

2026 KING OF THE HILL CHALLENGE  
Hosted by: RENO AQUATIC CLUB  
PACIFIC SWIMMING SHORT COURSE MEET  
FRIDAY, OCTOBER 16 – SUNDAY, OCTOBER 18, 2026  
Enter Online: <https://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-101**

*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.*

**MEET IS OPEN TO ALL REGISTERED USA SWIMMING ATHLETES AFTER THE PRIORITY REGISTRATION PERIOD FOR THE FOLLOWING CLUBS HAS ENDED: BST, CARS, DDST, FBST, LAKE, LASS, MLST, NNA, PPST, PRST, RENO, SPKS, TAHO, TTST, UNEV, WINN**

**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 Internet on the Meet Mobile app.**

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

**MEET PERSONNEL:**

|                                                           |                                                                                        |
|-----------------------------------------------------------|----------------------------------------------------------------------------------------|
| <i>Meet Referee: Jim Morefield</i>                        | <i>Head Starter: Nikki Pierce</i>                                                      |
| <i>Chief Judge: Diana Cosman</i>                          | <i>Admin Official: Arianne Sorreta</i>                                                 |
| <i>Meet Marshal: Jake Pourchot</i>                        |                                                                                        |
| <i>Meet Directors: Jennifer Halterman &amp; Dana Baum</i> | <a href="mailto:meetdirector@renoaquaticclub.com">meetdirector@renoaquaticclub.com</a> |

**LOCATION:** Moana Springs Community Aquatics and Fitness Center, 240 W Moana Ln., 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 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:** 25-yard by 50-meter indoor pool with up to 10 lanes available for competition. Up to 8 additional lanes will 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 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.

**TIME:**

- **FRIDAY SESSION:** Meet begins at 5:00 pm with warm-ups from 4:00 – 4:45 pm.
- **SATURDAY AND SUNDAY 13 & OVER 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:**

- 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.
- 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 except King-of-the-Hill 50 Freestyle Challenge are timed finals.

- All events will be seeded fast to slow, and all heats of King-of-the-Hill 50 Freestyle Challenge will be circle seeded.
- Athletes 13 & 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 part of event 5 or 6 on Saturday.
- Athletes 12 and under may compete in no more than 4 individual events per day and 10 individual events total.
- Entries for a session will close before the entry deadline if and when the estimated timeline for 12-under athletes exceeds 4 hours, or when the combined session timelines for that day exceed 8.5 hours, whichever occurs first.
- Friday's session will be swum as mixed events where age groups and genders will be seeded together but will be awarded separately.
- 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.**
- Red Cross certified lifeguards, backboards, rescue tubes, automated external defibrillator (AED), and minor first aid supplies will be available.

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

- Open to athletes ages 13-18 who **compete in event 5 for girls or event 6 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 5 and 6, 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.
- Athletes 19 & Over may compete in the 50 freestyle ONLY (events 5 & 6) but not subsequent Challenge Rounds.
- **Athletes qualifying for a King of the Hill round who do not wish to participate in further King of the Hill rounds shall notify the Referee within 10 minutes after their qualifying swim.**
- **Athletes in the Top-16 for the King-of-the-Hill Challenge on Sunday must do a positive check-in by 7:45am Sunday to ensure that all lanes are filled. Athletes who do not check in by 7:45 am will be automatically scratched from the event and their space given to the next finisher.**
- A 3-5 minute break will occur both before and after each King of the Hill Challenge Round to ensure rest for the athletes competing in other events.

#### **DISTANCE:**

- Per Zone-4 policy, to be eligible to enter the 1650 freestyle, an athlete must have previously established a USA Swimming Motivational "B" time or better in a freestyle event of 400m/500y or longer, applicable to their age group and competition category on the first day of the meet. Para athletes entering under this distance provision must provide documentation of their classification to the Meet Referee no later than the close of entries for the meet.
- 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.**
- 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.
- All 11-12 Athletes competing in Sunday's 400 IM (events 71 & 72) must provide their own timers.

**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:

- No smoking, “vaping,” or use of tobacco products.
- No sale or use of alcoholic beverages, or recognition of alcoholic sponsors.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- Shelters are permitted in designated outdoor area only, and must be properly secured at all times, or may be removed by meet management.
- No animals except 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.
- There will be restricted areas of the deck. Cooperation of athletes, families, and coaches will be appreciated.

#### **ELIGIBILITY:**

- Athletes must be current members of USA Swimming and enter their name and registration number 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 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 eligibility rules)**
- 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 accommodation. The athlete (or athlete’s coach) is responsible for notifying the Meet Referee, prior to competition, of any athlete with a disability and of the requested accommodation and/or modifications. The athlete/coach shall provide a Personal Assistant or any equipment (tappers, deck mats, etc.) if required. Failure to provide advance notice may limit the ability to accommodate all requests.
- 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.

**ENTRY TIMES:** Entries must be submitted using the athlete's best short-course yards time for each event (or No Time). All entry times must be submitted in yards.

**ENTRY PRIORITY:** Entries from members of assigned clubs receive priority entry until 11:59 pm on Sunday, September 13, 2026. After that, all USA Swimming athletes are eligible to enter. 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 ACCEPTED. Check <https://ome.fastswims.com> for session open or closed status.

**ENTRY FEES:** \$5.50 per event plus an \$11.00 participation fee, plus a \$15.00 facility surcharge per Athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs.

**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>

**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 not be accepted after 11:59 pm on Wednesday, October 7, 2026.**

**HYTEK ENTRIES:** Clubs wishing to submit their team's entries via HyTek entry file should contact [meetdirector@renoaquaticclub.com](mailto:meetdirector@renoaquaticclub.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 ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athlete's best time. No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope. ***Mailed entries must be postmarked no later than 11:59 pm Saturday, October 3, 2026, 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 Sent by Express Mail or FEDEX indicate **\*NO SIGNATURE REQUIRED FOR DELIVERY\***. No signature will be available for mailed entries.

**CHECK-IN:** NONE except for Friday's session and the 500 Free and Top-16 King of the Hill on Sunday (see below for clarification on positive check-in events and times). Otherwise, 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 200 IM, and 500 Free events 1, 2, and 3** – check-in by 4:30 pm
- **Friday 1650 Free event 4** – check-in by 5:00 pm
- **Sunday Top-16 King of the Hill** – check-in by 7:45 am
- **Sunday 500 Free events 41 & 42** – check-in by 8:00 am

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

**SCRATCHES:** Any Athlete not intending to swim an event is requested to scratch with the Clerk of Course or submit electronically via the respective link below as soon as possible. Sessions will be pre-seeded each evening before the next day's races. The scratch deadline is 8:00pm the day before the event. Email scratches from athletes will be confirmed with their coach.

- Scratch Form for **whole meet**: <https://forms.gle/CGRXY4fqQnDKNgUF9>
- Scratch Form for **Friday's** events (closes 10/15/26 at 8:00pm): <https://bit.ly/KoHFridayScratch>
- Scratch Form for **Saturday's** events (closes 10/16/26 at 8:00pm): <https://bit.ly/KoHSaturdayScratch>
- Scratch Form for **Sunday's** events (closes 10/17/26 at 8:00pm): <https://bit.ly/KoHSundayScratch>

**NOTE:** Access to digital scratch forms will also be available at [RENO KoH Challenge 2026 link here](#).

- **No Shows:** Any Athletes not reporting for or competing in an individual timed final event that they have checked in for/entered 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> thru 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 to the meet venue. Anyone using the weight room at the facility must pay the public admission fee at the front lobby.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Coaches and working officials will be provided dinner on Friday and breakfast and lunch on Saturday and Sunday. Hospitality will be available throughout the day.

**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-and Sunday's 11-12 400 IM-must provide their own timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours. Please see the [RENO KoH Challenge 2026 link here](#) for hotel information.

**MINIMUM OFFICIALS:** 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. **This includes qualifying for subsequent King of the Hill rounds.**

# EVENT SUMMARY

## Order of Events

| Friday, October 16, 2026 |                      |
|--------------------------|----------------------|
| Mixed                    | PM Session           |
| EVENT #                  | EVENT                |
| 1                        | 9-12 200 IM          |
| 2                        | 13 & Over 200 IM     |
| 3                        | 9-12 500 Free        |
| 4                        | 13 & Over 1650 Free* |

\*Per Zone-4 policy, to be eligible to enter the 1650 freestyle, an athlete must have previously established a USA Swimming Motivational "B" time or better in a freestyle event of 400m/500y or longer, applicable to their age group and competition category on the first day of the meet.

| Saturday, October 17, 2026       |                      |         |
|----------------------------------|----------------------|---------|
| Girls                            | AM Session           | Boys    |
| EVENT #                          | EVENT                | EVENT # |
| 5                                | 13 & Over 50 Free    | 6       |
| 7                                | 13 & Over 50 Breast  | 8       |
| 9                                | 13 & Over 400 IM     | 10      |
| 11                               | 13 & Over 100 Fly    | 12      |
| King of the Hill Challenge (KOH) |                      |         |
| KOH                              | 13-18 50 Free Top 64 | KOH     |
| 13                               | 13 & Over 200 Breast | 14      |
| 15                               | 13 & Over 200 Free   | 16      |
| 17                               | 13 & Over 100 Back   | 18      |
| KOH                              | 13-18 50 Free Top 32 | KOH     |

| Saturday, October 17, 2026 |                      |         |
|----------------------------|----------------------|---------|
| Girls                      | PM Session           | Boys    |
| EVENT #                    | EVENT                | EVENT # |
| 19                         | 8 & Under 100 Free   | 20      |
| 21                         | 9-12 100 IM          | 22      |
| 23                         | 12 & Under 50 Breast | 24      |
| 25                         | 11-12 200 Breast     | 26      |
| 27                         | 8 & Under 25 Free    | 28      |
| 29                         | 9-12 100 Free        | 30      |
| 31                         | 12 & Under 50 Fly    | 32      |
| 33                         | 11-12 200 Fly        | 34      |
| 35                         | 8 & Under 25 Back    | 36      |
| 37                         | 9-12 100 Back        | 38      |

| Sunday, October 18, 2026 |                      |         |
|--------------------------|----------------------|---------|
| Girls                    | AM Session           | Boys    |
| EVENT #                  | EVENT                | EVENT # |
| KOH                      | 13-18 50 Free Top 16 | KOH     |
| 39                       | 13 & Over 50 Back    | 40      |
| 41                       | 13 & Over 500 Free   | 42      |
| KOH                      | 13-18 50 Free Top 8  | KOH     |
| 43                       | 13 & Over 200 Fly    | 44      |
| 45                       | 13 & Over 100 Breast | 46      |
| KOH                      | 13-18 50 Free Top 4  | KOH     |
| 47                       | 13 & Over 100 Free   | 48      |
| 49                       | 13 & Over 200 Back   | 50      |
| 51                       | 13 & Over 50 Fly     | 52      |
| KOH                      | 13-18 50 Free Top 2  | KOH     |

| Sunday, October 18, 2026 |                     |         |
|--------------------------|---------------------|---------|
| Girls                    | PM Session          | Boys    |
| EVENT #                  | EVENT               | EVENT # |
| 53                       | 8 & Under 100 IM    | 54      |
| 55                       | 9-12 200 Free       | 56      |
| 57                       | 8 & Under 25 Breast | 58      |
| 59                       | 9-12 100 Breast     | 60      |
| 61                       | 12 & Under 50 Back  | 62      |
| 63                       | 11-12 200 Back      | 64      |
| 65                       | 8 & Under 25 Fly    | 66      |
| 67                       | 9-12 100 Fly        | 68      |
| 69                       | 12 & Under 50 Free  | 70      |
| 71                       | 11-12 400 IM        | 72      |

|                                                                                                                                                                           |                   |  |                 |  |       |  |            |              |  |                      |     |  |  |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|--|-----------------|--|-------|--|------------|--------------|--|----------------------|-----|--|--|--|
| Pacific Swimming – Hosted by Reno Aquatic Club<br>King of the Hill Challenge<br>October 16-18, 2026<br>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 |              |  |                      |     |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
|                                                                                                                                                                           |                   |  |                 |  |       |  | :   .      |              |  |                      | SCY |  |  |  |
| # of entries _____ x \$5.50 = \$ _____<br>Participation Fee            \$ 11.00<br>Facility Surcharge           \$ 15.00<br>Total                                \$ _____ |                   |  |                 |  |       |  |            |              |  |                      |     |  |  |  |
| Coach                                                                                                                                                                     |                   |  |                 |  |       |  |            |              |  |                      |     |  |  |  |
| Athlete's Address                                                                                                                                                         |                   |  |                 |  |       |  |            |              |  |                      |     |  |  |  |
| Home Phone                                                                                                                                                                |                   |  |                 |  |       |  |            | Cell Phone   |  |                      |     |  |  |  |
| Email                                                                                                                                                                     |                   |  |                 |  |       |  |            |              |  |                      |     |  |  |  |