

NORTHERN NEVADA AQUATICS  
NNA AGE GROUP OPEN  
PACIFIC SWIMMING ZONE 4 SHORT COURSE MEET  
MARCH 15-16, 2025



Enter online at: <https://ome.fastswims.com>

**SANCTION:** Held under USA Pacific Swimming Sanction No. **25-028**

*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 Internet at [www.northernnevadaaquatics.com](http://www.northernnevadaaquatics.com)**

**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:* Jeremy Murray  
*Chief Judge:* Ron Harmon  
*Meet Marshal:* Michelle Hall & Tony Serna

*Head Starter:* Roger Pflieger  
*Admin Official:* Lindsay Robertson & Veronica Harmon  
*Meet Director:* Erik Scalise - 775-331-0123  
[nnaswimmeet@gmail.com](mailto:nnaswimmeet@gmail.com)

**LOCATION:** Northwest Pool, 2925 Apollo Way, Reno, NV 89503 - (775) 334-2203.

**DIRECTIONS:** From I-80 eastbound, take Keystone Ave (Exit 12), left onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right onto Apollo Way, the pool will be on the right. From I-80 westbound, take Keystone Ave (Exit 12), right onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right on Apollo Way, the pool will be on the right. Parking will be on the street or in parking lots adjacent to the pool. ***Please be respectful when driving in the area and when parking on the street as this pool is in a neighborhood.***

**COURSE:** Indoor heated 8 lane 25 yard pool. Semi-automatic (buttons + watches) timing will be used. Up to eight lanes will be used for competition and there may be no warm-up/warm-down lanes available during part or all of the competition. 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 meet host shall ensure the required course dimensions.

**TIMES:**

- **Saturday and Sunday Morning 13 and Over Sessions:** Warm-ups 7:45-8:45 AM; session will begin at 9:00 AM.
- **Saturday and Sunday Afternoon 12 and Under Sessions:** Warmups no sooner than 11:00 AM; session will begin no sooner than 12:00 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 events are timed finals and will be seeded fastest to slowest.
- Athletes may compete in no more than five (5) events per day.
- Entries for a session will close before the deadline if and when the estimated session timeline for 12-under athletes reaches four 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 USA Swimming membership cards in a visible manner.**
- Medical Supervision: AED is available on the pool deck. Lifeguards and/or First Aid/CPR certified personnel will be available to participants throughout the meet.

**RELAYS:**

- Relays for each session will be deck entered at the Clerk of Course no later than the start of competition for each session.
- Entry fees are \$9.00 per relay. Relays will not be scored or awarded.
- Relays are **12 & under or 13 & over** – any combination of gender and ages within those groups will be accepted.
- Clubs may enter as many relays as they wish. Relay athletes must be entered in the meet (no relay-only athletes).
- Unattached athletes may swim with a club's relay but will disqualify that relay.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can Un-attach at the meet if necessary. This does not apply to California or Nevada athletes swimming under the rules of the **Nevada Interscholastic Activities Association (NIAA)**.

**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 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.
- **Absolutely 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.
- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck, unless spectators are specifically allowed as outlined in the "Admissions" section.
- ONLY hosting 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.
- 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:**

- Athletes must be current athlete members of USA Swimming and must 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 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.
- 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.

**CHECK-IN:** Athletes do not have to check-in. The meet will be pre seeded by session after the scratch deadline for each session.

**SCRATCHES & NO-SHOWS:** Any athlete not intending to swim an event is requested to scratch with the Clerk of Course (or via email to [nnaswimmeet@gmail.com](mailto:nnaswimmeet@gmail.com)) as soon as possible.

- **The scratch deadline for each session shall be 15 minutes after the start of warm-ups for that session.**
- Email scratches from athletes will be confirmed with their coach.
- **Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.**
- **No-Shows:** Any athlete not reporting for or competing in an individual event shall not be penalized.

**ENTRY TIMES:** Entries must be submitted using the athlete's best short-course yards time for each event (converted times allowed). All entry times must be in yards. 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 event plus a \$11.00 participation fee per athlete \$10 site fee, and a \$9 per relay team fee. 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.

**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.fastswims.com> for session open or closed status.

**ONLINE ENTRIES:** To enter online go to <https://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 not be accepted after **11:59 pm on Thursday, March 6, 2025**.

**HYTEK ENTRIES:** Clubs wishing to submit their team's entries via HyTek entry file should contact [nnaswimmeet@gmail.com](mailto:nnaswimmeet@gmail.com) as soon as possible to coordinate, and should submit their entries at least 7 days before the deadline for online entries to help ensure enough space remains in the meet. **Only a single entry file submission will be accepted from any one club, and must be accompanied by payment in full**. After acceptance, additional entries will need to use one of the other entry methods, and scratches will need to follow the scratch procedures for the meet.

**MAILED/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 yards time. Entries must be **postmarked by midnight, Monday, March 3rd, 2025 or hand delivered by 5:00 pm, Thursday, March 6, 2025, and may be rejected if a session is already full before the postmark date or the time of hand-delivery**. Requests for confirmation of receipt of entries should include a self-addressed envelope.

|   |                                 |   |
|---|---------------------------------|---|
| <b><u>Make checks payable to:</u></b>       | <b>Northern Nevada Aquatics</b> | <b><u>Or Hand Deliver by 5:00 pm Thur. March 6 2025 to:</u></b> |
| <b><u>Mail payment with entries to:</u></b> | Northern Nevada Aquatics        | NNA AGO Entries   |
|   | NNA Age Group Open              | 4570 Rio Encantado Lane   |
|   | 1135 Terminal Way #106          | Reno, NV 89502  |
|   | Reno, NV 89502                  |   |

**AWARDS:** Distinctive awards will be given to 1st through 8th place for each age group, 6 & under, 7-8, 9-10, 11-12, 13 & over for each event. Points will be scored as follows (9-7-6-5-4-3-2-1) and awarded for 1st through 8<sup>th</sup> places. Individual High-Point and Runner-up awards will be awarded for 6 & under, 7-8, 9-10, 11-12, and 13 & over in both boy and girl age groups. All awards will be given to coaches after each session is complete. There will be on site award pickups for coaches and **NO** awards will be mailed.

**ADMISSION:** Free for spectators. There may be limited access to the building depending on current City of Reno facility protocols. No spectators will be allowed into the swim area behind the blocks. All viewing will take place from the sides or the North side of the pool. Any parent who is actively working as a volunteer timer will not be counted towards a facility spectator limit.

**PROGRAMS:** Available for a fee.

**HOSPITALITY:** Lunch and limited hospitality will be available to all working officials and coaches.

**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:

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

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 who 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.

## EVENT SUMMARY

| Saturday - March 15 |              |              |              | Sunday - March 16 |               |               |               |
|---------------------|--------------|--------------|--------------|-------------------|---------------|---------------|---------------|
| 8 & Under           | 9 - 10       | 11 - 12      | 13 & Up      | 8 & Under         | 9 - 10        | 11 - 12       | 13 & Up       |
| 100 Free            | 100 Free     | 200 IM       | 200 Fly      | 50 Breast         | 200 Free      | 200 Free      | 200 Free      |
| 50 Back             | 50 Back      | 100 Free     | 200 Back     | 25 Back           | 50 Breast     | 50 Breast     | 200 Breast    |
| 25 Free             | 50 Fly       | 50 Back      | 100 Breast   | 25 Fly            | 100 Back      | 100 Back      | 100 Back      |
| 50 Fly              | 100 Breast   | 50 Fly       | 100 Free     | 50 Free           | 100 Fly       | 100 Fly       | 100 Fly       |
| 25 Breast           | 100 IM       | 100 Breast   | 200 IM       |                   | 50 Free       | 50 Free       | 50 Free       |
| 100 IM              |              | 100 IM       |              |                   |               |               |               |
| 200 Fr Relay        | 200 Fr Relay | 200 Fr Relay | 200 Fr Relay | 200 Med Relay     | 200 Med Relay | 200 Med Relay | 200 Med Relay |

## SCHEDULE OF EVENTS

| AM SESSION - 13 & OLDER |                |         |                   |                  |         |
|-------------------------|----------------|---------|-------------------|------------------|---------|
| Saturday - March 15     |                |         | Sunday - March 16 |                  |         |
| Event #                 | Event          | Event # | Event #           | Event            | Event # |
| 1                       | 200 Fly        | 2       | 31                | 200 Free         | 32      |
| 3                       | 200 Back       | 4       | 33                | 200 Breast       | 34      |
| 5                       | 100 Breast     | 6       | 35                | 100 Back         | 36      |
| 7                       | 100 Free       | 8       | 37                | 100 Fly          | 38      |
| 9                       | 200 IM         | 10      | 39                | 50 Free          | 40      |
|                         |                |         |                   |                  |         |
| 11                      | 200 Free Relay |         | 41                | 200 Medley Relay |         |

| PM SESSION - 12 & Under |                     |         |                   |                      |         |
|-------------------------|---------------------|---------|-------------------|----------------------|---------|
| Saturday - March 15     |                     |         | Sunday - March 16 |                      |         |
| Event #                 | Event               | Event # | Event #           | Event                | Event # |
| 13                      | 11-12 200 IM        | 14      | 43                | 9-12 200 Free        | 44      |
| 15                      | 12 & Under 100 Free | 16      | 45                | 12 & under 50 Breast | 46      |
| 17                      | 12 & Under 50 Back  | 18      | 47                | 9 - 12 100 Back      | 48      |
| 19                      | 8 & under 25 Free   | 20      | 49                | 8 & under 25 Back    | 50      |
| 21                      | 12 & Under 50 Fly   | 22      | 51                | 9 - 12 100 Fly       | 52      |
| 23                      | 9-12 100 Breast     | 24      | 53                | 8 & Under 25 Fly     | 54      |
| 25                      | 8 & Under 25 Breast | 26      | 55                | 12 & Under 50 Free   | 56      |
| 27                      | 12 & Under 100 IM   | 28      |                   |                      |         |
|                         |                     |         |                   |                      |         |
| 29                      | 200 Free Relay      |         | 57                | 200 Medley Relay     |         |

Pacific Swimming – Hosted by Northern Nevada Aquatics  
 NNA Short Course Age Group Open  
 March 15 – 16, 2025  
 Consolidated Entry Form

|   |                   |                 |  |  |                           |               |     |                      |  |
|---|-------------------|-----------------|--|--|---------------------------|---------------|-----|----------------------|--|
| Name: Last  |                   | First           |  |  |                           | Middle        |     |                      |  |
| Club Abbr.  |                   | UNATT TEAM ABBR |  |  |                           | Club Name     |     |                      |  |
| Age   |                   | Date of Birth   |  |  |                           | Sex<br>M    F |     | LSC – (PC, SN, etc.) |  |
| USA-#   |                   |                 |  |  |                           |               |     |                      |  |
| Event #   | Distance / Stroke |                 |  |  | Entry Time (yards, or NT) |               |     |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
|   |                   |                 |  |  | : .                       |               | SCY |                      |  |
| # of entries _____ x \$4.50 = \$ _____<br>EVENT Participation Fee      \$11.00<br>Site Fee                              \$10.00<br>Total \$ _____ (payable to Northern Nevada Aquatics) |                   |                 |  |  |                           |               |     |                      |  |
| Coach   |                   |                 |  |  |                           |               |     |                      |  |
| Athlete's Address   |                   |                 |  |  |                           |               |     |                      |  |
| Home Phone  |                   |                 |  |  | Cell Phone                |               |     |                      |  |