

**NORTHERN NEVADA AQUATICS**  
**NNA AGE GROUP OPEN**  
**PACIFIC SWIMMING ZONE 4 SHORT COURSE MEET**  
**MARCH 14-15, 2026**



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

**SANCTION:** Held under USA Pacific Swimming Sanction No. **26-037**

*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.*

**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 the Meet Mobile App, or 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, restrooms 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: Diana Cosman*  
*Meet Marshal: Michelle Hall & Tony Serna*

**Head Starter: Joshua Cosman**  
**Admin Official: Veronica Harmon**  
**Meet Director: Erik Scalise - 775-331-0123**  
[nnaswimmeet@gmail.com](mailto:nnaswimmeet@gmail.com)

**LOCATION:** Moana Springs Community Aquatics and Fitness Center at 240 W Moana Lane, Reno, NV 89509.

**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. Coned off parking available for Meet Officials.

**COURSE:** 25-yard by 50-meter indoor pool with up to 10 short-course lanes for competition and up to 8 lanes for warm-up and warm down. 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 between 7 and 13 feet at the start end and between 7 and 13 feet at the turn end. The meet host shall ensure the required course dimensions.

**TIMES:** Saturday and Sunday Sessions: Warm-ups 8:00-9:20 AM; general warmups 8:00-9:00, special 10 and under warmup session 9:00-9:20am. Competition will begin at 9:30 AM.

**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.
- Athletes may compete in **no more than five (5) individual events** per day.
- All events are timed finals. All age groups, 8 and under, 9-10, 11-12, 13-14 and 15 and over will be swum together seeded by entry time, fastest to slowest
- 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 7 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 on deck shall be certified and in good standing. All coaches are required to sign in and present their valid registration before coaching athletes at the meet.**
- 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 **Open** – 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:** Athletes 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:

- Smoking, vaping, and the use of other tobacco products is prohibited.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No propane heaters are permitted, except for snack bar/meet operations.
- No glass containers are allowed in the meet venue.
- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck, limited spectators are specifically allowed as outlined in the "Admissions" section.
- Deck changes are prohibited.
- No animals except for physician certified "service assistance" animals. Please show certification when asked by meet officials or marshals.
- Limited club, vendor and coach's tents are allowed on the outside pool patio.
- Deck space will be limited; there is additional space outside. Please plan accordingly.
- Coaches, parents, and siblings are not allowed in any of the swimming pools.
- During general warm-up, athletes must enter the pool feet-first with one hand in contact with the deck or gutter (3-point entry).
- 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 their entries 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. 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 in the 15 and over age group and will be eligible for individual

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 [naswimmeet@gmail.com](mailto:naswimmeet@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, \$11.00 meet participation fee per athlete, \$12.00 facility surcharge per athlete, and a \$9.00 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.

**MEFAP ENTRY FEES:** \$11.00 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%202025%20rev%2011.13.25.pdf>

**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:** Go to [fastswims.com](https://fastswims.com) 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. FastSwims charges a service fee for this service, equal to 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 not be accepted after **Wednesday, March 4, 2026, at 11:59 pm**.

**MAILED/HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly using the athlete's best yards time. Entries must be **postmarked by midnight, Monday, March 2, 2026 or hand delivered by 10:30am, Wednesday, March 4, 2026, and may be rejected if a session is already full**. Requests for confirmation of receipt of entries should include a self-addressed envelope.

<u>Make checks payable to:</u>	<u>Northern Nevada Aquatics</u>	<u>Or Hand Deliver by 10:30 am Wed. March 4, 2026 to:</u>
<u>Mail payment with entries to:</u>	Northern Nevada Aquatics NNA Age Group Open 1135 Terminal Way #106 Reno, NV 89502	NNA AGO Entries 4570 Rio Encantado Lane Reno, NV 89502

**AWARDS:** Distinctive awards will be given to 1st through 8th place for each age group, 8 & under, 9-10, 11-12, 13-14, 15 & 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 awards will be awarded for 8 & under, 9-10, 11-12, 13-14, and 15 & over in both boy and girl age groups. Relay events will not be scored, and no awards will be given for relay events. 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 printed and online for a fee.

**SNACK BAR:** Limited snack sales located inside the lobby or patio area may be available during the meet.

**HOSPITALITY:** Coaches, Officials and Timers will be provided with water and snacks during the meet session. Lunches will be provided for coaches and officials.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. **Deck space will be limited; there is additional space outside. 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 14					Sunday – March 15			
10 & Under	11-12	13-14	15 & Up		10 & Under	11-12	13-14	15 & Up
100 Free	200 IM	200 IM	200 IM		100 IM	200 Free	200 Free	200 Free
50 Fly	100 Free	100 Free	100 Free		50 Breast	100 IM	200 Breast	200 Breast
25 Free*	200 Fly	200 Fly	200 Fly		25 Back*	200 Breast	50 Breast	50 Breast
50 Back	50 Fly	50 Fly	50 Fly		100 Back	50 Breast	100 Back	100 Back
100 Breast	200 Back	200 Back	200 Back		25 Fly*	100 Back	100 Fly	100 Fly
25 Breast*	50 Back	50 Back	50 Back		100 Fly	100 Fly	50 Free	50 Free
	100 Breast	100 Breast	100 Breast		50 Free	50 Free		
200 Free Relay	200 Free Relay	200 Free Relay	200 Free Relay		200 Med Relay	200 Med Relay	200 Med Relay	200 Med Relay
		500 Free	500 Free				400 IM	400 IM

\*25 free, 25 breast, 25 back, and 25 fly are not events recognized by USA Swimming for 9-10 athletes.  
The times will not be officially recognized.

## SCHEDULE OF EVENTS

Timed Final Sessions								
Saturday March 14				Sunday March 15				
Event #	Event Description	Event #		Event #	Event Description	Event #		Event #
1	11 and Over - 200 IM	2		23	11 and Over- 200 Free	24		
3	Open - 100 Free	4		25	12 and Under - 100 IM	26		
5	11 and Over - 200 Fly	6		27	11 and Over - 200 Breast	28		
7	Open - 50 Fly	8		29	Open - 50 Breast	30		
9	10 and Under - 25 Free	10		31	10 and Under - 25 Back	32		
11	11 and Over - 200 Back	12		33	Open - 100 Back	34		
13	Open - 50 Back	14		35	10 and Under - 25 Fly	36		
15	Open - 100 Breast	16		37	Open - 100 Fly	38		
17	10 and Under - 25 Breast	18		39	Open - 50 Free	40		
19	Open - 200 Free Relay			41	Open - 200 Medley Relay			
21	13 and Over - 500 Free	22		43	13 and Over - 400 IM	44		

**Pacific Swimming – Hosted by Northern Nevada Aquatics**  
**NNA Short Course Age Group Open**  
**March 14 – 15, 2026**  
**Consolidated Entry Form**

Name: Last		First	Middle															
Club Abbr.		UNATT TEAM ABBR				Club Name												
Age		Date of Birth				Sex		LSC – (PC, SN, etc.)										
USA-#																		
Event #	Distance / Stroke					Entry Time (yards, or NT)												
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# of entries _____ x \$4.50 = \$ _____ Meet Participation Fee                    \$11.00 Facility Surcharge                    \$12.00 Total \$ _____ (payable to Northern Nevada Aquatics)																		
Coach																		
Athlete's Address																		
Home Phone							Cell Phone											