

PACIFIC SWIMMING LONG COURSE SENIOR 2 PRELIMINARIES & FINALS MEET
HOSTED BY NORTHERN NEVADA AQUATICS
JULY 12-13, 2025

Enter Online: <http://ome.fastswims.com>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-077**

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, 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 Internet at www.northernnevadaaquatics.com

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.

OFFICIALS:

Meet Referee: Roger Pflieger	Head Starter: Joann Porter
Chief Judge: Jeremy Murray	Meet Marshal: Morgan McCord, Michelle Hall
Admin Official: Veronica Harmon	
Meet Director: Erik Scalise, NNASWIMMEET@GMAIL.COM , 775-331-0123	

LOCATION: Moana Springs Community Aquatics and Fitness Center at 240 W Moana Lane, Reno, NV 89509. Parking is free all two 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 8 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 13' at the start end and 3'6" at the turn end. The meet host shall ensure the required course dimensions.

TIME: Saturday and Sunday:

Prelims: Meet shall begin at **8:30 AM** each day with warm-ups from **7:15 to 8:15 AM**.

Finals: Meet shall begin at **6:00 PM** each day with warm-ups from **5:00 to 5:50 PM**.

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.
- 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 preliminary events shall swim fast to slow, with the fastest three heats circle seeded.
- Athletes may compete in a maximum of three (3) events per day.
- All events shall be Preliminaries/Finals. The only exception will be the 800 freestyles. The 800 freestyles will be timed finals only. They will not be circle seeded.
- The 800 freestyles will be limited to the fastest 32 male and 32 female entries.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds shall be made for any mandatory scratches.
- All Coaches and Officials shall wear their USA Swimming membership cards in a visible manner. All Coaches are required to sign in and present their valid registration before coaching athletes at the meet.
- Red Cross certified lifeguards, backboards, rescue tubes, automated external defibrillator (AED), and minor first aid supplies will be available.
- There will be two heats of finals for each event. A Championship final (preliminary finishers 1-8) and a Consolation final (preliminary finishers 9-16). Two alternates for each event will be named (preliminary finishers 17 and 18).

UNACCOMPANIED ATHLETES: Any USA Swimming 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 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: Athletes shall be certified by a USA Swimming Member-Coach as being proficient in performing a racing start or shall 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:

- 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 glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- Only Athletes, Coaches, Officials, and Volunteers shall be allowed on the pool deck.
- Deck changes are prohibited.
- Shelters are permitted in designated outdoor area only, and must be properly secured at all times, or may be removed by meet management.
- 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 the meet entry card as they are shown on their Registration Card. 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.
- Athletes under the age of 13 years are not eligible to compete.
- Athletes shall meet the Senior 2 time standards as outlined by Pacific Swimming time verification procedures. No refunds shall be given if a time cannot be proven.
- Athletes may enter up to three (3) bonus events. Athletes shall meet the minimum Senior Open time standard for bonus events.
- 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.
- No time conversions shall be accepted.
- Entries with "NO TIME" shall be rejected.
- The Athlete's age shall be the age of the Athlete on the first day of the meet.

SEEDING: The meet shall be pre-seeded. Event seeding shall be in the following order: conforming long course meters, non-conforming short course meters, and non-conforming short course yards, bonus long course meters, bonus short course meters, bonus short course yards - USA Swimming rules 207.11.7B. **See Rules for distance events seeding.**

SCRATCH RULE PRELIMINARIES: Closing for the Saturday preliminary session will be Friday, July 11, 2025, at 5:30 pm. Coaches must e-mail their scratches to the Meet Referee (rogerpfliieger96@yahoo.com) and the Meet Director (naswimmeet@gmail.com). Closing for the Sunday preliminary session will be on Saturday, July 12, 2025, 30 minutes after the start of Saturday's FINALS. The scratch box will be located at the Scratch Desk at the start of the meet on Saturday until the scratch deadline. The penalty for failure to compete in an individual preliminary heat in which such Athlete is entered and has not been scratched will be:

- Barred from the rest of his/her events that day.
- If the Athlete qualifies for a final before missing an event, they may swim that final.
- The Athlete shall not be seeded in any further individual events on succeeding days unless that Athlete declares an intent to swim prior to the close of the scratch box for that day's events.

NOTE: Heat sheets for the next day will be posted at the pool and the NNA website, www.northernnevadaaquatics.com.

SCRATCH RULE FINALS: Any Athlete qualifying for any level of finals in an individual event who does not wish to compete shall 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 Consolation or Championship Finals. In this case they shall declare their final intention within 30 minutes after the announcement of qualifiers following their last individual Preliminary Event. In a Preliminaries & Finals meet any Athlete qualifying for a Consolation Final or Championship Final race in an individual event who fails to show up in said Consolation Final or Championship Final race prior to calling the alternate shall be barred from further competition for the remainder of the Meet. If the No-Show occurs on the last day that the Athlete is entered in an individual final event in the meet, and no other individual event penalty is applicable, the Athlete shall then be fined \$100.00. The fine shall be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

ENTRY FEES: \$8.50 per individual 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: To enter online go to <http://ome.fastswims.com> to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 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. 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, July 2, 2025.**

MAILED OR HAND DELIVERED ENTRIES: Entries shall be on the attached consolidated entry form. Forms shall be filled out completely and printed clearly with Athlete's best time. Entries shall be entered using the current Pacific Swimming procedure and **postmarked by midnight, Monday, June 30, 2025, or hand delivered by 10:30 a.m. Thursday, July 3, 2025.** No late entries shall be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make Checks Payable to: NORTHERN NEVADA AQUATICS

Mail payment with entries to:

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

Northern Nevada Aquatics
Senior 2 Prelims and Final
1135 Terminal Way #106
Reno, NV 89502

4570 Rio Encantado Lane
Reno, NV 89502

AWARDS: Ribbons will be issued for athletes placing in the top 16 places in finals. Scoring will be (20-17-16-15-14-13-12-11, 9-7-6-5-4-3-2-1). There will also be individual high points awarded to the highest scoring individual male and female athletes.

ADMISSION: Free. 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: Hospitality available for Coaches, Officials, Timers, and Volunteers. Lunches and Snacks will be provided for Coaches and working 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.**

TIMERS: Clubs will be assigned lanes based on the number of participating athletes from each club. The individual Clubs will be responsible for scheduling their own timers for their assigned lanes for each session.

ORDER OF EVENTS

Saturday, July 12, 2025		
EVENT #	EVENT	EVENT #
1	400 FREE	2
3	200 BACK	4
5	100 BREAST	6
7	200 FLY	8
9	100 FREE	10
11	200 I.M.	12
13	800 FREE	

Sunday, July 13, 2025		
EVENT #	EVENT	EVENT #
15	400 I.M.	16
17	200 FREE	18
19	100 FLY	20
21	50 FREE	22
23	200 BREAST	24
25	100 BACK	26
	800 FREE	28

Athletes entered in the 800 Freestyle shall provide their own timers and lap counters.
The 800 Freestyle entries will be limited to the fastest 32 male entries and the fastest 32 female entries.

Events 13 and 28 shall be swum fastest to slowest
There shall be a 10 minute break before the start of these events

Time standards may be found at: <http://www.pacswim.org/swim-meet-times/standards>

Pacific Swimming – Hosted by Northern Nevada Aquatics
 SENIOR 2 PRELIMINARIES & FINALS
 July 12-13, 2025
 Consolidated Entry Form

Name: Last,	First	Middle
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Club Abbr.

UNATT TEAM ABBR

Club Name

Age

Date of Birth

Sex

F

F

LSC – (PC, SN)

USA-#

Event #

Distance / Stroke

Entry Time	Exit Time	Duration	Activity
08:00	08:30	30 min	Arrival and registration
08:30	09:00	30 min	Breakfast
09:00	09:30	30 min	Introduction to the program
09:30	10:00	30 min	Session 1: Theory
10:00	10:30	30 min	Session 2: Theory
10:30	11:00	30 min	Session 3: Theory
11:00	11:30	30 min	Session 4: Theory
11:30	12:00	30 min	Session 5: Theory
12:00	12:30	30 min	Lunch
12:30	13:00	30 min	Session 6: Theory
13:00	13:30	30 min	Session 7: Theory
13:30	14:00	30 min	Session 8: Theory
14:00	14:30	30 min	Session 9: Theory
14:30	15:00	30 min	Session 10: Theory
15:00	15:30	30 min	Session 11: Theory
15:30	16:00	30 min	Session 12: Theory
16:00	16:30	30 min	Session 13: Theory
16:30	17:00	30 min	Session 14: Theory
17:00	17:30	30 min	Session 15: Theory
17:30	18:00	30 min	Session 16: Theory
18:00	18:30	30 min	Session 17: Theory
18:30	19:00	30 min	Session 18: Theory
19:00	19:30	30 min	Session 19: Theory
19:30	20:00	30 min	Session 20: Theory
20:00	20:30	30 min	Session 21: Theory
20:30	21:00	30 min	Session 22: Theory
21:00	21:30	30 min	Session 23: Theory
21:30	22:00	30 min	Session 24: Theory
22:00	22:30	30 min	Session 25: Theory
22:30	23:00	30 min	Session 26: Theory
23:00	23:30	30 min	Session 27: Theory
23:30	00:00	30 min	Session 28: Theory
00:00	00:30	30 min	Session 29: Theory
00:30	01:00	30 min	Session 30: Theory
01:00	01:30	30 min	Session 31: Theory
01:30	02:00	30 min	Session 32: Theory
02:00	02:30	30 min	Session 33: Theory
02:30	03:00	30 min	Session 34: Theory
03:00	03:30	30 min	Session 35: Theory
03:30	04:00	30 min	Session 36: Theory
04:00	04:30	30 min	Session 37: Theory
04:30	05:00	30 min	Session 38: Theory
05:00	05:30	30 min	Session 39: Theory
05:30	06:00	30 min	Session 40: Theory
06:00	06:30	30 min	Session 41: Theory
06:30	07:00	30 min	Session 42: Theory
07:00	07:30	30 min	Session 43: Theory
07:30	08:00	30 min	Session 44: Theory
08:00	08:30	30 min	Session 45: Theory
08:30	09:00	30 min	Session 46: Theory
09:00	09:30	30 min	Session 47: Theory
09:30	10:00	30 min	Session 48: Theory
10:00	10:30	30 min	Session 49: Theory
10:30	11:00	30 min	Session 50: Theory
11:00	11:30	30 min	Session 51: Theory
11:30	12:00	30 min	Session 52: Theory
12:00	12:30	30 min	Session 53: Theory
12:30	13:00	30 min	Session 54: Theory
13:00	13:30	30 min	Session 55: Theory
13:30	14:00	30 min	Session 56: Theory
14:00	14:30	30 min	Session 57: Theory
14:30	15:00	30 min	Session 58: Theory
15:00	15:30	30 min	Session 59: Theory
15:30	16:00	30 min	Session 60: Theory
16:00	16:30	30 min	Session 61: Theory
16:30	17:00	30 min	Session 62: Theory
17:00	17:30	30 min	Session 63: Theory
17:30	18:00	30 min	Session 64: Theory
18:00	18:30	30 min	Session 65: Theory
18:30	19:00	30 min	Session 66: Theory
19:00	19:30	30 min	Session 67: Theory
19:30	20:00	30 min	Session 68: Theory
20:00	20:30	30 min	Session 69: Theory
20:30	21:00	30 min	Session 70: Theory
21:00	21:30	30 min	Session 71: Theory
21:30	22:00	30 min	Session 72: Theory
22:00	22:30	30 min	Session 73: Theory
22:30	23:00	30 min	Session 74: Theory
23:00	23:30	30 min	Session 75: Theory
23:30	00:00	30 min	Session 76: Theory
00:00	00:30	30 min	Session 77: Theory
00:30			

Circle One

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

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SCY / LCM / SCM

of entries _____ x \$8.50 = \$ _____

Participation + Facility Fee	\$30.00
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Total \$ _____

Coach

Athlete's
Address

Home Phone

Cell Phone

Email