

TAHOE SWIM CLUB  
SWIMMING AT ALTITUDE  
PACIFIC SWIMMING SHORT COURSE

Friday – Sunday July 12-14, 2019

Enter Online: <http://ome.swimconnection.com/pc/TAHO20190712>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **19-090**

*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. It is further understood that Pacific Swimming, and TAHOE SWIM CLUB shall be free and held harmless 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:** 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.

**MEET PERSONNEL:** *Meet Referee:* Gary Nilsson *Head Starter:* Chris Fanter  
*Meet Marshal:* Robert Guebard *Admin Official:* Veronica Harmon & Lisa Nilsson  
*Meet Director:* Jorie Scalise [naswimmeet@gmail.com](mailto:naswimmeet@gmail.com) 775-331-0123

**LOCATION:** South Lake Tahoe Recreation Complex, 1180 Rufus Allen Blvd. South Lake Tahoe, CA 96150

**DIRECTIONS:** Take Highway 50 into the City of South Lake Tahoe. In the center of town, Highway 50 comes adjacent to the lake, turn on Rufus Allen Blvd, which is the next street coming from either direction. The Recreation Center is adjacent to the campground.

**COURSE:** **OUTDOOR 25 YARD** pool with up to **6** lanes available for competition. No additional lanes will 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 **9'0"** at the start end and **3'6"** at the turn end. In accordance with Article 104.2.2C(4) the competition course has not been certified.

**TIME:**

- **FRIDAY: MEET START 3:00 pm with warm-ups from 2:00 – 2:45 pm.**
- **SATURDAY AM: MEET START 8:30 am with warm-up 7:15 – 8:15 am.**
- **SATURDAY PM: Begins with warm-up at the conclusion of the morning session.**
- **SUNDAY AM: MEET START 9:00 am with warm-up 7:45 – 8:45 am.**
- **SUNDAY PM: Begins with warm-up 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.
  - All events will swim fast to slow.
  - Athletes may compete in **TOTAL of 8** events for the entire meet.
  - All athletes ages 12 and under should complete competition within four (4) hours.
  - Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender or the estimated combined timeline for the day reaches 9 hours, whichever occurs first.
  - All 500 freestyle athletes must provide their own counters
  - 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.**
  - **All coaches are required to sign-in at the meet before the start of warm-ups and present their valid registration.**

**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 STARTS:** Athletes must 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 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.
- No propane heater is permitted except for snack bar/meet operations.
- No animals except for physician certified "service assistance" animals are allowed. Please show certification when asked by meet officials or marshals.
- Closed areas of the deck may exist; the cooperation of Athletes, families, and coaches is appreciated.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**ELIGIBILITY:**

- Athletes 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 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**.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.
- 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.
- 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 FEES:** \$4.50 per event plus a **\$ 9.00** participation fee per athlete. Entries will be rejected if payment is not sent at time of request. No refunds will be made, except mandatory scratch downs. RELAYS will be **\$ 9.00** per team and will be deck entered.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/TAHO20190712> 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 will be accepted through 11:59 pm, Wednesday, July 3, 2019 or after 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 athlete's best time. Entries must be postmarked by midnight, Monday, **July 1, 2019** or hand delivered by 6:30 p.m. Wednesday, **July 3, 2019, and may be rejected if a session is already full.** No late entries will be accepted. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Tahoe Swim Club**

**Mail entries to: Tahoe Swim Club**  
**P.O. Box 5741**  
**Stateline, NV 89449**

**Hand deliver entries to: Tahoe Swim Club (Drop Box)**  
**South Lake Tahoe Recreation Center**  
**1180 Rufus Allen Blvd, South Lake Tahoe, CA 96150**

**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 individual 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 will not be seeded and will not be allowed to compete in that event.

**RELAYS:** Relay events will be deck entered on the day of the event and are to be turned in by the announced time. Relay cards will be available in the morning of the relay. Relay teams are open to gender and age. Relays will not be awarded or scored.

**SCRATCHES:** Any athletes not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes who must withdraw from an event after it has been seeded are requested to inform the referee immediately.

**DECK ENTRIES:** Deck entries may be accepted at the Clerk of Course during the meet. Proof of USA Swimming registration is required. Deck entries will not be accepted after the event has closed for seeding or the session is full. The swim will be for time only and will not be scored or awarded. Deck entries count toward total swim entries.

**AWARDS: Individual Events:** Ribbons will be awarded for 1<sup>st</sup> – 8<sup>th</sup> place. Individual events will be awarded to 6-under, 7-8, 9-10, 11-12, 13-14, 15 and over. Athletes 19 years of age and older will not receive awards. **High Point and Runner-up highpoint** will be awarded to 1 boy and 1 girl in each of the following age groups: 6-under, 7-8, 9-10, 11-12, 13-14, 15 and over. Relays will not be awarded or scored. **ALL AWARDS MUST BE PICKED UP AT THE MEET. NO AWARDS WILL BE MAILED.** Each club is asked to designate a club representative to claim awards.

**SCORING:** Individual: 9-7-6-5-4-3-2-1

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

**SNACK BAR & HOSPITALITY:** A snack bar will be in operation all three days of the meet serving barbecue, lunches, snacks and beverages. Limited hospitality will be available to all working officials and coaches.

**TIMERS:** Clubs will be assigned lanes based on the number of athletes from each club (host club will not be expected to time). The Clubs will be responsible for scheduling times for their assigned lanes for the entire meet.

**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 athlete entered in session | Trained and carded officials requested |
|---------------------------------|--|
| 1-10                            |  |
| 11-25                           | 1                                      |
| 26-50                           | 2                                      |
| 51-75                           | 3                                      |
| 76-100                          | 4                                      |
| 100 or more                     | 5                                      |

**EVENT SUMMARY**

| FRIDAY    |          |          |           |
|-----------|----------|----------|-----------|
| 8 & Under | 9-10     | 11-12    | 13 & Over |
| 100 Free  | 200 IM   | 200 IM   | 400 IM    |
|           | 100 Fly  | 100 Fly  | 200 Fly   |
|           | 500 Free | 500 Free | 500 Free  |

| SATURDAY |            |            |            | SUNDAY    |           |           |            |
|----------|------------|------------|------------|-----------|-----------|-----------|------------|
| 8 & UN   | 9-10       | 11-12      | 13 & Over  | 8 & UN    | 9-10      | 11-12     | 13-18      |
| 100 IM   | 100 IM     | 100 IM     | 200 IM     | 50 Breast | 50 Breast | 200 Free  | 200 Free   |
| 25 Back  | 50 Back    | 100 Free   | 100 Free   | 25 Fly    | 200 Free  | 50 Breast | 100 Breast |
| 50 Fly   | 100 Free   | 50 Back    | 100 Back   | 25 Breast | 50 Fly    | 50 Fly    | 100 Fly    |
| 50 Free  | 100 Breast | 100 Breast | 200 Breast | 50 Back   | 100 Back  | 100 Back  | 200 Back   |
|          | 50 Free    | 50 Free    | 50 Free    | 25 Free   | 25 Free*  | 25 Free*  | 25 Free*   |

**EVENTS**

| <b>FRIDAY JULY 12, 2019</b>            |                     |                |
|--|---------------------|----------------|
| <b>MEET Start 3:00 pm warm-up 2:00</b> |                     |                |
| <b>EVENT #</b>                         | <b>EVENT</b>        | <b>EVENT #</b> |
| <b>1</b>                               | 9-12 200 IM         | <b>2</b>       |
| <b>3</b>                               | 13 & Over 400 IM    | <b>4</b>       |
| <b>5</b>                               | 8 & Under 100 Free  | <b>6</b>       |
| <b>7</b>                               | 9-12 100 Fly        | <b>8</b>       |
| <b>9</b>                               | 13 & Over 200 Fly   | <b>10</b>      |
| <b>11</b>                              | 9 & Over 500 Free * | <b>12</b>      |

**\*All 500 Freestyle athletes must provide their own counters  
The 500 Free will alternate girls and boys**

| <b>SATURDAY JULY 13, 2019</b>          |                                     |                |
|--|-------------------------------------|----------------|
| <b>MEET Start 8:30 am warm-up 7:15</b> |                                     |                |
| <b>EVENT #</b>                         | <b>EVENT</b>                        | <b>EVENT #</b> |
| 13                                     | 13 & Over 200 IM                    | 14             |
| 15                                     | 11-12 100 IM                        | 16             |
| 17                                     | 13 & Over 100 Free                  | 18             |
| 19                                     | 11-12 100 Free                      | 20             |
| 21                                     | 13 & Over 100 Back                  | 22             |
| 23                                     | 11-12 50 Back                       | 24             |
| 25                                     | 13 & Over 200 Breast                | 26             |
| 27                                     | 11-12 100 Breast                    | 28             |
| 29                                     | 13 & Over 50 Free                   | 30             |
| 31                                     | 11-12 50 Free                       | 32             |
| 33                                     | 11 & Over 200 Free Relay<br>MIXED** |                |

| <b>SUNDAY JULY 14, 2019</b>                            |                     |                |
|--|---------------------|----------------|
| <b>MEET Start 9:00 am warm-up 7:45</b>                 |                     |                |
| <b>EVENT #</b>   | <b>EVENT</b>        | <b>EVENT #</b> |
| 55   | 8 & Under 50 Breast | 56             |
| 57   | 9-10 50 Breast      | 58             |
| 59   | 8 & Under 25 Fly    | 60             |
| 61   | 9-10 200 Free       | 62             |
| 63   | 8 & Under 25 Breast | 64             |
| 65   | 9-10 50 Fly         | 66             |
| 67   | 8 & Under 50 Back   | 68             |
| 69   | 9-10 100 Back       | 70             |
| 71   | 8 & Under 25 Free   | 72             |
| 73   | 9-10 25 Free*       | 74             |
| *25 Freestyle for 9 & UP are not scored for High Point |                     |                |

| <b>SATURDAY AFTERNOON SESSION</b>                       |                                      |    |
|---|--------------------------------------|----|
| <b>WARM- UP Starts at conclusion of Morning Session</b> |                                      |    |
| 35  | 9-10 100 IM                          | 36 |
| 37  | 8 & Under 100 IM                     | 38 |
| 39  | 9-10 50 Back                         | 40 |
| 41  | 8 & Under 25 Back                    | 42 |
| 43  | 9-10 100 Free                        | 44 |
| 45  | 8 & Under 50 Fly                     | 46 |
| 47  | 9-10 100 Breast                      | 48 |
| 49  | 8 & Under 50 Free                    | 50 |
| 51  | 9-10 50 Free                         | 52 |
| 53  | 10 & Under 200 Free Relay<br>MIXED** |    |

| <b>SUNDAY AFTERNOON SESSION</b>                        |                      |    |
|--|----------------------|----|
| <b>WARM-UP Starts at conclusion of Morning Session</b> |                      |    |
| 75   | 13 & Over 200 Free   | 76 |
| 77   | 11-12 200 Free       | 78 |
| 79   | 13 & Over 100 Breast | 80 |
| 81   | 11-12 50 Breast      | 82 |
| 83   | 13 & Over 100 Fly    | 84 |
| 85   | 11-12 50 Fly         | 86 |
| 87   | 13 & Over 200 Back   | 88 |
| 89   | 11-12 100 Back       | 90 |
| 91   | 11 & Over 25 Free*   | 92 |
| *25 Freestyle for 9 & UP are not scored for High Point |                      |    |

**\*\*200 Free Relay is a mixed age and gender relay for everyone and is not scored.**



Pacific Swimming – Hosted by **TAHOE SWIM CLUB**  
**2019 SWIMMING AT ALTITUDE Short Course Meet**  
**July 12-14, 2019**  
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) |  |  |  |  |
| 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 \$4.50 = \$ _____<br>Participation Fee        \$ <b>9.00</b><br>Total                                \$ _____ |                   |  |                 |  |  |            |               |  |                |  |  |  |  |
| Coach  |                   |  |                 |  |  |            |               |  |                |  |  |  |  |
| Athlete's Address  |                   |  |                 |  |  |            |               |  |                |  |  |  |  |
| Home Phone   |                   |  |                 |  |  |            | Cell Phone    |  |                |  |  |  |  |
| Email  |                   |  |                 |  |  |            |               |  |                |  |  |  |  |