

Douglas Dolphins Swim Team's

St. Valentine Meet

February 12-14, 2010

Enter online at: <http://ome.swimconnection.com/pc/ddst20100212>

- Sanction: Held under USA/Pacific Swimming Sanction No.: 10-011
- Location: Carson Valley Swim Center, 1600 Highway 88, Minden, NV 89423.
Directions to the pool: HWY 395 South from Carson City, right turn on HWY 88, one block on right (just past the high school).
- Course: Short course yards. Indoor pool, up to 6 lanes and 25-yard course with warm-up and warm-down area. Fully automatic timing with touch pads and 8-line scoreboard. **The competition course has been certified in accordance with 104.2.2C(4) . The copy of such certification is on file with USA Swimming. Minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 11'0" at the start end and 3'10" at the turn end. All 25 yard events will start at a depth of 11'0".**
- Time: **FRIDAY EVENING** warm-ups 3:45-4:45pm, meet begins at 5:00 pm.
SATURDAY & SUNDAY MORNING SESSIONS (10-under) warm-ups 7:45-8:45am, meet begins at 9:00 am.
AFTERNOON SESSIONS (11 & up): meet will start no earlier than 12:00 noon; with warm-ups starting no earlier than 10:45 am.
We will have an ESTIMATED timeline on our website tentatively Monday, February 8th, 2010. DDST website is <http://www.ddst.org>.
- Rules: Current USA Swimming (USA-S) and Pacific Swimming rules will govern the meet. **All coaches and deck officials must wear their USA-S membership cards in a visible manner.** Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course desk. All the events are timed finals. **Swimmers may compete in up to 2 individual events on Friday and 5 individual events on Saturday or Sunday but cannot exceed 10 events for the meet.** If local conditions warrant the meet referee in concurrence with the meet director may require a scratch down and an immediate cash refund will be made. All swimmers 12 & under should complete competition within 4 hours. **ENTRIES ARE LIMITED TO THE FIRST 450 SWIMMERS** or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.
- Distance: Swimmers entered in the 500 Free must provide their own counters, and swimmers entered in the 1000 Free and 1650 Free must supply their own counters and timers. The 1000 Free and 1650 Free are limited to the fastest 18 entries per gender checked-in. Swimmers with seed times slower than the fastest 18 eligible seed times in the 1000 Free and 1650

Free will receive a refund of their entry fees. The 1000 Free and 1650 Free events will be swum fastest to slowest alternating girl and boy heats.

Restrictions: Smoking and the use of tobacco products is prohibited on the pool deck, in the locker room, in any of the spectator areas, and in all areas used by swimmers during the meet and warm-up periods. Glass containers, and sale and use of alcoholic beverages are prohibited in all areas of the meet venue. Use of cell phones is prohibited in the locker rooms. **NO ANIMALS ARE ALLOWED ON THE PREMISES.**

Eligibility: Swimmers must be current members of USA-S and enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee). Duplicate registrations will be refunded by mail. This meet is open to qualified members of USA-S. Swimmers 19 years of age and older may participate in 11-Up and 13-Up events but will not receive awards or score points. **Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations or entry times and seeding per Pacific Swimming Policy.**

Check-in: The meet will be deck seeded. Athletes must check in with the Clerk of Course. Close of check in for all events shall be no more than 30 minutes before the estimated start of the first heat of the event.

Scratches: Any swimmer who has checked-in for an individual event and fails to swim that event will be scratched from the meet unless the swimmer returns to the clerk of the course and repeats the check-in process for all remaining events. Failure to swim an event after the second check-in process will result in being barred from the next individual event in which a swimmer is entered on that day or the next meet day, whichever is first. The penalty will not apply if the swimmer scratches before the event is seeded, or if the Referee accepts proof that the failure was caused by illness, injury, or other circumstances beyond the control of the swimmer.

Entries:

TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/ddst20100212> by **midnight Wednesday, February 3rd, 2010** to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary.

Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

Option 2: Surface Mail Entries:

Entries must be on attached Consolidated Entry Card. Entry cards must be completely filled out including best short course times for each event. Entered times must be submitted in yards. **“No times” entries will be accepted. Entries should be postmarked no later than midnight Monday, February 1st, 2010 and mailed to:**

Douglas Dolphins Swim Team
c/o Sue Cruz
1819 Long Court, Gardnerville, NV 89410

Or hand delivered to the DDST entry box at the Carson Valley Swim Center by 5:00 PM, Wednesday, February 3rd, 2010. NO LATE ENTRIES WILL BE ACCEPTED, NO DECK ENTRIES WILL BE ALLOWED. Except for mandatory scratch downs and those swimmers that exceed the fastest 18 swimmers eligibility limit for the 1000 Free or 1650 Free events, no refunds will be made.

Make checks payable to: Douglas Dolphins Swim Team or DDST

- Entry Fee: \$2.75 per event plus a \$5.00 swimmer participation fee per swimmer to help cover meet expenses.
- Admission: Free. A three-day program will be available for purchase.
- Awards: Ribbons 1st – 12th place in each event
8-un events will be awarded 6-un, 7-8
11-up events will be awarded 11-12, 13-14 and 15-18
13-up events will be awarded 13-14, 15-18
Swimmers 19 years of age and older will not receive awards.
- Hospitality: Limited hospitality will be offered to officials, coaches, and timers.
- Snack Bar: There will be a well-stocked snack bar for food service.
- Parking: No parking on Highway 88 or along red or yellow curbs. Blue Zones in front of the pool are for handicapped parking only. Overflow parking is available in the high school parking lot north of the meet venue.
- Officials: Referee: Gale Maynor Starter: Jim Morefield
Meet Director: Lorna Johnston Meet Marshal: Brendon VanBeuge
johnstonLD@gmail.com (775)782-2382

Schedule of Events

| G | B | Age Group | Event |
|---|----------|------------------|--------------|
| <u>Friday, February 12, 2010</u> | | | |
| 1 | 2 | 11-up | 400 IM |
| 3 | 4 | 9-10 | 200 IM |
| 5 | 6 | 11-up | 500 Free |
| <u>Saturday, February 13, 2010</u> | | | |
| Morning Session | | | |
| 10-Under Swimmers | | | |
| 7 | 8 | 9-10 | 100 IM |
| 9 | 10 | 8-un | 100 IM |
| 11 | 12 | 9-10 | 50 Back |
| 13 | 14 | 8-un | 50 Back |
| 15 | 16 | 9-10 | 100 Breast |
| 17 | 18 | 8-un | 25 Breast |
| 19 | 20 | 9-10 | 50 Fly |
| 21 | 22 | 8-un | 50 Fly |
| 23 | 24 | 9-10 | 100 Free |
| 25 | 26 | 8-un | 25 Free |
| Afternoon Session | | | |
| 11-Up Swimmers | | | |
| 27 | 28 | 11-12 | 100 IM |
| 29 | 30 | 13-up | 200 Free |
| 31 | 32 | 11-12 | 200 Free |
| 33 | 34 | 13-up | 100 Back |
| 35 | 36 | 11-12 | 100 Back |
| 37 | 38 | 11-up | 200 Breast |
| 39 | 40 | 11-12 | 50 Breast |
| 41 | 42 | 13-up | 100 Fly |
| 43 | 44 | 11-12 | 100 Fly |
| 45 | 46 | 13-up | 50 Free |
| 47 | 48 | 11-12 | 50 Free |
| 49 | 50 | 11-up | 1000 Free* |

*Limited to the fastest 18 swimmers per gender checked-in for this event. Swimmers with seed times slower than the fastest 18 eligible seed times will be refunded.

Schedule of Events

| G | B | Age Group | Event |
|--|----------|------------------|--------------|
| <u>Sunday, February 14, 2010</u> | | | |
| Morning Session 10-under Swimmers | | | |
| 51 | 52 | 9-10 | 200 Free |
| 53 | 54 | 8-un | 100 Free |
| 55 | 56 | 9-10 | 100 Back |
| 57 | 58 | 8-un | 25 Back |
| 59 | 60 | 9-10 | 100 Fly |
| 61 | 62 | 8-un | 25 Fly |
| 63 | 64 | 9-10 | 50 Breast |
| 65 | 66 | 8-un | 50 Breast |
| 67 | 68 | 9-10 | 50 Free |
| 69 | 70 | 8-un | 50 Free |
| Afternoon Session 11-up Swimmers | | | |
| 71 | 72 | 13-up | 200 IM |
| 73 | 74 | 11-12 | 200 IM |
| 75 | 76 | 11-up | 200 Back |
| 77 | 78 | 11-12 | 50 Back |
| 79 | 80 | 13-up | 100 Free |
| 81 | 82 | 11-12 | 100 Free |
| 83 | 84 | 11-up | 200 Fly |
| 85 | 86 | 11-12 | 50 Fly |
| 87 | 88 | 13-up | 100 Breast |
| 89 | 90 | 11-12 | 100 Breast |
| 91 | 92 | 11-up | 1650 Free* |

*Limited to the fastest 18 swimmers per gender checked in for this event. Swimmers with seed times slower than the fastest 18 eligible seed times will be refunded.

Event Summary by Age Group

| | 8-un | 9-10 | 11-12 | 13-up |
|-----------------|---|---|--|--|
| Friday | | 200IM | 400 IM 500 Free | 400 IM 500 Free |
| Saturday | 100 IM 50 Back 25 Breast 50 Fly 25 Free | 100 IM 50 Back 100 Breast 50 Fly 100 Free | 100 IM 200 Free 100 Back 200 Breast 50 Breast 100 Fly 50 Free 1000 Free | 200 Free 100 Back 200 Breast 100 Fly 50 Free |
| Sunday | 100 Free 25 Back 25 Fly 50 Breast 50 Free | 200 Free 100 Back 100 Fly 50 Breast 50 Free | 200 IM 200 Back 50 Back 100 Free 200 Fly 50 Fly 100 Breast 1650 Free | 200 IM 200 Back 100 Free 200 Fly 100 Breast |

