hour before the start of each session, or when the session is full.

Make check payable to: Carson Tigersharks

Mail entries to: Becki Boehnke
PO Box 1876
Carson City, NV 89702

Hand deliver entries to: Becki Boehnke
841 N. Roop St.
Carson City, NV 89701

CHECK-IN: • **Friday PM Session: Positive check-in.** Friday’s session will be deck-seeded. Athletes must check in at the Clerk of Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all events on Friday shall be no earlier than 60 minutes before the estimated start of the first heat of that event. Athletes who do not check in for Friday’s events will be considered scratched from those events.

- **Saturday and Sunday AM and PM Sessions: Pre-seeded. (Exception: 400m Freestyle – see below).** Saturday and Sunday’s sessions shall be pre-seeded, and athletes will **NOT** be required to check in. Any athlete who plans on scratching events is requested to scratch with the Clerk of Course as soon as possible.
- **Sunday 400m Freestyle (13 & overs): Positive check-in.** Athletes **MUST CHECK IN** for the 400m freestyle **by 8:00am on Sunday** morning. Athletes who do not check in for the 400m free will be considered scratched from that event.

SCRATCHES & NO-SHOWS: • **Scratch Deadlines:** Any athlete who plans on scratching events is requested to scratch with the Clerk of Course (or via email to becki@tigersharks.org) as soon as possible. Sessions will be pre-seeded 55 minutes before the start of that session. The scratch deadline will be 60 minutes before the scheduled start of the session. Email scratches will be confirmed with their coach.

• **No-shows:** Any athlete not reporting for or competing in a single individual event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: • Individual Events: Ribbons 1st – 8th place for age groups 8 & U, 9-10, and 11-12.

• Awards must be picked up at the meet. No awards will be mailed. Each team shall designate a representative to collect awards.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1. 13 & over athletes will not score or receive awards.

ADMISSION: Free.

SNACK BAR & HOSPITALITY: A snack bar will be available throughout the competition. Coaches and working Officials will be provided lunch. Hospitality will also be provided throughout the day.

MINIMUM OFFICIALS: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. Officials must be certified by their LSC in the position(s) worked. 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 requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

TIMERS: Clubs will be assigned lanes based on the number of athletes from each club. Athletes will need to provide their own timers for the 1500m freestyle event.

MISCELLANEOUS: More information about the meet can be found at tigersharks.org.

EVENT SUMMARY:

FRIDAY			SATURDAY			SUNDAY		
10 & U	11-12	13 & O	10 & U	11-12	13 & O	10 & U	11-12	13 & O
200 IM	400 Free	400 IM	100 Fly	200 Brst	200 IM	100 Brst	200 Free	400 Free
	200 IM	1500 Free	200 Free	100 Fly	50 Free	50 Back	100 Brst	200 Back
	1500 Free		100 Back	200 Back	200 Fly	50 Fly	200 Fly	100 Fly
			50 Breast	50 Brst	100 Brst	100 Free	50 Back	200 Brst
			50 Free	50 Free	200 Free		50 Fly	100 Free
				100 Back	100 Back		100 Free	

* Events designated 10 & Under, 12 & Under, and 11 & Over will be swum combined, but scored in separate age groups.

* The 11 & Over 1500m free and the 13 & Over 400m free will be swum combined women and men, but scored separately.

* Athletes must provide their own timers and lap counters for the 1500m freestyle.

ORDER OF EVENTS

Girls #	FRIDAY, May 26		Boys #
	PM SESSION Distance		
1	11-12 400 FREE		2
3	13 & O 400 IM		4
5	12 & U 200 IM		6
7	11 & O 1500 FREE		8

Girls #	SATURDAY, May 27			Girls #	SUNDAY, May 28	
	AM SESSION 13 & Overs				Boys #	AM SESSION 13 & Overs
9	200 IM		10	43	400 FREE	
11	50 FREE		12	45	200 BACK	
13	200 FLY		14	47	100 FLY	
15	100 BREAST		16	49	200 BREAST	
17	200 FREE		18	51	100 FREE	
19	100 BACK		20			

Girls #	SATURDAY, May 27			Girls #	SUNDAY, May 28	
	PM SESSION 12 & Unders				Boys #	PM SESSION 12 & Unders
21	11-12 200 BREAST		22	53	11-12 200 FREE	
23	10 & U 100 FLY		24	55	10 & U 100 BREAST	
25	11-12 100 FLY		26	57	11-12 100 BREAST	
27	10 & U 200 FREE		28	59	11-12 200 FLY	
29	11-12 200 BACK		30	61	10 & U 50 BACK	
31	10 & U 100 BACK		32	63	11-12 50 BACK	
33	11-12 50 BREAST		34	65	10 & U 50 FLY	
35	10 & U 50 BREAST		36	67	11-12 50 FLY	
37	11-12 50 FREE		38	69	10 & U 100 FREE	
39	10 & U 50 FREE		40	71	11-12 100 FREE	
41	11-12 100 BACK		42			

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* The 13 & Over 400m freestyle and 11 & Over 1500m freestyle will be swum combined women and men, but scored separately.

* Athletes must provide their own timers and lap counters for the 1500m freestyle.

Pacific Swimming – Hosted by CARSON TIGERSHARKS

2023 Intermountain Classic Swim Meet

May 26, 27, 28, 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, CA, SR, etc.)				
USA-#													
Event #	Distance / Stroke					Entry Time			Circle one				
						: .			LCM				
						: .			LCM				
						: .			LCM				
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 14.00 Total \$ _____													
Coach													
Athlete's Address													
Home Phone							Cell Phone						
Email													