

# High Country League Championship Meet

## Short Course Trials and Finals

Hosted by the Douglas Dolphins Swim Team

August 6-8, 2010

Enter online at: <http://ome.swimconnection.com/pc/ddst20100806>

- Sanction:** Held under USA/Pacific Swimming Sanction No.: **10 -087**
- 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 25-yard course with up to 8 competition lanes and separate warm-up and warm-down area. Fully automatic electronic timing system with touch pads and 8-line scoreboard. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 9 feet 0 inches at the start end and 3 feet 6 inches at the turn end. All events will start at a minimum depth of 9 feet 0 inches. Participants in the 100 yard relays who begin their leg of the race at the turn end shall start in the water. The competition course has not been certified in accordance with Article 104.2.2C(4).
- Time:** **Friday, Saturday & Sunday:** The meet will begin at 8:30 am, 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 500 free which will be timed finals. All events for 10 & unders will be timed finals and will be swum during the 11 & over trials session. All swimmers ages 10 & under should complete competition within four hours. 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 cannot swim in finals or relays and they cannot score points.
- All coaches and deck officials must wear their USA-S membership cards in a visible manner. **Each swimmer must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. All coaches are required to sign in at the meet before the beginning of warm ups and present their 2010 registration card. Coaches listed on the "Expired" list or who have no card and do not show up on the "Registered" list will not be permitted to coach their swimmers on the deck. The Meet Director or Meet Referee will assign the affected swimmers to a certified coach.**
- 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 2010 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, Penguin Swim Team, Aquasol, Plumas Pikes 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 each day shall be 30 minutes before the start of the meet. Thereafter each event shall close no more than 30 minutes prior to its estimated start time. Swimmers who do not check in for an event may not compete in the event.

**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 events:** Swimmers not checked in for a event will automatically be scratched from that event. There is no penalty for failing to check in for or swim a timed finals event. **Swimmers who cannot swim an event for which they have checked in are encouraged to declare a false start to the Deck Referee or to inform the Clerk of Course or Meet Referee that they do not intend to swim.**
- **Trials of 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 trials-and-finals** event and fails to swim **trials** of that event will be barred from competing in the next individual event in which the swimmer is entered in this meet. 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 on that day. 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.

**Distance:** The 1000 and 1650 freestyle will be swum 11 & over and 13 & over, respectively, but will be awarded and scored separately by age group. The 500 freestyle will be swum 9 & over but will be awarded and scored separately by age group. Swimmers in the 1650, 1000, and 500 are required to provide their own counters and timers. The 1650, 1000, and 500 freestyle are timed finals and will be swum fastest to slowest alternating girls and boys. **The 1000 and 1650 freestyle will be limited to the fastest 24 swimmers of each gender who check in and show up for the start.**

**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. Order of swim must be declared before the start of the heat.

- 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/ddst20100806> by **Wednesday July 28, 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 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 26, 2010, and mailed to:**

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

**Or hand delivered to the DDST coaching staff at the Carson Valley Swim Center by Wednesday July 28, 2010 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:** \$5.00 per event plus an \$5.00 swimmer participation fee per swimmer to help cover meet expenses. Relays will be \$16.00 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-3<sup>rd</sup>  
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: Lorna Johnston Meet Marshall: Brendon Van Beuge  
775-782-2382 johnstonld@gmail.com

### SUMMARY OF EVENTS

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

## SCHEDULE OF EVENTS

	<b>Friday</b> <b>August 6, 2010</b>				<b>Saturday</b> <b>August 7, 2010</b>	
<b>Girls</b>	Event Description: Preliminaries & Timed Finals	<b>Boys</b>		<b>Girls</b>	Event Description: Preliminaries & Timed Finals	<b>Boys</b>
1	15 & Over 400 IM	2		49	15 & Over 200 IM	50
3	13-14 400 IM	4		51	13-14 200 IM	52
5	9-10 200 IM	6		53	11-12 200 IM	54
7	11-12 100 Back	8		55	15 & Over 100 Free	56
9	8 & Under 50 Back	10		57	13-14 100 Free	58
11	9-10 100 back	12		59	11-12 100 Free	60
13	15 & Over 200 Free	14		61	9-10 50 Free	62
15	13-14 200 Free	16		63	8 & Under 25 Free	64
17	11-12 50 Fly	18		65	15 & Over 200 Back	66
19	9-10 200 Free	20		67	13-14 200 Back	68
21	8 & Under 100 Free	22		69	11-12 200 Back	70
23	15 & Over 100 Breast	24		71	9-10 50 Back	72
25	13-14 100 Breast	26		73	8 & Under 25 Back	74
27	11-12 50 Breast	28		75	15 & Over 100 Fly	76
29	9-10 50 Fly	30		77	13-14 100 Fly	78
31	8 & Under 25 Fly	32		79	11-12 100 Fly	80
33	9-10 200 Free Relay	34		81	9-10 100 Breast	82
35	8 & Un 100 Free Relay	36		83	8 & Under 50 Breast	84
37	10 & Un 200 Free Relay	38		85	9-10 200 Medley Relay	86
39	*11 & Over 1000 Free	40		87	8-Under 100 Medley Relay	88
41	**15 & Over 400 Free Relay	42		89	10 & Under 200 Medley Relay	90
43	**13-14 400 Free Relay	44		91	*9 & Over 500 Free	92
45	**11-12 200 Free Relay	46		93	**11-12 200 Medley Relay	94
47	**11 & Over 200 Free Relay	48		95	**11 & Over 200 Med Relay	96
				97	**13-14 400 Medley Relay	98
				99	**15 & Over 400 Med Relay	100

\*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.

<b>Sunday</b>		
<b>August 8, 2010</b>		
<b>Girls</b>	<b>Event Description: Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
<b>101</b>	<b>11-12 200 Free</b>	<b>102</b>
<b>103</b>	<b>15 &amp; Over 200 Breast</b>	<b>104</b>
<b>105</b>	<b>13-14 200 Breast</b>	<b>106</b>
<b>107</b>	<b>11-12 100 Breast</b>	<b>108</b>
<b>109</b>	<b>9-10 50 Breast</b>	<b>110</b>
<b>111</b>	<b>8 &amp; Under 25 Breast</b>	<b>112</b>
<b>113</b>	<b>15 &amp; Over 100 Back</b>	<b>114</b>
<b>115</b>	<b>13-14 100 Back</b>	<b>116</b>
<b>117</b>	<b>11-12 50 Back</b>	<b>118</b>
<b>119</b>	<b>9-10 100 Fly</b>	<b>120</b>
<b>121</b>	<b>8 &amp; Under 50 Fly</b>	<b>122</b>
<b>123</b>	<b>15 &amp; Over 200 Fly</b>	<b>124</b>
<b>125</b>	<b>13-14 200 Fly</b>	<b>126</b>
<b>127</b>	<b>11-12 100 IM</b>	<b>128</b>
<b>129</b>	<b>9-10 100 IM</b>	<b>130</b>
<b>131</b>	<b>8 &amp; Under 100 IM</b>	<b>132</b>
<b>133</b>	<b>15 &amp; Over 50 Free</b>	<b>134</b>
<b>135</b>	<b>13-14 50 Free</b>	<b>136</b>
<b>137</b>	<b>11-12 50 Free</b>	<b>138</b>
<b>139</b>	<b>9-10 100 Free</b>	<b>140</b>
<b>141</b>	<b>8 &amp; Under 50 Free</b>	<b>142</b>
<b>143</b>	<b>*13 &amp; Over 1650 Free</b>	<b>144</b>

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# DDST HOTEL INFORMATION

- *Ask for special “Douglas Dolphins Swim Team rates” below.*
- *Both offer free continental breakfast daily.*
- *Both a short walk to the Carson Valley Swim Center.*
- *Easy walking to several dining opportunities.*



**Standard 2 Queens or 1 King  
\$99 Aug.-Sept., \$79 Jan.-Feb.**

Intersection of Hwy 88 & Hwy 395  
1659 Hwy 88, Minden NV 89423  
Reservations 775-782-7500

<http://www.carsonvalleyhotel.com>



**Best Western Minden Inn**  
**15% discount off seasonal rates**

Hwy 395, 1 block north of Hwy 88

1795 Ironwood Drive  
Minden NV 89423

775-782-7766 or 866-441-1234.

<http://www.bestwesternnevada.com/hotels/best-western-minden-inn>