



## Los Alamos Aquatomics Nick Nogar Memorial Open June 22 -23, 2019

*High Altitude Competition at 7,227 Ft.*

- Hosted by:** Los Alamos Aquatomics Swim Team (LAA)
- Sanction #:** Held under sanction of USA Swimming, Inc. and New Mexico Swimming, Inc.  
Sanction # **NMS19O13L**
- Location:** Los Alamos County Aquatic Center; 2760 Canyon Rd. (the main entrance is off Central Ave.); Los Alamos, NM 87544 (505) 662-8170. Elevation: 7,227 ft.
- Disclaimer:** USA Swimming, Inc., New Mexico Swimming, Inc., Los Alamos Aquatomics Swim Team (LAA), The Incorporated County of Los Alamos, The Los Alamos County Aquatic Center and all meet officials shall be held free and held harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this meet including warm-up sessions.
- Venue:** The Los Alamos Nick Nogar Memorial Open will be held within the walled confines of the Los Alamos County 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 and 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). Lanes 2-8 will be used for all races. Lane 1 will be available for warm down during the course of the meet. Entry into Lane 1 for warm down will be at the shallow end of the pool using a 3-point entry only. 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.
- 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 adjacent church lot at any time.** 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:** Maribeth Englert (505) 690-8539; [laameetdirector@gmail.com](mailto:laameetdirector@gmail.com)
- Meet Referee:** Langdon Bennett, [langdonb@lanl.gov](mailto:langdonb@lanl.gov)
- Admin Official:** Andrew Erickson, [awemme@losalamos.com](mailto:awemme@losalamos.com)

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June 22-23, 2019

## Meet Format:

1. The Los Alamos Nick Nogar Memorial Open consists of a two sessions timed final preseeded events and two sessions requiring positive check-in. All sessions are swum long course (50 meter).
2. There are no time standards for this meet.
3. The 400 IM, 400 free and 1500 meter freestyle events require positive check-in and will be competed swimming fastest to slowest. All lanes, except for distance events listed above with positive check-in, will be pre-assigned and published in the meet program.
4. At the discretion of the referee, fly over starts may be used in the operation of this meet and partial heats may be combined.
5. At the discretion of the referee warm-up lanes may be assigned.
6. At the discretion of the referee, 11-12 400 IM and 400 free may be moved to session 3 as their own events; and 12 & U relays may be cancelled (with full refunds given) if sessions 1 and 3 exceed the four-hour time limit.

**Eligibility:** Competitors must be current registered 2019 members of USA Swimming athletes as provided in Article 302 of the USA Swimming Rules & Regulation. Swimmer's age as of June 22, 2019 shall be used to determine the age group for competition.

A USA Swimming membership affidavit (attached Team Summary) **MUST BE SIGNED** by the athlete or their representative coach **AND RETURNED ALONG WITH TEAM ENTRIES**. All registrations will be verified. **No on deck USA Swimming registrations will be accepted.**

## Unaccompanied Swimmers:

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.

**Entries:** Swimmers are restricted to 4 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 for USA Swimming members. Please submit non-HYTEK entries on the entry forms attached with one form required for each participating swimmer. One team entry form is required for all participating teams.

**Entry Limit:** There is a 350 swimmer entry limit for this meet.

## Entry Fees:

Individual Events	\$4.00 per event
Relays:	\$8.00 per event
NMS Surcharge	\$7.00 per swimmer
Facility Fee	\$10.00 per swimmer
Deck Entries	\$10.00 per individual event (plus NMS Surcharge and Facility Fee if not already entered in the meet)
	\$12.00 per relay
Manual (non HY-TEK) fee	\$5.00 per swimmer for USA Swimming members
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 Tuesday, June 12, 2019 at 10:00pm. A team or cashier's check for the entry fees payable to Los Alamos Aquatomics must be received prior to competition.

**Entry Times:** There are no time standards for this meet.

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**Mail Entries:**

Mail fees and Team Summary sheet to:  
Maribeth Englert; 3408 Urban St.; Los Alamos, NM 87544 (505) 690-8539

Please submit entries via HY-TEK electronic file to [laameetdirector@gmail.com](mailto:laameetdirector@gmail.com)

**Deck Entries:**

Deck entries for individual events 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.

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

1. A valid USA Swimming registration must be presented. If a swimmer has times in the SWIMS database from a 2019 meet, they are a currently registered swimmer. But it MUST be from 2019 and in the SWIMS database.
2. All meet fees (NMS Surcharge and Facility Fee) must be paid in addition to the deck entry fee.
3. USA Swimming registration can also be demonstrated electronically through USA Swimming Deck Pass or Club roster from the clubs' portal is also acceptable.

**Check-In:**

Positive check-in is required 45 minutes prior to the start of Session 2 and 4 for the 1500 free, 400IM, and 400 free. Swimmers in these events must provide their own lap counters and two timers.

**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.

**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.

**Awards:**

Ribbons will be given for age group swimmers in the 8 and under, 9-10, and 11-12 boys and girls divisions for each individual event places 1-8. High Point Score awards (1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>) will be given for each age group: 8 and under, 9-10, 11-12, 13-14, and 15-18 boys and girls divisions.

**Rules:**

Current 2019 USA Swimming and NMSI 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 must enter the pool using a 3 point entry form the right side of the blocks. . USA Swimmers without a USA Swimming certified coach need to report to the meet referee.

**Swimwear:**

All swimsuits shall be made from textile materials, non-transparent, and conform to current concept of appropriate. 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. Kinesio tape will not be allowed.

**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:** Deck changes are prohibited.

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**Drones:** Drones are prohibited over venues any time athletes, coaches, officials and/or spectators are present.

**Disabled Swimmers:** Swimmers with disabilities are welcome. Please contact the Meet Referee if any special considerations are needed.

**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 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.

**Special Note:**

- 1) A brief coaches meeting may be held 15 minutes prior to the start of each session at the referee's discretion.
- 2) Current coaching credentials must be displayed at all times.

**Session 1: Saturday, June 22<sup>th</sup>, 2019 9:00 am warm up /10:00 am start**

Girls	Event Description	Boys
1	13 & Over Mixed 50 Freestyle	1
2	12 & Under Mixed 50 Freestyle	2
3	13 & Over Mixed 100 Butterfly	3
4	12 & Under Mixed 100 Butterfly	4
5	13 & Over Mixed 100 Backstroke	5
6	12 & Under Mixed 100 Backstroke	6
7	13 & Over Mixed 50 Breaststroke	7
8	12 & Under Mixed 50 Breaststroke	8
9	11 & Over Mixed 200 Breaststroke	9
10	13 & Over Mixed 200 Freestyle	10
11	12 & Under Mixed 200 Freestyle	11
12	13 & Over 200 Medley Relay	13
14	12 & Under 200 Medley Relay	15
<b>15 minute break</b>		
<b>Session 2</b>		
16	13 & Over Mixed 1500 Freestyle ** (w/ 800 split option) ***	16

**\*\*Event 16 requires positive check-in and will be run fastest to slowest. Swimmers in this event must provide their own timers (2) and lap counters. Partial heats of this event, as well as relay events, will be combined when possible.**

**\*\*\* Swimmers wishing to swim an 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. Swimmers obtaining a time for the 800 Freestyle will need to provide 3 timers for the event to get an official time. The 800 Free will not count toward number of swims for the meet nor will it count towards points.**

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**Session 3: Sunday, June 23<sup>rd</sup>, 2019 9:00 am warm-up/10:00 am start**

Girls	Event Description	Boys
17	13 & Over Mixed 100 Freestyle	17
18	12 & Under Mixed 100 Freestyle	18
19	13 & Over Mixed 50 Butterfly	19
20	12 & Under Mixed 50 Butterfly	20
21	11 & Over Mixed 200 Butterfly	21
22	13 & Over Mixed 200 IM	22
23	12 & Under Mixed 200 IM	23
24	13 & Over Mixed 100 Breaststroke	24
25	12 & Under Mixed 100 Breaststroke	25
26	13 & Over Mixed 50 Backstroke	26
27	12 & Under Mixed 50 Backstroke	27
28	11 & Over Mixed 200 Backstroke	28
29	13 & Over Mixed 200 Freestyle Relay	30
31	12 & Under Mixed 200 Freestyle Relay	32
<b>15 Min Break</b>		
<b>Session 4</b>		
33	11 & Over Mixed 400 IM**	33
34	11 & Over Mixed 400 Freestyle**	34

**\*\*Events 33 & 34 require positive check-in and will be run fastest to slowest. Swimmers in these events must provide their own timers (2). Partial heats of these events, as well as relay events, will be combined when possible.**



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**TEAM SUMMARY**

**TOTAL NUMBER OF INDIVIDUAL EVENTS ENTERED:**

\_\_\_\_\_ X \$4.00 = \_\_\_\_\_

**TOTAL NUMBER OF RELAY EVENTS ENTERED:**

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

**Please list Relay Events and # of relays per event (Masters only)**

\_\_\_\_\_

**TOTAL NUMBER OF SWIMMERS:** \_\_\_\_\_ X \$ 17.00 = \_\_\_\_\_ (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. I agree that if any swimmer or coaches are not properly registered with USA Swimming our team will pay any fines assessed by NM Swimming for each improperly registered swimmer or coach.

\_\_\_\_\_  
(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-MAILADDRESS WHERE RESULTS ARE TO BE SENT:

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

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

Send Results to:  
E-Mail Address: \_\_\_\_\_

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

**\*\*This form must be mailed/scanned and e-mailed in with your Team's entries before the meet.**