

Elko High Altitude Invitational

Swim Meet

JUNE 24 & 25, 2023
ELKO, NV

USA Swimming Sanction Number #23-16 and USMS Sanction Number 593-S003

SPONSOR: Elko Swim Team

SANCTION: The meet is held under sanction of USA Swimming and Snake River Swimming, Inc. Sanction #23-16 and USMS Sanction No. 593-S003. In granting these sanction numbers, it is understood and agreed USA Swimming and USMS shall be free from any liabilities or claims for damages to anyone during the conduct of this meet.

LOCATION: Elko Municipal Swimming pool
1500 College Avenue
Elko, NV

LIABILITY: Held under the sanction of USA Swimming. In granting this sanction, it is understood and agreed that USA Swimming, Snake River Swimming and Elko Swim Team, and all meet officials shall be held harmless from any and all liabilities or claims for damages by reason of injuries to anyone during the conduct of this meet, which includes all warm-up sessions.

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 sanction 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, SNAKE RIVER SWIMMING, ELKO SWIM TEAM 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

In applying for this sanction, the host, Elko Swim Team, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Snake River Swimming, the State of Idaho south of Idaho County, the counties of Elko, White Pine, and Eureka in the State of Nevada, and Malheur County in the State of Oregon health protocols and requirements or local guidelines.

TYPE: Invitational

COURSE: 25-yard, six lane, indoor pool with Paragon starting blocks and Adolf Keifer waveless racing lane lines. Pool depth from 3.5 to 5 feet (blocks at 5 feet). The competition pool has not been certified in accordance with USA Swimming Rule 104.2.2C(4).

TIMING: Colorado Timing System will be used on the six lanes.

MEET REFEREE: **Michelle Smith** twosmiths@citlink.net

MEET DIRECTOR: **Lindy Walsh** brettandlindy@gmail.com

OFFICIALS: We appreciate the help of certified officials from each participating team.

ELIGIBILITY: Swimmers must hold a current USA registration card. Age of the swimmer on the first day of the meet will determine swimmers age group (**June 24, 2023**). 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. Any swimmer entered who is not registered with USA Swimming will be subject to a \$50.00 fine.

SCHEDULE:

Day	Who	What	Time	Meet Starts
Saturday & Sunday	Coaches	meeting	7:30am	9:00am
	Officials	meeting	8:15am	
	11 and over	warm-ups	7:45am-8:15am	
	10 and under	warm-ups	8:15am-8:45am	

MEET FORMAT: All events will be swum as timed finals, ***mixed gender and mixed age groups***. Heats will be ordered slowest to fastest. This is a no card meet. Swimmers in the 1650 yards must check in with the Clerk of Course by 8:00am Saturday. Swimmers in the 500 yards must check in with the Clerk of Course by 9:30 A.M. Saturday. Swimmers in the 1000 yards must check in with the Clerk of Course by 9:30 A.M. Sunday. These will be deck seeded. **Swimmers must have their own lap counter for the 1650y, 1000y and 500y. Timers will be provided.** All other events will be pre-seeded.

RULES: Current USA Swimming rules will apply, and SRS Safety Guidelines will govern the meet and warm-ups. NO DIVING or BACKSTROKE starts off the starting blocks or pool deck during warm-ups. Racing starts will be allowed in designated sprint lanes the last 10 minutes of warm-ups.

Protests will be handled in the manner described in Section 102.11 of USA Swimming Rules and Regulations.

Relay cards will be given to the coaches in their packets. Relay cards must include first and last names and ages of the swimmers in order of their swim. Relays requiring a start on the shallow end of the pool will need to start in the water.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. If we do not receive verification signed by the swimmer's coach with the entries, the swimmers will be required to start from the water.

Coaches should report scratches to the meet referee before the events begin each day. Use of Audio or Visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or behind the starting blocks.

Except when venue facilities require otherwise, changing in to or out of swim suits other than in locker rooms or other designated areas is prohibited.

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.

TIMERS: Each team is expected to provide timers during the course of the meet.

ENTRIES: Swimmers may enter up to 4 events and 1 relay per day. *Note that relays on Saturday will be run only if by doing so the meet will be completed within the 4-hour constraint.* Entries must include: swimmers name, age, registration number, team name, team code, event name and number, and best time in SHORT COURSE YARDS. NO TIMES will be accepted, however *please submit an estimated time for 200 yard or longer events.* Teams using Hy Tek may send entries on a disk, a hard copy and entry fees must also be sent. Relay-only swimmers must be on the master entry form and fees paid. **DECK ENTRIES AND REGISTRATION WILL NOT BE ACCEPTED.**

As prescribed in Article 205.3.1 of USA Swimming Rules and Regulations, entries will be limited to those swims that allow the events for swimmers 12 years and younger to be completed within the prescribed time limit of 4 hours.

Swimmers starting on the end where the pool depth is 3'6" (less than 4 feet) will start from within the water.

If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine up to \$100 per event against the individual, member coach, or member club submitting the entry. After verification of meet entries, if any athlete is found to be not currently registered, the host club must submit a post-meet backup to the Snake River Registration Chairman. If the athlete competed in the meet and his/her registration was postmarked after the entry deadline, the athlete/Club will be fined \$100 by the Registration Chairman. Additionally, if an athlete competes in a meet as an unregistered swimmer, he/she will be disqualified from all events swum in the meet and will not be allowed to enter any other competitions until the fine is paid and the registration completed.

Times achieved at this meet may use the altitude of 4,251-6,500 feet as per USA Swimming rule 207.9.6. A swimmer or relay may use the adjustment to meet a qualifying time standard.

ALTITUDE ADJUSTMENTS ACCORDING TO USA SWIMMING:

200's	1.20 Seconds
400 & 500's	5 Seconds
1000's	10 Seconds
1500 & 1650's	23 Seconds

TIME TRIALS: Time trials will be offered at the conclusion of Saturday's and Sunday's events at the referee's discretion. Each trial swim will count as one (1) toward the daily event with the combination of time trials and meet events not to exceed four (4) events per day. Entries must be turned in to the Clerk of Course with a \$2.00 fee one-half hour before the projected end of the day's events.

FEES: Entry fee is \$33.00 per swimmer (\$2.00 SRS timing system, \$9.00 SRS fees, \$6.00 pool rental, \$16.00 awards, admin and hospitality).

Make check payable to **ELKO SWIM TEAM**. All fees **MUST** accompany entries. One check per team please.

DEADLINE: All entries must be postmarked no later than **June 16th, 2023**. Mail entries to:

Elko Swim Team
PO Box 2721
Elko, NV 89803

E-mail entries may be sent to Michelle Smith at twosmiths@citlink.net. Please send entries as an attachment.

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

All events will be separated into 8 & under, 9-10, 11-12, 13-14 and 15-19 age groups for scoring purposes.

AWARDS: Individual Events: Medals 1st - 3rd; Ribbons 4th - 8th

Individual High Points: Trophies 1st - 3rd (by Age Group)

Relay Events: Ribbons 1st - 3rd

Awards will be given by age groups for each event swum:

8 & Under, 9-10, 11-12, 13-14, and 15-19.

MISCELLANEOUS: Breakfast and lunch concessions *may* be provided. ***The pool will be opened after the meet on Saturday for a pool party – all family members are welcome.*** City ordinance prohibits dogs in the park or pool area.

MAAPP POLICY: USA Swimming has rolled out a new policy called MAAPP, Minor Athlete Abuse Prevention Policy. Elko Swim Team, as a member club of USA Swimming, has adopted this policy. USA Swimming has worked to clarify the intent of some of the sections, as there were various interpretations of what some of the sections meant. For the purpose of this paper, Employee refers to all paid and volunteer personnel. EST has created a tab on our website that links you to the following areas:

- A list of resources from USA swimming to better help understand the policy, including Frequently asked questions and short webinars.
- Elko Swim Team MAAPP policy
- A link to the now required Athlete Protection training for 18 & over athletes.

It is important for all families to read through and understand the MAAPP as parents, athletes, family members, etc., can fall under the policy when they are filling the role of an applicable adult (chaperone, meet volunteer, timer, etc.).

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

ORDER OF EVENTS

11 and Over warm up at 7:45am

10 and Under warm up at 8:15am

Meet starts at 9:00am

Saturday, June 25, 2016				Sunday, June 26, 2016			
event		Age Group		event		Age Group	
1	1650	free	99 & under	25	50	fly	99 & under
2	100	free	12 & under	26	400	IM	99 & under
3	100	free	13 & over	27	100	back	12 & under
4	25	fly	99 & under	28	100	back	13 & over
5	200	fly	99 & under	29	25	back	99 & under
6	100	IM	99 & under	30	200	free	99 & under
7	100	breast	12 & under	31	100	fly	99 & under
8	100	breast	13 & over	32	25	breast	99 & under
9	50	back	12 & under	33	200	breast	99 & under
10	50	back	13 & over	34	50	free	12 & under
11	25	free	99 & under	35	50	free	13 & over
12	200	back	99 & under	36	1000	free	99 & under
13	50	breast	12 & under	37	100	free	10&U Girls relay
14	50	breast	13 & over	38	100	free	10&U Boys relay
15	200	IM	99 & under	39	200	free	12&U Girls relay
16	500	free	99 & under	40	200	free	12&U Boys relay
17	100	IM	10&U Girls relay	41	200	free	14&U Girls relay
18	100	IM	10&U Boys relay	42	200	free	14&U Boys relay
19	200	IM	12&U Girls relay	43	200	free	99&U Girls relay
20	200	IM	12&U Boys relay	44	200	free	99&U Boys relay
21	200	IM	14&U Girls relay				
22	200	IM	14&U Boys relay				
23	200	IM	99&U Girls relay				
24	200	IM	99&U Boys relay				

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ENTRY FORM FOR SWIMMERS NOT USING TEAM MANAGER

Team Name:			
Team Code:		LSC Code:	
Coach name:		Home Phone:	
E-Mail Address:			
Team Mailing Address:			
City, State, Zip		Office Phone:	
		Cell Phone:	

Name:				USA #:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		
Name:				USA #:	Age:	Gender: M/F
Event #	Time	SCY/SCM	Date	Meet Where Time Was Done		

Elko Swim Team High Altitude Invitational

ENTRY FORM FOR MASTERS SWIMMERS

Team Name:			
Team Code:		LSC Code:	
Coach name:		Home Phone:	
E-Mail Address:			
Team Mailing Address:			
City, State, Zip		Office Phone:	
		Cell Phone:	

Name:				USMS #:	Age:	Gender: M/F
Event #	LC Time	SCY/SCM	Date	Meet Where Time Was Done		

Please complete the attached waiver for Master's Swimmers