

# 2019 NEVADA STATE SHORT COURSE CHAMPIONSHIP

Sanctioned by: Southern California Swimming  
Sponsored by: Boulder City Henderson Swim Team  
Dates of Meet: Nov.8-11, 2019  
Warm-up: Fri. 2 pm. Sat. - Mon. 7:00 am.

Sanction No. S19-341  
**ENTRY RECEIVED** by deadline: 5:00 pm, Wed. Oct. 30, 2019  
Meet Start: Fri. 3:30 pm, Sat./ Sun./ Mon. 8:30 am  
Afternoon Timed Final session will begin 1 hour after the completion of the morning session, but not before 12:30 pm.  
Finals will begin at 5:00 pm except, Monday finals will be determined at coaches meeting.

Finals Warm-up: 3:30 pm or at the conclusion of the Timed Final Session (whichever is later, 1 hour minimum).

**POOL:** Heritage Park Aquatics Center. 310 S. Racetrack Rd. Henderson NV.

**DIRECTIONS:** From I 93-95 exit Horizon Ridge over the Freeway. Continuing past Boulder Highway as Horizon becomes Racetrack Road, the Heritage Park Aquatics Center will be on your left between New Port Drive and Burkholder Boulevard.

**COURSE:** Indoor 25-yard competition pool with 10 competition lanes. Adjacent to the 10 lanes there are 3 lanes 25 yards for warm up and warm down. As well as a 3 lane 25-yard teaching pool for warmup and warm down. The competition course has been certified in accordance with 104.2.2(C). Pool depth: start end 7 feet, turn end 7 feet.

**WARM-UP PROCEDURES:** All lanes will be open for USA Swimming Member Coach supervised warm-up between 2:00 to 3:15 pm Thursday, 7:00 to 8:15 am Friday, Saturday and Sunday. Timed Final session 45-minute warmup will start at the conclusion of the morning session. All swimmers must use 3- point, slide in entries into the pool during warm up, no jumping or diving. Diving will be allowed in designated dive lanes only under the supervision of the coaches and marshals. Dive lanes will be assigned. Dive lanes will open 30-45 minutes before the start of each session at the discretion of the meet referee. The pool will close 15 minutes before the start of each session. **Warm – Up sessions may be split, and lanes assigned depending on entries.**

**PARKING:** Vehicles must be parked in a legal spot in one of the following parking lots: Aquatic Center Main, Aquatic Center Overflow, Sports Fields Main, or Senior Center Overflow. Parking in the Senior Center Main parking lot is strictly prohibited, and vehicles will be subject to tow. See map at end of this meet form for designated parking and tent areas.

**MEET REFEREE:** Will be in charge of the meet. Any questions regarding the conduct of the meet should be directed to the referee (Omar de Armas, omarswimref@gmail.com).

**RULES:** Current USA Swimming rules including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet. All athletes 18 years of age and older must complete the online Athlete Protection Training prior to the meet to compete. Current SCS meet procedures will be enforced and take precedence over any errors or omissions on this form. **SWIMMERS MUST CHECK IN with the clerk of course, 45 MINUTES PRIOR TO THE START OF EACH SESSION FOR THE FIRST 4 EVENTS OF THAT SESSION.** After the event has been officially closed, SWIMMERS MAY NOT CHECK IN OR SCRATCH. Swimmers must swim in their actual Age Group as determined by their age on the first day of the meet. Age groups awarded as follows 5-8, 9-10, 11-12, 13-14, and 15-up. Swimmers must be at least 5 years old on November 9, 2018 to enter this meet. Timers are requested to be provided by each team. **All coaches and officials on deck must complete the CDC or NFHS Concussion course.**

Swimmers competing in the 1650 freestyle (events 7 and 9) are requested to furnish timers for three heats and lap counters. All prelim events will be swum fastest to slowest. Finals will be swum slowest to fastest. Thursday, 11-12 500 Free will be swum slowest to fastest. 400 IM and 1650 will be swum fastest to slowest. Only 1650 will be swum alternating girls/boys. Timed final events will be swum slowest to fastest. **5-8 or 9-10 age group swimmers may swim a maximum of 4 events per day 7 total for the meet plus relays. 11 and over age group swimmers may swim a maximum of 3 events per day 7 total for the meet plus relays.** Finals for 11-12, 13-14 will be B and A finals. 15 and over will be C, B and A finals. National Championship finals scratch rule will be in effect.

Relays may be submitted electronically with individual entry or deck entered by the announced time on Saturday & Sunday. Relay cards will be available during the meet at the Admin table. All relay swimmers must be entered in an individual event in the meet or the name(s) of all relay only swimmer(s) must be submitted with the team entries with the participation fee. 11 & Over swimmers may compete in the Open relays or in relays for their age division, **BUT NOT BOTH.** Relays will be swum in Finals sessions.

**RECORDING DEVICES & MEDIA NOTICE:** The use of audio-visual recording devices, including cell phones **IS NOT PERMITTED** in locker rooms or changing areas. **RECORDING DEVICES ARE NOT PERMITTED BEHIND THE STARTING BLOCKS DURING THE STARTING SEQUENCE THROUGHOUT THE MEET.** This meet may be covered by the media, including photographs, video, web casting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.

**SWIMWEAR:** Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. Tech suits are permitted at this meet for 11 and over swimmers. **10 & under swimmers are not permitted to use tech suits.**

**DECK CHANGING:** Deck Changes are prohibited.

**RACING START CERTIFICATION:** Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**ELIGIBILITY:** Open to all State of Nevada athletes who hold 2019-2020 USA Swimming Registration. **Timely membership for meet participation,** an athlete must be a current member. Membership application must be received by the ENTRY DEADLINE. Membership must be received by either the meet processor, Admin Referee or the SCS Office by the entry deadline. Late application will be considered "on-deck" subject to penalties in SCS Swim Guide, Part One, III, B. Registration application may be submitted with entry form.

**CHANGE OF AFFILIATION:** Before the meet, a swimmer may change affiliation by submitting a **Club Transfer form** to the Swim Office. At the meet, a swimmer may UNATTACH (may not attach or reattach) by notifying the Administrative Referee in writing and paying the appropriate fee.

**SUBMITTED TIMES:** Times submitted must be the **best recorded times** short course or long course from this season or proceeding swim seasons (**NO WORK OUT TIMES**). All nonconforming times will be converted by the meet processor. Swimmers must have achieved time standards listed for an event. Discrepancies in submitted times could lead to disciplinary action. **Bonus Events: Swimmers with 1 qualifying time standard may enter up to 2 additional Bonus Events where the bonus standard is achieved. Swimmers with 2 qualifying times may enter 1 additional Bonus Event where the bonus standard is achieved. SWIMMERS WITH 3 OR MORE QUALIFYING TIMES, NO BONUS EVENTS.** Bonus time standards for events distance 25 add .25 sec, 50 add .50 sec, 100 add 1.00 sec, and 200 add 2.00 sec to the qualifying time standards for those events. **There are no bonus events for distances longer than 200. Short course meter swims should be converted to short course yards.**

**AWARDS:** Individual High Point and Runner Up (5-8, 9-10, 11-12, 13-14 and 15-up). Individual Events: Medals 1-9 place, 10-16 ribbons. Relays Medals 1<sup>st</sup>-3<sup>rd</sup>.

**ENTRY FEES:** \$5.00 for each individual event along with a \$14.00 surcharge **Plus \$10 Facility Charge per swimmer must accompany each individual entry.** NO REFUNDS. Relays \$14.00 per relay. Relay only swimmers fee is \$14.00. Returned checks will incur a service fee. E-mail entry (entry.zip

## 2019 NEVADA STATE SHORT COURSE CHAMPIONSHIP

file) will be accepted ONLY when received with an attached .PDF file **including electronic signature** of coach and will be dated as official at that time (5PM postmark would queue before a 10PM electronic). Full payment (single team check) for an e-mail entry must be postmarked within 48 hours of the e-mail entry. Failure to comply will be referred to the Board of Review. Entry updates (added events) will be processed when received by the processor by the entry deadline. Added events (entered swimmers) may be submitted by hard copy (this includes e-mail) ONLY. New swimmers accepted SPACE AVAILABLE. DO NOT RESEND AN ENTRY FILE. A replacement file for the team will not be processed. **Deletions will not be refunded.**

**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.**

**ENTRIES CLOSE: ENTRIES MUST BE RECEIVED BY THE MEET PROCESSOR NO LATER THAN 5 PM, Wednesday, Oct. 30, 2019.** To avoid concern regarding receipt of entry card at the designated address, enclose a stamped, self-addressed envelope or postcard (**Receipt of entries will not be verified by phone or e-mail.**) **Make Checks payable to Southern California Swimming MAIL ENTRIES TO Alina de Armas, PO Box 63 Simi Valley, CA 93062.** Email for team electronic entries only: ALSOswim@gmail.com Questions: SCS Office (800) 824-6206

**NO FOOD ALLOWED ON DECK. WATER AND GATORADE ARE PERMITTED.  
FOOD IS PERMITTED OUTSIDE THE POOL AREA.**

### Friday Nov.8, 2019

**Warmups 2:00 p.m. Start Time 3:30 p.m.**

Girls Time Standards		Girls Event #	Event Description Timed Finals	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
6:00.89	6:44.97	1	13-14 400 IM	2	6:10.27	6:55.29
5:31.99	6:18.79	3	15 & Over 400 IM	4	5:39.95	6:21.94
6:43.35	6:06.94	5	11-12 500 Freestyle	6	7:24.59	6:43.23
24:00.71	24:30.71	7	13-14 1650 Freestyle	8	23:37.97	24:07.97
21:26.19	22:02.19		15 & Over 1650 Freestyle		21:48.50	22:18.50

Events 1-4 (400 IM) will be swum fastest to slowest.

Events 5-6 (500 Free) will be swum slowest to fastest.

1650 will be swum fastest to slowest, combined age groups, alternating girls/boys.

### Saturday Nov. 9, 2019

**Warmups 7:00 a.m. Start Time 8:30 a.m.**

Girls Time Standards		Girls Event #	Event Description Prelims and Finals Sessions	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
2:32.03	2:51.23	9	11-12 200 Freestyle	10	2:47.07	3:07.77
2:21.88	2:40.06	11	13-14 200 Freestyle	12	2:24.78	2:43.25
2:19.19	2:38.69	13	15 & Over 200 Freestyle	14	2:11.71	2:28.88
42.32	47.55	15	11-12 50 Breaststroke	16	46.68	52.34
1:27.65	1:38.41	17	13-14 100 Breaststroke	18	1:30.88	1:41.96
1:20.69	1:32.49	19	15 & Over 100 Breaststroke	20	1:21.23	1:31.35
1:20.37	1:30.40	21	11-12 100 Backstroke	22	1:32.10	1:43.31
2:42.53	3:02.78	23	13-14 200 Backstroke	24	2:56.35	3:17.98
2:32.39	2:55.59	25	15 & Over 200 Backstroke	26	2:43.84	3:03.82
37.13	41.84	27	11-12 50 Butterfly	28	38.98	43.87
1:18.40	1:28.24	29	13-14 100 Butterfly	30	1:18.28	1:28.10
1:09.99	1:19.49	31	15 & Over 100 Butterfly	32	1:10.88	1:19.96
PLEASE PRE-ENTER RELAYS		33*	11-12 200 Medley Relay	34*	PLEASE PRE-ENTER RELAYS -	
		35*	13-14 400 Medley Relay	36*		
		37*	Open 400 Medley Relay	38*		

Prelims will be swum fastest to slowest. Finals will be swum slowest to fastest.

Finals for 11-12, 13-14 will be B and A finals; 15 and over will be C, B and A finals

National Championship finals scratch rule will be in effect. \*Relays will be swum in the Finals Session.

### Saturday Nov. 9, 2019

**Warmups at the end of the morning session. Start Time not before 12:30 p.m.**

Girls Time Standards		Girls Event #	Event Description Timed Finals Session	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
3:04.40	3:26.84	39	9-10 200 Freestyle	40	3:07.14	3:29.85
1:51.58	2:04.73	41	5-8 100 Freestyle	42	1:47.33	2:00.06
49.77	55.74	43	9-10 50 Breaststroke	44	51.83	58.01
29.93		45	5-8 25 Breaststroke	46	29.12	
1:36.53	1:48.18	47	9-10 100 Backstroke	48	1:44.04	1:56.44
59.89	1:06.87	49	5-8 50 Backstroke	50	59.15	1:06.06
1:33.87		51	9-10 100 IM	52	1:39.92	
PLEASE PRE-ENTER RELAYS		53	5-8 100 Medley Relay	54	PLEASE PRE-ENTER RELAYS	
		55	9-10 200 Medley Relay	56		

## 2019 NEVADA STATE SHORT COURSE CHAMPIONSHIP

**Sunday Nov. 10, 2019**

**Warmups 7:00 a.m. Start Time 8:30 a.m.**

Girls Time Standards		Girls Event #	Event Description AM and Finals Sessions	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
2:36.19	2:59.69	57	15 & Over 200 IM	58	2:30.24	2:49.26
2:38.46	2:58.30	59	13-14 200 IM	60	2:50.13	3:11.14
1:19.39		61	11-12 100 IM	62	1:28.23	
2:54.69	3:20.79	63	15 & Over 200 Breaststroke	64	3:02.80	3:25.08
3:10.60	3:33.65	65	13-14 200 Breaststroke	66	3:17.76	3:41.53
1:34.98	1:46.47	67	11-12 100 Breaststroke	68	1:42.30	1:54.53
1:04.59	1:13.59	69	15 & Over 100 Freestyle	70	58.29	1:06.11
1:03.88	1:12.66	71	13-14 100 Freestyle	72	1:05.99	1:14.58
1:09.58	1:17.53	73	11-12 100 Freestyle	74	1:14.34	1:23.77
2:55.43	3:16.97	75	15 & Over 200 Butterfly	76	2:43.47	3:03.92
3:02.28	3:24.50	77	13-14 200 Butterfly	78	2:56.86	3:18.54
1:27.94	1:38.73	79	11-12 100 Butterfly	80	1:30.14	1:41.15
PLEASE PRE-ENTER RELAYS		81*	Open 400 Freestyle Relay	82*	- PLEASE PRE-ENTER RELAYS-	
		83*	13-14 400 Freestyle Relay	84*		
		85*	11-12 200 Freestyle Relay	86*		

**Prelims will be swum fastest to slowest. Finals will be swum slowest to fastest.**

**Finals for 11-12, 13-14 will be B and A finals; 15 and over will be C-B and A finals**

**National Championship finals scratch rule will be in effect. \*Relays will be swum in the Finals session.**

**Sunday Nov. 10, 2019**

**Warmups at the end of the morning session. Start Time not before 12:30 p.m.**

Girls Time Standards		Girls Event #	Event Description Timed Finals Session	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
44.29	49.71	87	9-10 50 Butterfly	88	43.39	48.72
26.63		89	5-8 25 Butterfly	90	26.63	
43.55	48.90	91	9-10 50 Backstroke	92	46.70	52.37
26.59		93	5-8 25 Backstroke	94	26.95	
1:51.25	2:04.37	95	9-10 100 Breaststroke	96	1:55.27	2:08.54
1:06.44	1:14.08	97	5-8 50 Breaststroke	98	1:04.79	1:12.26
1:22.43	1:32.67	99	9-10 100 Freestyle	100	1:25.70	1:36.27
49.09	54.99	101	5-8 50 Freestyle	102	49.25	55.17
PLEASE PRE-ENTER RELAYS		103	9-10 200 Freestyle Relay	104	PLEASE PRE-ENTER RELAYS	
		105	5-8 100 Freestyle Relay	106		

# 2019 NEVADA STATE SHORT COURSE CHAMPIONSHIP

**Monday Nov. 11, 2019**

**Warmups 7:00 a.m. Start Time 8:30 a.m.**

Girls Time Standards		Girls Event #	Event Description Timed Finals Session	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
37.10	41.81	<b>107</b>	11-12 50 Backstroke	<b>108</b>	41.94	47.13
1:14.15	1:23.56	<b>109</b>	13-14 100 Backstroke	<b>110</b>	1:22.01	1:32.21
1:10.09	1:21.99	<b>111</b>	15 & Over 100 Backstroke	<b>112</b>	1:13.81	1:23.19
2:52.04	3:13.24	<b>113</b>	11-12 200 IM	<b>114</b>	3:13.52	3:36.87
6:18.12	5:44.74	<b>115</b>	13-14 500 Freestyle	<b>116</b>	6:31.55	5:56.56
6:12.09	5:32.89	<b>117</b>	15 & Over 500 Freestyle	<b>118</b>	5:52.00	5:21.75
31.02	35.12	<b>119</b>	11-12 50 Freestyle	<b>120</b>	34.11	38.52
29.59	33.54	<b>121</b>	13-14 50 Freestyle	<b>122</b>	30.80	34.88
29.79	33.79	<b>123</b>	15 & Over 50 Freestyle	<b>124</b>	26.84	30.52

**Prelims will be swum fastest to slowest. Finals will be swum slowest to fastest.  
Finals for 11-12, 13-14 will be B and A finals; 15 and over will be C, B and A finals.  
National Championship finals scratch rule will be in effect.**

**Monday Nov. 11, 2019**

**At the end of the morning session not before 12:30 p.m.**

Girls Time Standards		Girls Event #	Event Description Timed Finals Session	Boys Event #	Boys Time Standards	
SCY	LCM				SCY	LCM
3:32.66	3:57.92	<b>125</b>	9-10 200 IM	<b>126</b>	3:37.02	4:02.72
2:08.54		<b>127</b>	5-8 100 IM	<b>128</b>	2:04.84	
1:46.40	1:59.04	<b>129</b>	9-10 100 Butterfly	<b>130</b>	1:44.85	1:57.33
57.81	1:04.59	<b>131</b>	5-8 50 Butterfly	<b>132</b>	58.63	1:05.49
36.35	40.98	<b>133</b>	9-10 50 Freestyle	<b>134</b>	38.47	43.31
21.73		<b>135</b>	5-8 25 Freestyle	<b>136</b>	22.01	

**NO FOOD ALLOWED ON DECK. WATER AND GATORADE ARE PERMITTED. FOOD IS PERMITTED OUTSIDE THE COMPETITION POOL AREA.**

Tenting will be provided outside the pool and families and teams are requested to make their base in the tent and leave pool side space for temporarily watching specific races.

No Deck Chairs allowed on the pool deck except for Coaches in the Coaches seating area. Deck chairs will be allowed outside on patios and in the tented areas.

There will be a Hospitality area provided for Coaches and Officials during the meet.

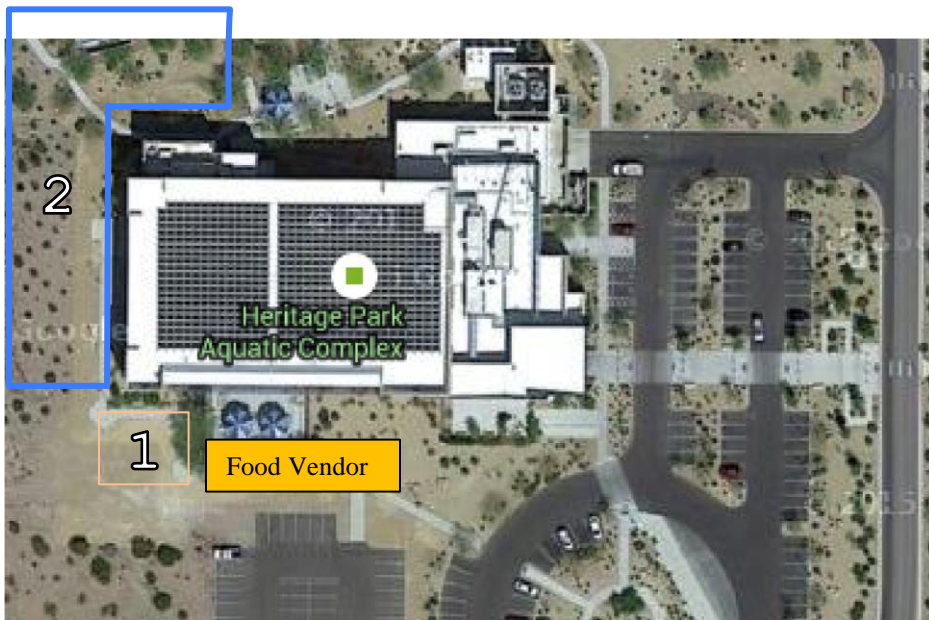
# 2019 NEVADA STATE SHORT COURSE CHAMPIONSHIP

Heritage Park Aquatic Center | Henderson, NV

## Parking Information



Vehicles must be parked in a legal spot in one of the following parking lots: **(1)** Aquatic Center Main, **(2)** Aquatic Center Overflow, **(3)** Sports Fields Main, or **(4)** Senior Center Overflow. Parking in the **(5)** Senior Center Main parking lot or designated no parking areas is **strictly prohibited** and vehicles will be subject to tow. RVs parked in lots 1, 2, & 4 must fit in a single space; larger RVs should park in lot 3.



## Setup Information

No deck chairs will be allowed on the pool deck. Pool side seating will be available for temporarily watching races.

Athletes and spectators are requested to make their home base in the **(1)** provided canopy or in the **(2)** designated canopy setup area. All canopies, chairs, and personal belongings must not overlap into marked walkways and emergency exit paths.

Setup of canopies and chairs will be allowed on earlier than Thursday November 5, 2015 at 12:00 pm.