

High Country League Championship Meet

Short Course Trials and Finals

Hosted by the Douglas Dolphins

August 7-9, 2009

Enter online at: <http://ome.swimconnection.com/pc/ddst20090807>

- Sanction: Held under USA/Pacific Swimming Sanction No.: **1079**
- 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.) 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
- Course: Outdoor Pool, up to 8 Lanes and 25-yard course with warm-up and warm-down area. Colorado Timing system with Touch Pads and scoreboard
- Time: **Friday, Saturday & Sunday:** The meet will begin at 8:30 a.m., with warm-ups from 7:00 am to 8:15 am
Friday, Saturday & Sunday FINALS (11 & OVER): The finals start time will be no sooner than 2 hours after the finish of the morning session.
- Rules: Current USA Swimming and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course desk. Events for 11 & up will be trials and finals except for the 1000 free, 1650 free and the 500 Free which will be timed finals. All events for 10 & Unders will be timed finals and will be swum during the trials session of the 11 & over swimmers. All swimmers ages 10 & under should complete competition within four hours. All coaches and deck officials must wear their USA-S membership cards in a visible manner. If local conditions warrant the meet referee in concurrence with the meet director may require a mandatory scratch down and an immediate cash refund will be given.
- 11 & Up swimmers may compete in up to 3 individual events per day (9 individual events for the entire meet).
 - 10 and under swimmers may compete in up to 4 individual events per day not to exceed 9 for the meet.
 - Swimmers 19 years of age & older will be allowed to swim prelims. They can not swim in finals or relays and they can not score points.
- Restrictions: Glass containers of all kinds, sale and use of alcoholic beverages and tobacco products are prohibited in all areas of the meet venue which includes the pool deck, locker rooms, spectator seating, standing areas and in all areas used by swimmers, during the meet and during warm-up periods. 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.
The meet is open to all 2009 regular or seasonal USA swimming registered athletes residing in the High Country League or representing a team in the High Country League. The High Country League includes all of Pacific Swimming Zone 4, and Sierra Nevada teams as stated: Sparks Piranhas Swim Team, Fallon Barracuda Swim Team, Fernley Swim Team, Winnemucca Whitewater Swim Team, Truckee-Tahoe Swim Team, Plumas Pikes Swim Team, Penguin Swim Team and Lassen Aquatics. Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures. 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 the first two events shall be 30 minutes before the start of the meet. Thereafter events shall be closed one every 30 minutes.
- Distance Events:** The 1000 and 1650 will be swum 11 & Over and 13 & Over, respectively, but will be awarded and scored out separately per age group. The 500 Free will be swum 9 & Over but will be awarded and scored out separately per age group. Swimmers in the 1650, 1000 and 500 will be required to provide their own counters and timers. The

1650, 1000 and 500 Freestyle will be swum fastest to slowest alternating girls and boys. The 1000 and 1650 Free will be limited to the top 24 swimmers.

Scratches:

The Pacific Swimming scratch rules will be in effect. A copy of these rules will be posted at the Clerk-Of-Course. A copy may be obtained from the Pacific Swimming Website.

- **Timed Finals and Preliminary heats for Trials and Finals events:** Swimmers not checked in for an event will automatically be scratched from that event with no penalty. 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 re-check-in 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 the event before it 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.
- **Finals of Trials and Finals events:** Swimmers originally qualifying for any finals who do not wish to compete must scratch within 30 minutes after the announcement of qualifiers. During this period, qualifiers may also notify the referee that they may not intend to compete in finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event. Any swimmer originally qualifying for a final race in an individual event who fails to show up for said final race shall be barred from further competition for the remainder of the meet. If the No-Show occurs on the last day that the swimmer is entered in an individual event in the meet, and no other individual event penalty is applicable, the swimmer shall then be fined \$25.00. No penalty shall apply for failure to withdraw or compete in an individual event if the referee is notified in the event of illness or injury and accepts the proof thereof, or it is determined by the referee that the No-Show was caused by circumstances beyond the control of the swimmer. No penalty shall apply to alternates or to any other swimmers who qualified for any finals due to scratches of one or more original finalists.

Relays:

Relays will be deck entered by the announced time, Relay cards will be handed out the morning of the relays. Relays will be timed finals.

- Only two scoring relays will be allowed per team per event, they will designated as A and B. However, each team may have as many relay teams as they would like.
- 11 & up swimmers may compete in the 11 & up relays or in relays for their age division **but not in both**. 10 & under swimmers may compete in the 10 & under relays or in relays for their age division **but not in both**.
- 10 & under relays will be swum at the end of the trials session (before any long distance events scheduled that day).
- 11 & over relays will be swum at the end of Finals Friday and Saturday.
- Swimmers 19 years of age and over shall not participate in relay events.

Entries:

TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries:

Enter at <http://ome.swimconnection.com/pc/ddst20090807> by **Wednesday July 29, 2009** 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 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” will be accepted. Entries should be postmarked no later than Monday July 27, 2009, and mailed to:**

Douglas Dolphins Swim Team
c/o Joe Stubnar
675 Ann Way
Gardnerville, NV 89460

Or hand delivered to the DDST coaching staff at the Carson Valley Swim Center by Wednesday July 29, 2009 by 6:00 PM. NO LATE ENTRIES WILL BE ACCEPTED, NO DECK ENTRIES WILL BE ALLOWED (except for relay entries).

Make checks payable to: Douglas Dolphins Swim Team or DDST

Entry Fee:

\$4.00 per event plus an \$8.00 swimmer participation fee per swimmer to help cover meet expenses. Relays will be \$12.00 each.

Admission: Free. A three-day program will be available for purchase, and will include coupons for finals programs each day.

Awards: **Team Trophies:** 1st – 4th
Trophies will be awarded for Individual High Point & Runner-up (6 & under, 7- 8, 9-10, 11-12, 13-14, 15-18)
Individual Events: medals 1st – 3rd place, ribbons 4th – 16th place (6 & under, 7-8, 9-10, 11-12, 13-14, 15-18)
Relays: Medals 1st-3rd
 Scoring will be 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
 Relay Scoring will be 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
 ALL AWARDS MUST BE PICKED UP AT THE MEET. NO AWARDS WILL BE MAILED. Each team is asked to designate a representative to collect the awards.

Hospitality: Limited hospitality for officials, coaches and timers.

Snack Bar: There will be a well-stocked snack bar for food service.

Officials: Referee: Gale Maynor Starter: Jim Morefield
 Meet Director: Linda Koontz Meet Marshall: Robert Koontz
 775-782-7806; blkoontz92@yahoo.com

	8&un	9-10	11-12	13-14	15 & Over
Friday	50 Back 100 Free 25 Fly 100 Free Relay 10 & Under 200 Free Relay	200 IM 100 Back 200 Free 50 Fly 200 Free Relay 10 & Under 200 Free Relay	100 Back 50 Fly 50 Breast *1000 Free **200 Free Relay **11 & Over 200 Free Relay	400 IM 200 Free 100 Breast *1000 Free **400 Free Relay **11 & Over 200 Free Relay	400 IM 200 Free 100 Breast *1000 Free **400 Free Relay **11 & Over 200 Free Relay
Saturday	25 Free 25 Back 50 Breast 100 Med Relay 10 & Under 200 Medley Relay	50 Free 50 Back 100 Breast 200 Med Relay 10 & Under 200 Medley Relay *500 Free	200 IM 100 Free 200 Back 100 Fly *500 Free **200 Medley Relay **11 & Over 200 Medley Relay	200 IM 100 Free 200 Back 100 Fly *500 Free **400 Medley Relay **11 & Over 200 Medley Relay	200IM 100 Free 200 Back 100 Fly *500 Free **400 Medley Relay **11 & Over 200 Medley Relay
Sunday	25 Breast 50 Fly 100 IM 50 Free	50 Breast 100 Fly 100 IM 100 Free	200 Free 100 Breast 50 Back 100 IM 50 Free	200 Breast 100 Back 200 Fly 50 Free *1650 Free	200 Breast 100 Back 200 Fly 50 Free *1650 Free

***All distance events will be swum together and awarded separately.**

****Relay events 41-48 and 93-100 will be swum at the end of the Finals session on those days.**

	Friday				Saturday		
	August 7, 2009				August 8, 2009		
Girls	Event Description: Preliminaries & Timed Finals		Boys		Girls	Event Description: Preliminaries & Timed Finals	
1	15 & Over 400 IM		2		49	15 & Over 200 IM	
3	13-14 400 IM		4		51	13-14 200 IM	
5	9-10 200 IM		6		53	11-12 200 IM	
7	11-12 100 Back		8		55	15 & Over 100 Free	
9	8 & Under 50 Back		10		57	13-14 100 Free	
11	9-10 100 back		12		59	11-12 100 Free	
13	15 & Over 200 Free		14		61	9-10 50 Free	
15	13-14 200 Free		16		63	8 & Under 25 Free	
17	11-12 50 Fly		18		65	15 & Over 200 Back	
19	9-10 200 Free		20		67	13-14 200 Back	
21	8 & Under 100 Free		22		69	11-12 200 Back	
23	15 & Over 100 Breast		24		71	9-10 50 Back	
25	13-14 100 Breast		26		73	8 & Under 25 Back	
27	11-12 50 Breast		28		75	15 & Over 100 Fly	
29	9-10 50 Fly		30		77	13-14 100 Fly	
31	8 & Under 25 Fly		32		79	11-12 100 Fly	
33	9-10 200 Free Relay		34		81	9-10 100 Breast	
35	8 & Un 100 Free Relay		36		83	8 & Under 50 Breast	
37	10 & Un 200 Free Relay		38		85	9-10 200 Medley Relay	
39	*11 & Over 1000 Free		40		87	8-Under 100 Medley Relay	
41	**15& Over 400 Free Relay		42		89	10 & Under 200 Medley Relay	
43	**13-14 400 Free Relay		44		91	*9 & Over 500 Free	
45	**11-12 200 Free Relay		46		93	**11-12 200 Medley Relay	
47	**11& Over 200 Free Relay		48		95	**11 & Over 200 Med Relay	
					97	**13-14 400 Medley Relay	
					99	**15 & Over 400 Med Relay	

***All distance events will be swum together and awarded separately.**

****Relay events 41-48 and 93-100 will be swum at the end of the Finals session on those days.**

Sunday		
August 9, 2009		
Girls	Event Description: Preliminaries & Timed Finals	Boys
101	11-12 200 Free	102
103	15 & Over 200 Breast	104
105	13-14 200 Breast	106
107	11-12 100 Breast	108
109	9-10 50 Breast	110
111	8 & Under 25 Breast	112
113	15 & Over 100 Back	114
115	13-14 100 Back	116
117	11-12 50 Back	118
119	9-10 100 Fly	120
121	8 & Under 50 Fly	122
123	15 & Over 200 Fly	124
125	13-14 200 Fly	126
127	11-12 100 IM	128
129	9-10 100 IM	130
131	8 & Under 100 IM	132
133	15 & Over 50 Free	134
135	13-14 50 Free	136
137	11-12 50 Free	138
139	9-10 100 Free	140
141	8 & Under 50 Free	142
143	*13 & Over 1650 Free	144

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