

INTERMOUNTAIN CLASSIC
Hosted by Carson Tigersharks
PACIFIC SWIMMING LONG COURSE MEET
FRIDAY – SUNDAY May 27-29, 2016

Enter Online: <http://ome.swimconnection.com/pc/CARS20160527>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-056**

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, which 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 the Internet.

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:

| | |
|---|--|
| Meet Referee: Don Bautista | Head Starter: Debbi Tucker |
| Meet Marshal: Gary Kolb | Admin Officials: Lillian Bautista |
| Meet Director: Christina Saenz; christina.saenz@sbcglobal.net | 775-450-2984 |

LOCATION: Carson Aquatic Facility, 841 N. Roop St. Carson City, NV.

DIRECTIONS: From Business Hwy. 395 go two traffic lights East on Hwy. 50 (E. Williams St.). Turn right on Roop St. and go one block south. Turn left behind the Carson City Community Center. From Reno on Hwy. 395 take exit 39. Turn right and travel west for 0.9 mile. Turn left into Mills Park and the Carson City Community Center. Additional parking is available at the Bank of America at the northwest corner of Roop St. and Hwy. 50 (E. Williams St.).

COURSE: 50 meter heated indoor pool with up to 8 lanes for competition and a 25 yard outdoor pool for warm-up and warm down. Colorado Timing system. The minimum water depth in the competition course as measured in accordance with Article 103.2.3 is at least 5 feet at the start end and 4 feet at the turn end. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. All events except events of 50 meters will start at the start end of the pool and the 50-meter events will start at the turn end.

TIME:

- **FRIDAY SESSION:** Meet begins at 4:00 pm with warm-ups from 2:30 – 3:45 pm.
- **SATURDAY AND SUNDAY AM:** Meet begins at 8:30 am with warm-ups from 7:00am-8.15am
- **SATURDAY AND SUNDAY PM: WARM-UP:** at the conclusion of the AM session, but not before 12pm.

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.
- All events are timed finals and will be seeded fast to slow with the option of the reversing the sequence at the discretion of the Meet Referee and Meet Director.
- Athletes may enter as many events as they wish, but shall check in for and compete in **no more than 2 events on Friday and 5 events each day on Saturday and Sunday, for a maximum of 10 events total.**
- **All athletes ages 12 and under should complete competition each session within four (4) hours.**
- Entries for the Friday Afternoon session will close before the entry deadline if the estimated timeline exceeds the “4 hour rule.”
- Entries for the Saturday and Sunday morning and afternoon sessions will close before the entry deadline if and when the estimated session timeline exceeds the “4 hours rule” or the estimated combined timeline of the morning and afternoon sessions reached 8.5 hours.
- 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 deck officials must wear their valid USA-S membership cards in a visible manner at all times while on deck.** All coaches are required to sign in at the meet before the beginning of warm-ups and present their valid registration card. Except for coaches accompanying athletes participating under the provisions 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.

DISTANCE:

- **Per Zone-4 policy, to be eligible to enter the 1500 freestyle, an Athlete must have previously established an official time in an event of 500Y/400M or longer.**
- The 1500 meter freestyle will be swum alternating women and men, fastest to slowest.
- All Athletes in the 1500 must provide their own timers and lap counters.

UNACCOMPANIED ATHLETES: Any USA-S 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-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 START CERTIFICATION: Athletes must be certified by a USA-S member-coach as being proficient in performing a racing start from the starting block or from the deck; otherwise, athletes 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 period.

- No smoking or use of tobacco products. No sale or use of alcoholic beverages.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- No animals except for physician certified "service assistance" animals. Please show certification when asked by meet officials or marshalls.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- **IMPORTANT:** All floor and wall vents must be kept clear at all times to ensure proper air circulation in the facility.
- Closed areas on the pool deck may exist. Cooperation of Athletes, families and coaches is appreciated.
- Destructive devices, including 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.

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 will 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 will be added to the regular registration fee). Duplicate registrations will be refunded by mail.
- Entries with **"NO TIME" will be ACCEPTED (Exception: see distance rules).**
- Disabled Athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and 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.

ENTRIES: Entries must be submitted using the Athlete's best long course meters time for each event. All entry times must be submitted in meters. **NO LATE ENTRIES OR DECK ENTRIES WILL BE ACCEPTED. NO REFUNDS** will be given except in the case of a mandatory scratch-down. Entries will be accepted until the deadlines stated below, or until a session is full per the 4-hour rule, whichever occurs first.

ENTRY FEES: \$ 4.00 per individual event, \$ 11.00 participation fee per Athlete. All entry fees **MUST** be included with entry. No refunds will be made, except mandatory scratch downs.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/CARS20160527> 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. 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 will be accepted through **Wednesday, May 18, 2016 11:59PM or until a session is full.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with Athletes best yards time. Entries must be postmarked by midnight, **Monday, May 16, 2016** or hand delivered by 6:30 p.m. **Wednesday, May 18, 2016, and may be rejected if a session is already full.** Request for confirmation of receipt of entries should include a self-addressed envelope.

SHOULD THE MEET REACH CAPACITY AND NEED TO BE CLOSED PRIOR TO THE ONLINE ENTRY "CLOSE DATE" LISTED ABOVE (Wednesday May 18, 2016) ABSOLUTELY NO ADDITIONAL ENTRIES WILL BE ACCEPTED AFTER THAT DATE (DATE MEET CLOSED WILL BE LISTED ON OME SWIMCONNECTION). THIS INCLUDES MAIL-IN ENTRIES. MAIL-IN ENTRIES MUST BE POSTMARKED BY THE CLOSE DATE LISTED ON OME SWIMCONNECTION IN ORDER TO BE ACCEPTED. IF THEY ARE POSTMARKED AFTER SAID DATE, THEY WILL NOT BE ACCEPTED AND THE ATHLETE WILL NOT BE ENTERED. UNACCEPTED AND UNPROCESSED ENTRIES AND FEES WILL BE RETURNED.

Make check payable to: Carson Tigersharks

Mail entries to: Becki Boehnke

PO Box 1876

Carson City, NV 89702

Hand deliver entries to: Becki Boehnke

841 N. Roop St

Carson City, NV 89701

CHECK-IN: The meet will be deck seeded. Athletes must 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 earlier than 60 minutes before the estimated time of the start of the first heat of the event. Athletes who do not check-in will not be allowed to compete in the event.

SCRATCHES & NO-SHOWS: Any Athlete not reporting for or competing in an individual event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

AWARDS: Ribbons will be awarded for 1st-8th place for individual events in the 8 & Under, 9-10, 11-12, 13-14, and 15-18 age groups. Athletes 19 years of age and older will not be eligible to score points or receive awards. High Point and High Point runner up will be awarded to each age group. All awards should be picked up by the last day of the meet. Awards will not be individually distributed throughout the meet. Awards will not be mailed. Each club is asked to designate a team representative to claim awards.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

ADMISSION: Free. A 3-day meet program will be available for a fee.

SNACK BAR: A snack bar will be available during the meet.

HOSPITALITY: Limited hospitality will be available to all working officials and coaches.

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 |

TIMERS: Clubs will be assigned lanes based on the number of Athletes from each club (host club will not be expected to time).

EVENT SUMMARY:

| FRIDAY | | SATURDAY | | | SUNDAY | | |
|------------|------------|------------|------------|----------|------------|------------|------------|
| 11-12 | 13 & Over | 10 & Under | 11-12 | 13 & O | 10 & Under | 11-12 | 13 & O |
| 200 IM | 200 Breast | 200 IM | 200 Back | 200 IM | 200 Free | 200 Free | 400 Free |
| 400 Free | 400 IM | 100 Free | 100 Free | 100 Free | 100 Back | 200 Fly | 100 Fly |
| #1500 Free | | 50 Back | 200 Breast | 200 Fly | 50 Fly | 100 Back | 200 Back |
| | | 100 Fly | 50 Back | 100 Back | 100 Breast | 50 Fly | 100 Breast |
| | | 50 Breast | 100 Fly | 200 Free | 50 Free | 100 Breast | 50 Free |
| | | | 50 Breast | | | 50 Free | |

ORDER OF EVENTS:

| Friday, May 27, 2016 – PM Session | | |
|-----------------------------------|----------------------------|--------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 1 | 13 & Over 200 Breaststroke | 2 |
| 3 | 11-12 200 IM | 4 |
| 5 | 13 & Over 400 IM | 6 |
| 7 | 11-12 400 Freestyle | 8 |
| 9 | 11 & Over 1500 Freestyle# | 10 |

| Saturday, May 28, 2016 – AM Session | | |
|-------------------------------------|----------------------------|--------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 11 | 13 & Over 200 IM | 12 |
| 13 | 13 & Over 100 Freestyle | 14 |
| 15 | 13 & Over 200 Butterfly | 16 |
| 17 | 13 & Over 100 Backstroke | 18 |
| 19 | 13 & Over 200 Freestyle | 20 |
| Saturday, May 28, 2016 – PM Session | | |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 21 | 11-12 200 Backstroke | 22 |
| 23 | 10 & Under 200 IM | 24 |
| 25 | 11-12 100 Freestyle | 26 |
| 27 | 10 & Under 100 Freestyle | 28 |
| 29 | 11-12 200 Breaststroke | 30 |
| 31 | 10 & Under 50 Backstroke | 32 |
| 33 | 11-12 50 Backstroke | 34 |
| 35 | 10 & Under 100 Butterfly | 36 |
| 37 | 11-12 100 Butterfly | 38 |
| 39 | 10 & Under 50 Breaststroke | 40 |
| 41 | 11-12 50 Breaststroke | 42 |

| Sunday, May 29, 2016- AM Session | | |
|-----------------------------------|-----------------------------|--------------|
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 43 | 13 & Over 400 Freestyle | 44 |
| 45 | 13 & Over 100 Butterfly | 46 |
| 47 | 13 & Over 200 Backstroke | 48 |
| 49 | 13 & Over 100 Breaststroke | 50 |
| 51 | 13 & Over 50 Freestyle | 52 |
| Sunday, May 29, 2016 – PM Session | | |
| GIRLS EVENT # | EVENT | BOYS EVENT # |
| 53 | 11-12 200 Freestyle | 54 |
| 55 | 10 & Under 200 Freestyle | 56 |
| 57 | 11-12 200 Butterfly | 58 |
| 59 | 10 & Under 100 Backstroke | 60 |
| 61 | 11-12 100 Backstroke | 62 |
| 63 | 10 & Under 50 Butterfly | 64 |
| 65 | 11-12 50 Butterfly | 66 |
| 67 | 10 & Under 100 Breaststroke | 68 |
| 69 | 11-12 100 Breaststroke | 70 |
| 71 | 10 & Under 50 Freestyle | 72 |
| 73 | 11-12 50 Freestyle | 74 |

A previous official time in an event 400Y/400M or longer is required to enter the 1500 freestyle. The 1500 freestyle will alternate women's and men's heats, and Athletes must provide their own timers and lap counters.

Pacific Swimming – Hosted by Carson Tigersharks
 INTERMOUNTAIN CLASSIC
 PACIFIC SWIMMING LONG COURSE MEET
 May 27-29, 2016
 Consolidated Entry Form

Name: Last, First Middle

| | | |
|------------|-----------------|-----------|
| Club Abbr. | UNATT TEAM ABBR | Club Name |
|------------|-----------------|-----------|

| | | | |
|-----|---------------|--------------|----------------------|
| Age | Date of Birth | Sex M F | LSC – (PC, SN, etc.) |
|-----|---------------|--------------|----------------------|

| | | | | | | | | | | | | | | |
|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| USA-# | | | | | | | | | | | | | | |
|-------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

| Event # | Distance / Stroke | Entry Time | Circle one |
|---------|-------------------|------------|------------|
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |
| | | : . | SCY / LCM |

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 11.00
 Total \$ _____

Coach's Name: _____
 Coach's Cell Phone: _____
 Coach's Email: _____

Athlete's
 Address

| | |
|------------|------------|
| Home Phone | Cell Phone |
|------------|------------|

Email