

PACIFIC SWIMMING Intermountain Classic Long Course Meet

Hosted by Carson Tigersharks

Co-sponsored by Pacific Swimming

May 23-25, 2014

Enter Online: <http://ome.swimconnection.com/pc/CARS20140523>



SANCTION: Held under USA/Pacific Swimming Sanction No. **14-072**

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 the Internet.

USE OF AUDIO AND VISUAL: Use of audio or visual recording devices, including a cell phone camera, is not permitted in changing areas, rest rooms or locker rooms. Photography or video recording from behind the starting block and starting areas are prohibited unless previous/prior permission to do so is granted by the Meet Referee.

OFFICIALS: **Meet Referee: Kendra Follett** **Admin Official: Greg Gephart**
 Head Starter: Judy Maynor **Meet Marshal: John Branco**
 Meet Director: Karen DeBusk - kdebusk@tigersharks.org

LOCATION: Carson City Aquatic Facility, 841 N. Roop St., Carson City NV. From Business Hwy. 395 go two traffic lights east on Hwy 50 (E. Williams St.). Turn right on Roop St, go one block south on Roop and turn left behind the Carson City Community Center. Or from Hwy 395 take exit 39. Turn right and go .9 mile. Turn left at 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 competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. 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 5 feet at the turn end. 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: Meet begins at 4:00 pm with warm-ups from 2:30 to 3:45 pm.
SATURDAY & SUNDAY: MORNING SESSION (13 & O): begins at 8:30 am with warm-ups from 7:00 to 8:15 am.
AFTERNOON SESSION (12 & UN): begins with warm-ups at the conclusion of the morning session.

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 swum fastest to slowest.
- Swimmers may compete in 2 individual events on Friday and 5 individual events on Saturday and Sunday but cannot exceed 10 events for the meet. 12 and under sessions should be completed within 4 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 USA Swimming membership cards in a visible manner.
- The 800 meter freestyle and the 1500 meter freestyle will be swum alternating women and men, fastest to slowest. All swimmers in the 800 and 1500 must provide their own timers and lap counters. Check in for the 1500 meter freestyle will occur at the start of event 3. Check in for the 800 meter freestyle will occur at the start of event 51. To be eligible to enter an individual freestyle event of 800m/1000y or longer, a swimmer must have previously established an official time in a freestyle event of 400m/500y or longer.

UNACCOMPANIED SWIMMERS: 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 swimmer or the swimmer's legal guardian to arrange for supervision by a USA-S member-coach. The Meet Director or Meet Referee may assist the

swimmer 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: All swimmers must either be certified by a USA-S member-coach as being proficient in performing a racing start, or must start the race in the water. It is the responsibility of the swimmer or the swimmer'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 swimmers, 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.
- Heaters are not permitted.
- All shelters must be properly secured.
- NO ANIMALS ARE ALLOWED ON THE PREMISES.
- Closed areas of the deck may exist; the cooperation of swimmers, families and coaches is appreciated.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY:

- Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host will check all swimmer 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, except for freestyle events of 800 meters or longer. See Rules for distance.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations on entry, times and seeding per Pacific Swimming policy.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

SEEDING: All events will be deck seeded.

ENTRY FEES: \$2.75 per event plus an \$11.00 participation fee per swimmer to help cover meet expenses. Relays will be \$9.00 per team, and will be deck entered. **Note, relay only swimmers ARE NOT required to pay the participation fee. All entry fees MUST be included with entry.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/CARS20140523> 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 swimmer 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 a swimmer by Pacific Swimming. **Online entries will be accepted through Wednesday, May 14, 2014.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, May 12, 2014 or hand delivered by 6:30 p.m. Wednesday, **May 14, 2014**. No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to Carson Tigersharks

Mail entries to: Karen DeBusk
PO Box 1876
Carson City, NV 89702

Hand delivered entries to: Karen Debusk
841 N Roop St
Carson City, NV 89701

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk of Course. 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. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check-in will not be allowed to compete in the event.

SCRATCHES: Any swimmers not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Individual Events: Ribbons 1st – 8th place.

Individual events will be awarded to 8-Under, 9-10, 11-12, 13-14, 15-18.
 Swimmers 19 years of age and older will not be eligible to swim in relays, score points or receive awards.
 High point and runner up high point will be awarded to each age group.
 Relays will be placed 1st – 3rd.

ALL AWARDS MUST BE PICKED UP AT THE MEET. Each team is asked to designate a team representative to claim awards.
 NO AWARDS WILL BE MAILED.

SCORING: Individual: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 Relays: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

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

MINIMUM OFFICIALS: All available USA Swimming members 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 swimmers 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

Summary of Events

	8&under	9-10	11-12	13&over
Friday	-----	-----	400 Free 200IM 1500 Free	400 IM 1500 Free
Saturday	100 Free 50 Fly 50 Breast 100 Breast 100 Fly 200 Free 200 IM Relay 200 Free Relay	100 Free 50 Fly 100 Breast 100 Fly 200 Free 200 IM Relay 200 Free Relay	100 Free 50 Back 50 Fly 100 Breast 100 Fly 200 Back 200 IM Relay 200 Free Relay	200 IM 200 Breast 100 Back 200 Fly 100 Free 400 Free 200 IM Relay* 200 Free Relay*
Sunday	200 IM 100 Back 50 Breast 50 Back 50 Free	200 IM 100 Back 50 Back 50 Free 50 Breast	200 Free 100 Back 50 Breast 200 Breast 50 Free 200 Fly	200 Free 100 Breast 200 Back 100 Fly 50 Free 800 Free

* 13-18.

Order of Events

Friday, May 24, 2013 – PM Session					
Event #	Women	Age Group	Event	Event #	Men
1		11-12	200 IM	2	
3		13 & Over	400 IM	4	
5		11-12	400 Freestyle	6	
7		11 & Over	1500 Freestyle	8	
Saturday, May 25, 2013 – AM Session					
9		13 & Over	200 IM	10	
11		13 & Over	200 Breaststroke	12	
13		13 & Over	100 Backstroke	14	
15		13 & Over	200 Butterfly	16	
17		13 & Over	100 Freestyle	18	
19		13 & Over	400 Freestyle	20	
21		13 - 18	200 IM Relay	22	
23		13 - 18	200 Freestyle Relay	24	
Saturday, May 25, 2013 – PM Session					
25		11-12	100 Freestyle	26	
27		10 & Under	100 Freestyle	28	
29		11-12	50 Backstroke	30	
31		11-12	50 Butterfly	32	
33		10 & Under	50 Butterfly	34	
35		12 & Under	100 Breaststroke	36	
37		12 & Under	100 Butterfly	38	
39		10 & Under	200 Freestyle	40	
41		11-12	200 Backstroke	42	
43		12 & Under	200 IM Relay	44	
45		12 & Under	200 Freestyle Relay	46	
Sunday, May 26, 2013- AM Session					
47		13 & Over	200 Freestyle	48	
49		13 & Over	100 Breaststroke	50	
51		13 & Over	200 Backstroke	52	
53		13 & Over	100 Butterfly	54	
55		13 & Over	50 Freestyle	56	
57		13 & Over	800 Freestyle	58	
Sunday, May 26, 2013 – PM Session					
59		11-12	200 Freestyle	60	
61		10 & Under	200 IM	62	
63		12 & Under	100 Backstroke	64	
65		10 & Under	50 Backstroke	66	
67		11-12	50 Breaststroke	68	
69		10 & Under	50 Breaststroke	70	
71		11-12	200 Breaststroke	72	
73		10 & Under	50 Freestyle	74	
75		11-12	50 Freestyle	76	
77		11-12	200 Butterfly	78	

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 Consolidated Entry Form

Name: Last, First Middle													
Club Abbr.								Club Name					
Age				Date of Birth				Sex M F		LSC – (PC, SN)			
USA-#													
Event #	Distance / Stroke						Entry Time			Circle one			
							: .			SCY / LCM			
							: .			SCY / LCM			
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# of entries _____ x \$2.75 = \$ _____ Participation Fee \$ 11.00 Total \$ _____													
Coach													
Swimmer's Address													
Home Phone							Cell Phone						
Email													