

Swimming

DATE	LOCATION	FORMAT
Saturday, 9/21	Moana Aquatic Facility	Individual Categories – total points

TEAM REQUIREMENTS

- Maximum 32 swimmers, 1 per age category.
- Team Rosters are due one (1) week prior to event.
- No additions will be allowed but substitutions will be permitted from alternates who present a signed waiver
- No roster changes once submitted. No exceptions.
- Individual male and female age categories: 18-29, 30-39, 40-49, 50+, and relays.
- Teams must check in with rosters and waivers 30 minutes prior to the start of event.

RULES

General

1. City of Reno will utilize a Colorado Timing System for attaining results.
2. Lanes will be set up in 25-yard orientation.
3. Warm-ups will begin at 12:00pm. Meet will begin no later than 12:30pm
4. Order of Events (will be finalized prior to event):
 - a. 200 Coed Medley Relay (no age division)
 - b. 50 Breaststroke
 - c. 50 Backstroke
 - d. 50 Freestyle
 - e. 200 Coed Freestyle
5. Individual awards will be awarded.
6. Wetsuits are not permitted.