

NORTHERN NEVADA AQUATICS  
SILVER STATE CHAMPIONSHIPS  
PACIFIC SWIMMING LONG COURSE PRELIMINARIES & FINALS MEET  
JULY 19-21, 2019



Enter Online: <http://ome.swimconnection.com/pc/NNA20190719>

**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-092**

*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, 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 results of this meet may be posted in real time on Meet Mobile.

**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.

**OFFICIALS:**

<b>Meet Referee:</b> Gary Nilsson	<b>Head Starter:</b> Kevin Tokunaga
<b>Meet Marshal:</b> Jo Ann Porter/Andrea Sullivan	<b>Admin Official:</b> Lisa Nilsson & Veronica Harmon
<b>Meet Director:</b> Lindsay Robertson <a href="mailto:lindsayrobertson89@gmail.com">lindsayrobertson89@gmail.com</a> (email preferred) 775-240-7127	

**LOCATION:** IDLEWILD POOL, 1805 Idlewild Drive, Reno, NV 89509

**DIRECTIONS:** From CA: I-80 to Reno, take Keystone Ave. exit from freeway. Go south on Keystone – stay in far right lane until you reach Riverside Drive. *Do not go on overpass.* Turn right on Riverside Drive, continue about one block and turn left onto Booth Street Bridge, then turn right onto Idlewild Drive. The pool is two blocks ahead on the right. **Parking: Please be aware there is an event scheduled in the adjacent Idlewild Park Friday evening. Parking may be limited and do not park in the restricted areas, as your vehicle may be towed.**

**COURSE:** OUTDOOR HEATED 8 LANE 50 METER pool with up to 7 lanes available for competition. An additional 1 lane shall be available for warm-up/cool down throughout the competition. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 10' at the start end and 3' 6" at the turn end. In accordance with Article 104.2.2C(4) the competition course has not certified.

**TIME:** Meet shall begin at 8:30 AM each day with warm-ups from 7:15 to 8:15 AM each day. Designated warm-up lane for 8 and under athletes will be available upon request.

**Finals:** Start time and warm-up times will be determined by the Meet Referee and announced each day as early as possible.

**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.
- All preliminary events shall swim fast to slow, with the first three heats circle seeded.
- Athletes may compete in a **maximum of three (3) individual events and one (1) relay** per day.
- There will be one heat of FINALS (7 athletes per final) for 10 & under, 11, 12, 13, 14 and 15 & over.
- The 400 Freestyle and 400 IM will swim in regular event order during the preliminary session with no alternating of heats. They are timed finals and will be scored for high point designated by age groups.
- 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 deck officials shall wear their USA Swimming membership cards in a visible manner. All Coaches are required to sign-in and present their valid coaches card before coaching athletes at the meet. Except for coaches accompanying athletes under the provision of 202.8 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

**RELAYS:**

- Relays will be entered on deck by 10:00 am each day at the Clerk of Course, where entry cards will be available.

- Relays are **OPEN RELAYS**, any combination of ages and genders will be accepted.
- Clubs may enter as many relays as they wish. Relay athletes must be entered in the meet (no relay only athletes) and must not be unattached.
- Order of the athletes must be clearly marked on the relay entry and shall not be changed after being called to block.
- Relays are timed finals and will be swum after a 10 minute break following the preliminary events on the given day.
- Entry Fees are \$ 16.00 per relay.

**UNACCOMPANIED ATHLETES:** Any USA-S 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-S 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-S 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-S Club Member-Coach.

**RACING STARTS:** Athletes shall be certified by a USA-S 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.
- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- ONLY hosting club, vendor and coach's tents are allowed on the pool deck. All tents may be left up overnight inside the meet venue, however, neither Northern Nevada Aquatics nor the City of Reno, takes responsibility for personal belongings.
- 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.
- 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 shall be current members of USA Swimming, and shall 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 shall check all athlete registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge shall be added to the regular registration fee). Duplicate registrations shall be refunded by mail.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding 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 high-point and individual 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 conforming long course time or non-conforming short course meters/yards time for each event. Entries with **"NO TIME" will NOT be accepted.** Coaches may enter an estimated time.

**SEEDING:** Event seeding shall be in the following order: conforming long course meters (LCM), non-conforming short course meters (SCM), non-conforming short course yards (SCY) - USA Swimming rules 207.11.7B. **Preliminary heats will be swum fastest to slowest, with the first three (3) heats being circle seeded.**

**CHECK-IN:** The meet shall be deck seeded. Athletes shall check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in shall not be allowed to compete in the event.

**SCRATCH RULE:** Pacific Swimming scratch rules will be enforced. A copy will be posted at the meet.

**Preliminary and Timed-Final Events:** Athletes who must withdraw from an event in which they have been seeded are requested to notify the Referee immediately. Any athletes not reporting for or competing in a preliminary or timed-final event that they have been checked in for **shall not be penalized**.

**Finals Events:** Any athlete qualifying for any level of finals in an individual event who does not wish to compete must 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 finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event of that day. Otherwise, all qualifiers not properly scratched **will be seeded in finals**.

**Penalty for No-show in Finals:** Any athlete originally qualifying for any finals race in an individual event, who fails to show up and compete in said final race prior to calling the first alternate, without having properly scratched first, shall be barred from the **remainder of any finals events for that day**. Should the athlete have no additional finals events for that day, they will be barred from their next preliminary event. If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.

**Exceptions:** No penalty shall apply for failure to withdraw or compete in a finals event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the failure is caused by circumstances beyond the control of the athlete, or the athlete qualified for finals due to scratches of one or more original finalists, or the athlete is an alternate for finals.

**ENTRY FEES:** \$5.50 per individual event plus an \$ 11.00 per athlete participation fee and \$ 16.00 per relay team. Entries shall be rejected if payment is not sent at time of request. No refunds shall be made, except mandatory scratch downs.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/NNA20190719> to receive an immediate entry confirmation this method requires payment by credit card. Swim Connection LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries shall be accepted through Wednesday, July 10, 2019, at 11:59 pm.

**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, **July 8<sup>th</sup>, 2019** or hand delivered by 5:00 p.m. Wednesday, **July 10<sup>th</sup>, 2019 and may be rejected if a session is already full**. Entries submitted after these times will be held for possible conversion to deck entries at the meet if space is available, subject to receipt of the required entry fees and proof of registration. Requests for confirmation of receipt entries should include a self-addressed envelope.

**Make check payable to: NORTHERN NEVADA AQUATICS**

**Mail entries to: Northern Nevada Aquatics  
1135 Terminal Way # 106  
Reno, NV 89502**

**Hand deliver entries by 5:00 pm Wednesday, July 10, 2019  
4570 Rio Encantado Lane  
Reno, NV 89502**

**AWARDS:** Distinctive awards will be given to 1<sup>st</sup> through 7<sup>th</sup> place for age groups: 10 & under, 11, 12, 13, 14, and 15 & over. Points will be awarded as follows (8, 6, 5, 4, 3, 2, 1) for 1<sup>st</sup> through 7<sup>th</sup> place for age groups 10 & under, 11, 12, 13, 14, and 15 & over. Individual High-Point awards will be awarded for 10 & under, 11, 12, 13, 14, and 15 & over in both girl and boy age groups. Awards must be picked up at the meet. NO awards will be mailed.

**ADMISSION:** Free. A program will be available for a fee.

**HOSPITALITY:** A snack bar will be available serving breakfast, lunch and beverages. Coaches and working deck Officials will be provided lunch. Hospitality will serve refreshments to timers and volunteers.

**MISCELLANEOUS:** NO overnight parking is allowed. Facilities will not be provided after meet hours.

**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, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. Participating clubs are **requested** to provide at least the following number of certified and carded officials for each session:

Club athletes entered in session	Trained and carded officials requested
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

## SCHEDULE OF EVENTS

Preliminary / Morning Session								
Friday, July 19, 2019			Saturday, July 20, 2019			Sunday, July 21, 2019		
Girls Event #	Event Description	Boys Event #	Girls Event #	Event Description	Boys Event #	Girls Event #	Event Description	Boys Event #
1	Open 200 Free	2	15	Open 200 IM	16	29	Open 100 Back	30
3	11 and Over 200 Back	4	17	11 and Over 200 Fly	18	31	11 and Over 200 Breast	32
5	10 and Under 50 Back	6	19	10 and Under 50 Fly	20	33	10 and Under 50 Breast	34
7	11-12 50 Breast	8	21	Open 100 Breast	22	35	11-12 50 Fly	36
9	Open 100 Fly	10	23	Open 100 Free	24	37	Open 50 Free	38
			25	11-12 50 Back	26			
11	Open 400 Free Relay *		27	Open 400 Medley Relay *				
13	11 and Over 400 IM **	14				39	11 and Over 400 Free **	40

\* Relays will be swum in an open age and gender format and are not scored.  
 \*\*The 400 IM and 400 Free are timed-final events and scored by high point designated age groups.

## Finals / Evening Sessions

Friday, July 19, 2019				Saturday, July 20, 2019				Sunday, July 21, 2019						
Age	Girls Event #	Event Description	Boys Event #	Age	Girls Event #	Event Description	Boys Event #	Age	Girls Event #	Event Description	Boys Event #			
15 & Over	1	200 Free	2	15 & Over	15	200 IM	16	15 & Over	29	100 Back	30			
14				14										
13				13										
12				12										
11				11										
10 & Under				10 & Under				10 & Under						
15 & Over	3	200 Back	4	15 & Over	17	200 Fly	18	15 & Over	31	200 Breast	32			
14				14										
13				13										
12				12										
11				11										
10 & Under	5	50 Back	6	10 & Under	19	50 Fly	20	10 & Under	33	50 Breast	34			
12	7	50 Breast	8	15 & Over	21	100 Breast	22	12	35	50 Fly	36			
11				11										
15 & Over	9	100 FLY	10	14				23	100 Free	24	15 & Over	37	50 Free	38
14				14										
13				13										
12				12										
11				11										
10 & Under				10 & Under				10 & Under						
				14	25	50 Back	26							
				13										
				12										
				11										
				10 & Under										
				12										
				11										

