**Los Alamos Aquatomics Nick Nogar Memorial Invitational**

**June 29-30, 2013**

**Larry R. Walkup Aquatic Center**

**2760 Canyon Rd.**

**Los Alamos, NM 87544**

Sponsor: Los Alamos Aquatomics Swim Team (LAA)

Location: Larry R. Walkup Aquatic Center; 2760 Canyon Rd. (at Central Ave.); Los Alamos, NM 87544

(505) 662-8170

Elevation: 7227 ft.

Sanction #: Held under sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.

Sanction #: **TBD;** New Mexico Masters LMSC Sanction #TBD

Format: 1) The LA Aquatomics Nick Nogar Memorial Invitational is a four session timed final pre-seeded long course (50 meter) meet, with no time standard requirements. Format may be shortened to a two session timed final pre-seeded meet if there are insufficient swimmers to support the four sessions.

2) The 400 and 1500 meter freestyle events will be competed on a pre-seeded timed final basis, swimming fastest to slowest, alternating girls-boys. Competitors wanting to receive a time for an 800 free event may swim the 1500 and receive their 800 as a split.

3) The 50 meter freestyle top eight seeded girls and boys 13 & Over will be run in a shoot-out format to determine the “King & Queen of the Hill.” In the shoot-out, the top eight seeded swimmers will swim four one-on-one heats, with the winners meeting in two semi-final heats, then the winners of those semi-final heats competing in the ‘Shoot-Out’ final. Seed times are subject to verification on USA Swimming web site.

4) All lanes will be pre-assigned and published in the meet program.

5) At the discretion of the officiating staff, fly over starts may be used in the operation of this meet and partial heats may be combined.

Disclaimer: USA Swimming, Inc., New Mexico Swimming, Inc., The Los Alamos Aquatomics Swim Team, The County of Los Alamos, The Larry R. Walkup Aquatic Center and all meet officials shall be held free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet.

Venue: The LA Aquatomics Nick Nogar Memorial Invitational will be held within the walled confines of the Larry R. Walkup Aquatic Center. There are separate contiguous male and female locker rooms with rest room facilities. The venue is accessible to people with disabilities. The following equipment and areas are strictly off limits: diving boards, recreational equipment, and the unisex locker room adjacent to the therapy pool.

Facility: Indoor, 8 lane, 50 Meter pool with movable bulkhead and a Colorado Timing/Starting system with an eight lane scoreboard display. The competition course has not been certified in accordance with 104.2.2C(4) For all but the 50 meter events the competition course water depth from 1m to 5m is greater than 10 feet at the start and 4 feet at the turn. The competition course water depth is 4 feet from 1m to 5m at the starting end of the 50 meter events and 200 relay starts requiring shallow water dives and greater than 10 feet at the finish end.

Directions: Going west into Los Alamos on NM 502, take the right fork at the Hilltop House Hotel onto Central Avenue. Continue on Central Avenue until just after the intersection with Canyon Road. The Larry Walkup Aquatic Center is the large green roof facility on the right-hand side (north-west) after the intersection between Central Avenue and Canyon Road.

Parking: Parking is available in the Larry R. Walkup Aquatic Center parking lot. Parking is not allowed on canyon road or obstructing the driveway to the west of the aquatic center parking lot. Cars parked in these areas may be ticketed and towed. **Do not use the church lot at any time**. Team busses or oversized vehicles are required to NOT use the aquatic center parking lot. Ample parking and maneuvering space is available at the high school parking lots three blocks west of the aquatic center.

Meet Director: Andrew Erickson, 3480 Urban St.; Los Alamos, NM 87544; (505) 661-4194; awemme@losalamos.com

Meet Referee: Langdon Bennett, langdonb@lanl.gov

Eligibility: Competitors must be current registered (2013) members of USA Swimming or USMS 2013 registered athletes. Swimmer’s age as of June 29, 2013 shall be used to determine the age group for competition.

A USA Swimming membership affidavit (attached [Team Summary](#Team_Summary)) MUST BE SIGNED by the athlete or their representative coach AND RETURNED ALONG WITH TEAM ENTRIES. There will be no on deck registrations for this swim meet.

Unaccompanied Swimmers:

Any swimmer entered in the meet, unaccompanied by USA swimming member coach, 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. It is the responsibility of the swimmer or the swimmer’s legal guardian to ensure compliance with this requirement.

Entries: Swimmers are restricted to 5 events per day, plus 1 relay per day. Entries should be submitted via HY-TEK electronic file. Paper entries and non-HY-TEK email entries will be subject to an additional charge of $5.00 per swimmer. Please submit non-HY-TEK entries on the entry forms attached with one form required for each participating swimmer. One team entry form is required for all participating teams.

All entered times should be “sea level” equivalent. Times achieved at altitudes listed below should be adjusted (i.e. lowered) according to the following guidance:

Distance - 3000 - 4250 Ft. 4251 - 6500 Ft. Above 6500 Ft.

200 - 0.50 seconds 1.20 seconds 1.60 seconds

400 - 2.5 seconds 5.0 seconds 7.0 seconds

800 - 5.0seconds 10.0 seconds 15.0 seconds

1500 - 11.0 seconds 23.0 seconds 32.5 seconds

Entry Limit: There is a 400 swimmer entry limit for this meet.

Entry Fees: Individual Events $3.00 per event

Relays: $8.00 per event

NMS Surcharge $3.00 per swimmer

Facility Fee $7.00 per swimmer

Deck Entries $10.00 per individual event

Manual (non HY-TEK) fee $5.00 per swimmer

NMS Swimmers must meet the conditions of Rule 7.1.1.1 in the NMS Rules and Regulations Manual to obtain a waiver for meet fees.

Entry Deadline: Entries must be received no later than Wednesday, June 19, 2013 by 11:00pm. A copy of entries, entry fee report and a team or cashier's check for the entry fees payable to Los Alamos Aquatomics should postmarked by Saturday, June 2, 2013 and be sent to the address below.

Mail Entries: Andrew Erickson, 3480 Urban St.; Los Alamos, NM 87544 (505) 661-4194, [awemme@losalamos.com](mailto:awemme@losalamos.com)

Deck Entries: Deck entries are for individual events only and must adhere to a swimmer’s number of individual events restrictions. Deck entries will be accepted on a first-come first-served basis up to 45 minutes prior to the beginning of the session. Deck entries will only be accepted where empty lanes are available in an event. New heats will not be created for deck entries. No deck entries for relays are allowed.

If a swimmer has not entered the meet prior to deck entry they must present:

1) A valid USA Swimming registration or U.S. Masters Swimming registration must be presented to Clerk of Course.

2) All meet fees must be paid in addition to the deck entry fee.

Scoring: Scoring will be for age group swimmers in the 8 and under, 9-10, 11-12, 13-14, and 15-18 boys and girls divisions. High Point Scores will be awarded for each age group the 8 and under, 9-10, 11-12, 13-14, and 15-18 boys and girls divisions.

Awards: Ribbons will be given for age group swimmers in the 8 and under, 9-10, 11-12, 13-14, and 15-18 boys and girls divisions for each event places 1-8. High Point Score awards (1st, 2nd, and 3rd) will be given for each age group: 8 and under, 9-10, 11-12, 13-14, and 15-18 boys and girls divisions. King/Queen of the Hill awards for the 50 Free Shoot-Out winners will be given for 13-14 and 15-18 boys and girls divisions.

Check-In: Positive check in is required by 30 minutes after the start of the session warm up on the day that the events for the 400 free, the 400IM and the 1500 free are swum. Swimmers in the 1500 freestyle events must provide their own lap counters and timers. The 400 and 1500 events will be seeded and swum fastest to slowest alternating heats of girls and boys.

Scratches: Swimmers are not required to scratch from an event in which they are entered, but do not intend to compete unless required to positively check-in for an event.

Rules: 2013 USA Swimming Rules and Regulations shall govern this meet, except as noted in this meet information. See attached order of events for the list of events and their schedule. USA Swimming Athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down.

Warm-up: NMS meet warm-up procedures will be in effect during warm-up times. All swimmers must be supervised by a coach member of USA Swimming during all warm-up sessions. Swimmers without a USA Swimming certified coach need to report to the meet referee.

Swimwear: All swimsuits shall be made from textile materials. For men, the swimsuit shall not extend above the navel nor below the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knee. No fasteners, other than drawstrings are allowed. The referee shall have the authority to bar offenders from competition until they comply with the rule.

Locker Rooms: The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms or locker rooms.

Deck Changes: Except where venue facilities require otherwise, changing into and out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Restrictions: The County of Los Alamos prohibits smoking or use of other tobacco products on the pool deck, in the changing rooms, in spectator seating and in all areas used by swimmers. No glass containers will be allowed anywhere inside the Larry R. Walkup Aquatic Center.

Concessions: Concessions and swim gear may be available throughout the meet. 15% of concession's profits will be donated to the American Cancer Society in Nick Nogar’s name.

Officials: Referees, starters and stroke & turn officials will be USA registered and certified. Any additional volunteer workers will be welcomed -- please contact the [Meet Referee](#Meet_Referee).

Special Note: 1) A brief coaches meeting may be held 10 minutes prior to the start of each session.

2) Current coaching credentials must be displayed at all times.

**Session 1: Saturday, June 29, 2013**

**12 & Under Events**

**8:00 am warm up /9:00 am start**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Gender** | **Event Description** |
| 1 | 10 & U Mixed | 200 Freestyle Relay |
| 2 | 11-12 Mixed | 200 Freestyle Relay |
| 5,6 | 10 & U Girls/Boys | 100 Backstroke |
| 7,8 | 11-12 Girls/Boys | 100 Backstroke |
| 13,14 | 10 & U Girls/Boys | 50 Freestyle |
| 15,16 | 11-12 Girls/Boys | 50 Freestyle |
| 21,22 | 10 & U Girls/Boys | 100 Butterfly |
| 23,24 | 11-12 Girls/Boys | 100 Butterfly |
| 29,30 | 10 & U Girls/Boys | 50 Breaststroke |
| 31,32 | 11-12 Girls/Boys | 50 Breaststroke |
| 33,34 | 10 & U Girls/Boys | 200 Freestyle |
| 35,36 | 11-12 Girls/Boys | 200 Freestyle |

**Session 2: Saturday, June 29, 2013**

**13 & Over Events (Includes Masters)**

**12:00 noon warm up / 1:00 pm start\***

|  |  |  |
| --- | --- | --- |
| **Event #** | **Gender** | **Event Description** |
| 3 | 13-14 Mixed | 400 Freestyle Relay |
| 4 | 15 & Over Mixed | 400 Freestyle Relay |
| 9,10 | 13-14 Girls/Boys | 100 Backstroke |
| 11,12 | 15 & Over Girls/Boys | 100 Backstroke |
| 17,18 | 13-14 Girls/Boys | 50 Freestyle (w/ Shoot-out quarterfinals) |
| 19,20 | 15 & Over Girls/Boys | 50 Freestyle (w/ Shoot-out quarterfinals) |
| 25,26 | 13-14 Girls/Boys | 100 Butterfly |
| 27,28 | 15 & Over Girls/Boys | 100 Butterfly |
| 37,38 | 13-14 Girls/Boys | 200 Freestyle |
| 39,40 | 15 & Over Girls/Boys | 200 Freestyle |
| 17,18 | 13-14 Girls/Boys | 50 Freestyle Shoot-out Semi-finals |
| 19,20 | 15 & Over Girls/Boys | 50 Freestyle Shoot-out Semi-finals |
| 41 | 13-14 Mixed | 200 Medley Relay |
| 42 | 15 & Over Mixed | 200 Medley Relay |
| 43,44 | 13-14 Girls/Boys | 200 Breaststroke |
| 45,46 | 15 & Over Girls/Boys | 200 Breaststroke |
| 17,18 | 13-14 Girls/Boys | 50 Freestyle Shoot-out Finals |
| 19,20 | 15 & Over Girls/Boys | 50 Freestyle Shoot-out Finals |
| 47,48 | 13-14 Girls/Boys | 200 IM |
| 49,50 | 15 & Over Girls/Boys | 200 IM |
| 51,52 | 13 & Over Girls/Boys\*\* | 1500 Freestyle (w/ 800 split) |

**\* Tentative start time, final timeline will be posted dependent on number of entries. Timeline will be sent to all registering teams and posted on the Aquatomics website:** [**http://www.aquatomics.org/**](http://www.aquatomics.org/)

**\*\*Events 51 & 52 require positive check-in and will be run fastest to slowest, alternating heats of girls and boys. Swimmers in these events must provide their own timers and lap counters. Partial heats of these events, as well as relay events, will be combined when possible. Swimmers wishing to swim a 800 Freestyle may obtain a time for the 800 Freestyle at the 800 split during the 1500 Freestyle event but must complete the 1500 Freestyle event.**

**Session 3: Sunday, June 30, 2013**

**12 & Under Events**

**8:00am warm-up/9:00am start**

|  |  |  |
| --- | --- | --- |
| **Event #** | **Gender** | **Event Description** |
| 53 | 10 & U Mixed | 200 Medley Relay |
| 54 | 11-12 Mixed | 200 Medley Relay |
| 57,58 | 10 & U Girls/Boys | 100 Freestyle |
| 59,60 | 11-12 Girls/Boys | 100 Freestyle |
| 65,66 | 10 & U Girls/Boys | 50 Backstroke |
| 67,68 | 11-12 Girls/Boys | 50 Backstroke |
| 73,74 | 10 & U Girls/Boys | 100 Breaststroke |
| 75,76 | 11-12 Girls/Boys | 100 Breaststroke |
| 81,82 | 10 & U Girls/Boys | 200 IM |
| 83,84 | 11-12 Girls/Boys | 200 IM |
| 87,88 | 10 & U Girls/Boys | 50 Butterfly |
| 89,90 | 11-12 Girls/Boys | 50 Butterfly |

**Session 4: Sunday, June 30, 2013**

**13 & Over Events (Includes Masters)**

**12:00 noon warm up / 1:00 pm start\***

|  |  |  |
| --- | --- | --- |
| **Event #** | **Gender** | **Event Description** |
| 55 | 13-14 Mixed | 400 Medley Relay |
| 56 | 15 & Over Mixed | 400 Medley Relay |
| 61,62 | 13-14 Girls/Boys | 100 Freestyle |
| 63,64 | 15 & Over Girls/Boys | 100 Freestyle |
| 69,70 | 13-14 Girls/Boys | 200 Backstroke |
| 71,72 | 15 & Over Girls/Boys | 200 Backstroke |
| 77,78 | 13-14 Girls/Boys | 100 Breaststroke |
| 79,80 | 15 & Over Girls/Boys | 100 Breaststroke |
| 85 | 13-14 Mixed | 200 Freestyle Relay |
| 86 | 15 & Over Mixed | 200 Freestyle Relay |
| 91,92 | 13-14 Girls/Boys | 400 IM |
| 93,94 | 15 & Over Girls/Boys | 400 IM |
| 95,96 | 13-14 Girls/Boys | 200 Butterfly |
| 97,98 | 15 & Over Girls/Boys | 200 Butterfly |
| 99,100 | 13 & Over Girls/Boys\*\* | 400 Freestyle |

**\* Tentative start time, final timeline will be posted dependent on number of entries. Timeline will be sent to all registering teams and posted on the Aquatomics website:** [**http://www.aquatomics.org/**](http://www.aquatomics.org/)

**\*\*Events 97 & 98 require positive check-in and will be run fastest to slowest, alternating heats of girls and boys. Swimmers in these events must provide their own timers and lap counters. Partial heats of these events, as well as relay events, will be combined when possible.**

**Los Alamos Aquatomics Nick Nogar Memorial Invitational**

**June 29 & 30, 2013**

**SWIMMER’S NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Last) (First) (Middle)**

**PREFERRED NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**USA or USMS SWIMMING # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEAM \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ SEX \_\_\_\_ AGE \_\_\_\_\_\_\_\_\_**

**SESSION EVENT # DISTANCE STROKE ENTRY TIME**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

**\_\_\_\_\_\_\_ \_\_\_\_\_\_\_ 50 100 200 400 1500 FR BK BR FL IM \_\_\_\_\_\_\_\_\_\_\_\_\_**

Swimmers may enter up to 5 individual events each day.

**For Master Swimmers Only**

*I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. (Rule book article 204.1)*

**Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**TEAM SUMMARY**

**TOTAL NUMBER OF INDIVIDUAL EVENTS ENTERED:**

**\_\_\_\_\_\_\_\_\_\_ X $3.00 = \_\_\_\_\_\_\_\_\_\_\_**

**TOTAL NUMBER OF RELAY EVENTS ENTERED:**

**\_\_\_\_\_\_\_\_\_\_ X $8.00 = \_\_\_\_\_\_\_\_\_\_\_\_**

**TOTAL NUMBER OF SWIMMERS: \_\_\_\_\_\_\_\_\_\_ X $ 10.00 = \_\_\_\_\_\_\_\_\_\_**

(NMS Surcharge and Facility Fee)

**TOTAL NUMBER OF Non HYTEK SWIMMERS: \_\_\_\_ X $ 5.00 = \_\_\_\_\_\_\_\_\_\_\_**

(**Non HY-TEK** **Fee** if not submitted electronically in HYTEK format)

**TOTAL = \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**\*MAKE CHECKS PAYABLE TO*: Los Alamos Aquatomics***

I, THE UNDERSIGNED, STATE THAT ALL ATHLETES ENTERED IN THIS MEET UNDER MY TEAM ARE CURRENTLY REGISTERED WITH USA SWIMMING.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**(Coach or Team Registrar) Date**

ONE COPY OF FINAL RESULTS WILL BE PROVIDED TO EACH REGISTERED TEAM. PROVIDE THE NAME AND HOME ADDRESS OR E-MAIL ADRESS WHERE RESULTS ARE TO BE SENT:

TEAM NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

COACHES: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Send Results to:

E-Mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Or: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\*This form must mailed in with your Team’s entries before the meet.**