

NORTHERN NEVADA AQUATICS
NNA AGE GROUP OPEN
PACIFIC SWIMMING ZONE 4 SHORT COURSE MEET
MARCH 20-21, 2021

Enter online at: <https://ome.swimconnection.com/PC/NNA20210320>



SANCTION: Held under USA Pacific Swimming Sanction No. **21-029**

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 TEAMS IN THE GREATER NORTHERN NEVADA REGION HAS ENDED – CARS, DDST, FBST, LAKE, NNA, RENO, SPKS, TAHO, TTST

This sanctioned meet is giving priority registration to Pacific Zone 4 athletes and Sierra Nevada athletes in the Greater Reno, Sparks, Truckee, and Northern Nevada areas. Unless City of Reno guidelines at the time of the meet allow additional personnel or spectators, only athletes, coaches, timers, volunteers, and the required 4 USA Swimming certified officials will be allowed on deck. Timing will be automated with an NNA owned Colorado timing plunger system, with watches as backup times. No touch pads will be used. Events will be broadcast over Zoom using a webcam positioned beside the pool to allow parents to view their children swimming. The facility and safety plans have been incorporated into the meet sheet.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

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 results of this meet may be posted in the Meet Mobile App, or in real time on the Internet at www.northernnevadaaquatics.com**

USE OF AUDIO AND VIDEO: 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, 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 at the start of a race is prohibited.

MEET PERSONNEL:

<i>Meet Referee:</i> Kendra Follett	<i>Head Starter:</i> Ron Harmon
<i>Meet Marshals:</i> Morgan McCord, Michelle Hall	<i>Admin Official:</i> Veronica Harmon
<i>Meet Director:</i> Dan Landon - nnaevents@gmail.com	775-331-0123

LOCATION: Northwest Pool, 2925 Apollo Way, Reno, NV 89503 - (775) 334-2203.

DIRECTIONS: Traveling Eastbound on I-80, take Keystone Ave (Exit 12), left onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right onto Apollo Way, the pool will be on the right. Traveling Westbound on I-80, take Keystone Ave (Exit 12), right onto Keystone Ave, left onto Kings Row, left onto Wyoming Ave, right on Apollo Way, the pool will be on the right. Parking will be on the street or in parking lots adjacent to the pool. ***Please be respectful when driving in the area and when parking on the street as this pool is in a neighborhood.***

COURSE: Indoor heated 8 lane, 25 yard pool. Semi-automatic (buttons + watches) timing will be used. Up to eight lanes will be used for competition and there may be no warm-up/warm-down lanes available during part or all of the competition. The minimum water depth in

the competition course, as measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'6" at the turn end. All events will start at a depth of 10'0". The competition course has not been certified in accordance with Article 104.2.2C(4).

- **Saturday Morning 12 and Under Session: Warm-ups 8:00-9:45 AM** (max 48 athletes at a time); **Meet Session will begin at 10:00 AM.**
- **Saturday Afternoon 13 and Over Session: Warmups to begin approximately 15 minutes after the Morning Session ends but no earlier than 1:00 PM** (max 48 athletes at a time); **Meet Session is estimated to begin at approximately 3:00PM. Afternoon Meet Session will start 15 minutes after the Afternoon Warmup period ends.**
- **Sunday Morning 12 and Under Session: Warmups 8:00-9:45AM** (max 48 athletes at a time); **Meet Session will begin at 10:00AM.**
- **Sunday Afternoon 13 and Over Session: Warmups to begin approximately 15 minutes after the Morning Session ends but no earlier than 1:00 PM** (max 48 athletes at a time); **Meet Session is estimated to begin at approximately 3:00PM. Afternoon Meet Session will start 15 minutes after the Afternoon Warmup period ends.**

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 applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- All events are timed finals.
- If local conditions warrant it, the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down.
- All events are timed finals and will be seeded fastest to slowest.
- **Athletes may enter up to three (3) events per day.**
- All athletes ages 12 and under should complete competition within four (4) hours each session.
- **Sessions are limited to approximately 300 athletes or until timelines are full, whichever comes first.**
- Entries for an event or session may close before the deadlines below if and when the estimated participation cap reaches its max capacity.
- 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 at all times while on deck.** All coaches are required to sign in and present their valid 2021 membership before coaching athletes at the meet. 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.
- **Adult coaches, officials, volunteers and timers on deck are required to have a negative COVID test (or vaccination if permitted in lieu of negative COVID test),** as required by the Governor of Nevada Directive and Guidance for the Return to Adult and Youth Sports issued on February 17, 2021, as amended from time to time. The Governor's Directive does not currently permit vaccination in lieu of a negative COVID test, however this is subject to change.
- **The Governor's COVID Directive and Guidance in effect on the first day of the meet will control and may change from the date of sanction.** The Meet Director in consultation with the Meet Referee will determine compliance with the Governor's Directive and Guidance.

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: Each athlete entered into this meet 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 without the use of a backstroke ledge. 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 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 propane heaters are permitted.
- No glass containers are allowed in the meet venue.

- Only athletes, coaches, officials, and volunteers shall be allowed on the pool deck, unless spectators are specifically allowed as outlined in the "Admissions" section.
- Deck Changes are prohibited. Please plan accordingly.
- ONLY hosting club, vendor and coach's tents are allowed on the pool deck.
- 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:

- Meet is open to all registered USA Swimming athletes after priority registration has ended for the specific swimming clubs listed above.
- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as 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 must 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.
- Disabled athletes 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.
- 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 (converted times allowed). All entry times must be in yards. Entries with **"NO TIME" (NT) will be accepted.**

ENTRY FEES: An Event Participation Fee of \$40 per athlete, who may enter up to 3 events per day. **NO REFUNDS** will be given. Entries will be rejected if not accompanied by the required fees.

ENTRY DEADLINES: Entries will be accepted by mail or online until the applicable deadline listed below, **or when a session becomes full and is closed early per the rules section above, whichever is first.** NO ENTRY CHANGES WILL BE ALLOWED. No deck entries will be allowed. **Check <https://ome.swimconnection.com/PC/NNA20210320> for session open or closed status.**

DECK ENTRIES: Deck entries **will not** be accepted at the Clerk of Course during this meet.

ONLINE ENTRIES: Go to <https://ome.swimconnection.com/PC/NNA20210320> 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 ENTRY PERIODS: Priority entry for the teams detailed at the top of this meet sheet ends on **Monday, March 4, 2021 at 11:59 pm.** Any registered USA Swimming athlete may enter until the final deadline on **Wednesday, March 10, 2021 at 11:59pm.** Online entries will be not be accepted after Wednesday, March 10, 2021, 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 with athlete's best yards time. Mailed entries must be **postmarked by midnight, Monday, March 8th, 2021, hand delivered by 5:00pm, Wednesday, March 10th, 2021.** Mailed and hand entries 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 of entries should include a self-addressed envelope.

Make checks payable to:

Mail payment with entries to:

Northern Nevada Aquatics
Northern Nevada Aquatics
NNA Age Group Open
1135 Terminal Way #106
Reno, NV 89502

Or Hand Deliver: by 5:00 pm Wed. March 10 2021 to:

NNA AGO Entries
4570 Rio Encantado Lane
Reno, NV 89502

CHECK-IN: The meet will be pre seeded. There will be no positive check-in. Athletes shall not be required to check-in.

SCRATCHES & NO-SHOWS: Any athletes not reporting for or competing in an individual timed final event shall not be penalized.

AWARDS: Distinctive awards will be given to 1st through 8th place for each age group, 6 & under, 7-8, 9-10, 11-12, 13-over for each event. Points will be awarded as follows (9-7-6-5-4-3-2-1) for 1st through 8th. Individual High-Point and Runner-up awards will be awarded for 6 & under, 7-8, 9-10, 11-12, and 13 & over in both boy and girl age groups. All awards will be given to coaches after each session is complete. There will be NO on site award pickups and **NO** awards will be mailed.

ADMISSION: Camping is not allowed inside the pool facility; ample space is available in the park directly north of the facility. Spectators are not allowed in the facility based on current guidelines, but may change based on City of Reno rules in effect at the time of the meet.

- In the February 17, 2021, Directive 038, the Governor of Nevada increased the venue restriction to 250 persons or 50% of the venue capacity. The City of Reno has further restricted capacity, and at this time, no spectators will be allowed inside of the meet facility. All spectator viewing will take place from the patio outside the facility or by viewing the Zoom meet feed.
- Should the City of Reno increase the allowed capacity by the date of the swim meet to the extent that additional persons may be allowed in the pool facility, a limited number of spectators (following COVID guidelines) may be allowed temporarily into the indoor portion of the facility, 1 heat prior to and during the event. All spectators must exit prior to the first heat after the event they were spectating. Any parent who has volunteered to be a timer and has met the required testing or vaccination provisions of the Governor's Directive and Guidance will not be counted towards any spectator limit.

PROGRAMS: Available for a fee.

SNACK BAR: Limited snack sales located in the park or patio area may be available during the meet.

HOSPITALITY: No food will be available within the venue. Coaches, Officials and Timers will be provided with water during the meet session. Snacks will be provided for them outside the facility

MISCELLANEOUS: No overnight parking is allowed. Facilities will not be provided after meet hours. **Deck space will be limited; there is additional outside space in the adjacent park. 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. **Adult timers on deck are required to have a negative COVID test (vaccination is not currently permitted in lieu of negative COVID test)**, as required by the Governor of Nevada Directive and Guidance for the Return to Adult and Youth Sports issued on February 17, 2021, as amended from time to time. **The Governor's Directive and Guidance in effect on the first day of the meet will control and may change from the date of sanction.** The Meet Director in consultation with the Meet Referee will determine compliance with the Governor's Directive and Guidance. Do not submit proof of testing to meet personnel, but please keep on your person during the meet to verify to the Meet Director or Meet Referee.

MINIMUM OFFICIALS: Depending on COVID related restrictions in place at the time of the meet, all available USA Swimming Member certified officials are welcomed and encouraged to work at this meet. Please contact the Meet Director or Meet Referee to determine availability. As the number of certified officials allows and as permitted under the Governor's Directive and Guidance, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring but under current COVID related restrictions, it is not expected that shadowing/training of officials will be permitted.

NOTE ADDITIONAL COVID-19 SPECIFIC RULES AND INFORMATION

COVID-19 "PREPAREDNESS AND SAFETY PLAN"

- Screenings must be conducted each day of the meet.
- All athletes, coaches, officials, volunteers and any person permitted entrance into the indoor areas of the facility are subject to the positive test protocols in the Nevada Governor's Guidance for Adult and Youth Sports, including quarantining, notification of meet personnel of COVID symptoms.
- By attending the meet all athletes, coaches, officials, volunteers and any person permitted entrance into the indoor areas of the facility agree to cooperate with a Local Health Authorities on contact tracing.
- Signage outlining safety protocols will be posted at venue entrances.
- Cleaning and disinfection of meet facilities will conform to the Nevada Governor's Guidance for Adult and Youth Sports.

GENERAL

- Athletes must wear masks inside the pool facility unless actively preparing to compete or competing.
- Athletes must leave towels, parkas, slippers, etc. in the designated area when preparing to compete.
- The COVID-19 USA Swimming waiver included with registration must be signed.
- Unless allowed by City of Reno facility capacity guidelines, no spectators are allowed on deck during the meet.
- Families may sit distanced by 6 feet or more from other families outside of the pool fence on or in their vehicles. Athletes will return to the family area between events. (monitored by a Meet Marshall)
- Staff, officials, volunteers and athletes must wear a mask when inside the facility.
- Hand sanitizer will be available around the facility.
- Starting blocks will be sanitized before and after each session.
- Bathroom facilities are available but are limited to short visits, showering and changing are not allowed.
- SHOWERS ARE NOT AVAILABLE AND THERE IS NO DECK CHANGING! COME AND LEAVE WITH YOUR SUIT ON.
- Parents who wish to watch their children swim live may volunteer to fill timer seats provided they meet the testing or vaccine requirements of the Governor's Directive, timing seats are organized by their team staff.
- The path competitors must follow will be marked on deck with arrows.
- Location of stations such as timer, coach, officials, and spectators if allowed, will be marked on the pool deck.
- Athletes should not congregate at the end of the lane or in the lane. Athletes should continue to swim and avoid talking when in the pool during warmups.

A/V SETUP FOR BROADCAST: A webcam will be set up, to the side and not behind the blocks so that events can be watched remotely. The meeting link and instructions will be available to all participants in pre-meet communications and/or in the "Events" section of the NNA website at <http://northernnevadaaquatics.com>.

HEAT AND LANE ASSIGNMENTS AND RESULTS: Will not be posted at the meet (to reduce crowding) but will be published on the NNA website at <http://northernnevadaaquatics.com>, on the MEET MOBILE App, and given to team coaches.

MEET SETUP

- Lanes 1-8 may be used for warmup or competition in a variety of configurations depending on number of entries in the swim meet and to provide appropriate distancing for timers.
- Athletes will have a specific route to walk to swim blocks and move away from blocks to maintain distancing.
- All events will start and finish at the West end of the pool.

MEET STAFF AND VOLUNTEERS ON DECK

- Each lane will have 2 timers, wearing masks per COVID guidelines.
- Timers chairs are set back 8 feet from the starting end of the pool to maintain 6-foot distance from active athletes.
- Timers to remain seated at all times except to time at the end of the race.
- Starter with microphone is positioned at the south side of the pool.
- Colorado and Computer System Operator seated 6 foot distanced on the South side of the pool.
- Meet Marshall positioned near the door to the park to monitor entry and exit into the pool area.
- Stroke and turn officials wearing masks are positioned by the Meet Referee.
- Tables for 2 coaches per team, 6 feet distanced, and wearing masks are positioned on the North side of the pool.
- Announcer is positioned at the East side of the pool with a speaker facing both inside the facility, and outside the pool into the park.
- Meet Referee may be positioned at the South side of the pool or the North side of the pool.

ATHLETE FLOW DURING MEET

- A** – Athletes and spectators camp in the park outside the North fence of the facility. Coach sends athlete to their assigned lane 1 heat prior to the start of their heat.
- B** – Athlete arrives at lane, steps on blocks when signaled, and completes a flyover start with the previous swimmer in the water, exiting after the previous swimmer has departed the block into the water (as usual).
- C** – After the athlete's heat, athlete proceeds north to discuss event with the Coach if appropriate.
- D** - Coaches discuss race with athlete, and ensure athlete proceeds outside the fence or to warm down lanes as appropriate.

SCREENING

- Athletes (and all persons entering the inside of the meet facility if permitted to enter by the Meet Director) will be screened for COVID-19 by City of Reno staff or a Meet Marshall, based on Nevada and the City of Reno regulations prior to entering the pool deck for warmups. They should notify the screener or a coach if they are experiencing any of the following symptoms:
 - Cough
 - Shortness of breath
 - Known contact with someone with COVID-19
 - A temperature of over 100 degrees F.

EVENT SUMMARY

Saturday - March 20				Sunday - March 21			
8 & under	9 - 10	11 - 12	13 & over	8 & under	9 - 10	11 - 12	13 & over
100 Free	100 Free	200 IM	200 Fly	50 Breast	100 Fly	200 Free	200 Free
50 Back	50 Back	50 Back	200 Back	50 Free	50 Breast	50 Breast	200 Breast
50 Fly	100 Breast	100 Free	100 Breast	100 IM	100 Back	100 Back	100 Back
	50 Fly	100 Breast	100 Free		50 Free	100 Fly	100 Fly
		50 Fly	200 IM		100 IM	50 Free	50 Free
		100 IM					

SCHEDULE OF EVENTS

AM SESSION - 12 & UNDER					
Saturday - March 20			Sunday - March 21		
Event #	Event	Event #	Event #	Event	Event #
1	11 – 12 200 IM	2	27	11 – 12 200 Free	28
3	10 & under 100 Free	4	29	9 - 10 100 Fly	30
5	12 & under 50 Back	6	31	12 & Under 50 Breast	32
7	11 – 12 100 Free	8	33	11 – 12 100 Back	34
9	9 – 10 100 Breast	10	35	9 - 10 100 Back	36
11	11 - 12 100 Breast	12	37	11 – 12 100 Fly	38
13	12 & under 50 Fly	14	39	12 & under 50 Free	40
15	11 – 12 100 IM	16	41	10 & under 100 IM	42

PM SESSION - 13 & OLDER					
Saturday - March 20			Sunday - March 21		
Event #	Event	Event #	Event #	Event	Event #
17	200 Fly	18	43	200 Free	44
19	200 Back	20	45	200 Breast	46
21	100 Breast	22	47	100 Back	48
23	100 Free	24	49	100 Fly	50
25	200 IM	26	51	50 Free	52

