

Douglas Dolphins Swim Team's
Autumn Freeze Swim Meet
September 26th, 27th, & 28th, 2008

Enter online at: <http://swimconnection.com/pc/meet/ddst>

- Sanction: Held under USA/Pacific Swimming Sanction No.: **1028**
- 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: 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: Warm-ups on Friday evening will begin at 3:45 PM and run to 4:45 PM. The Friday evening session will begin promptly at 5:00 PM. Saturday and Sunday morning session warm-ups for the 11-up age group will begin at 7:45 AM to 8:45 AM with the meet beginning at 9:00 AM. Saturday afternoon session warm-ups for the 10-under age group will start **no sooner than 1:00 PM with the meet beginning no sooner than 2:00 PM**. Sunday afternoon sessions warm-ups for the 10-under age group will start **no sooner than 12:00 p.m. with the meet beginning no sooner than 1:00 p.m.** A tentative timeline will be posted on our website on September 25th.
- Rules: Current USA Swimming (USA-S) 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. All the events are timed finals. **Swimmers may compete in up to 2 individual events on Friday and up to 5 individual events on Saturday or Sunday but cannot exceed 10 events for the meet. Swimmers entered in the 500 Free must provide their own counters and the 1000 Free must supply their own counters and timers. These events will be swum fastest to slowest alternating girl and boy heats. The 1000 Free is limited to the fastest 24 entries checked-in. Swimmers with seed times slower than the fastest 24 eligible seed times in the 1000 Free will receive a refund of their entry fee. 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 scratch down and an immediate cash refund will be made. All swimmers 12 & under should complete competition within 4 hours.**
- ENTRIES WILL BE LIMITED TO THE FIRST 450 SWIMMERS** or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.
- 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, 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 aged 19 years and older may participate in open or 13 & Up events but may 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 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 before the event is seeded, or if the referee accepts proof of illness, injury, or other circumstances beyond the control of the swimmer.

Entries: **TWO OPTIONS FOR SUBMITTING MEET ENTRIES**

Option 1: Online Meet Entries:

Enter at: <http://swimconnection.com/pc/meet/ddst> by **Wednesday, Sept 17th, 2008** 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 submitted using the 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, Sept. 15th, 2008 and mailed to:**

Douglas Dolphins Swim Team
c/o Linda Koontz
241 Beverly Way
Gardnerville, NV 89460

Or hand delivered to the DDST entry box at the Carson Valley Swim Center by 5:00 PM, Wednesday, Sept 17th, 2008. NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES WILL BE ALLOWED. Except for mandatory scratch downs and those swimmers that exceed the fastest 24 swimmers eligibility limit for the 1000 Free event, no refunds will be made.

Make checks payable to: Douglas Dolphins Swim Team or DDST

Entry Fee: \$2.25 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: Awards will be given for Age Group High Point & Runner Up (6 & Under, 7- 8, 9-10, 11-12, 13-14, 15-16, 17-18).
For age group events: Ribbon awards will be given for 1st through 8th place.

Scoring: Age group events will be scored for 1st through 8^h place as follows: 9, 7, 6, 5, 4, 3, 2, 1.

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 Van Beuge
johnstonld@gmail.com
(775)782-2382

Schedule of Events

G	B	Age Group	Event
<u>Friday, September 26, 2008</u>			
1	2	9-10	200 Free
3	4	11-up	400 IM
5	6	9-10	200 IM
7	8	11-up	1000 Free*

Saturday, September 27, 2008

**Morning Session
11-Up Swimmers**

9	10	11-12	100 IM
11	12	13-up	200 Free
13	14	11-12	200 Free
15	16	13-up	100 Back
17	18	11-12	100 Back
19	20	13-up	200 Breast
21	22	11-12	50 Breast
23	24	13-up	100 Fly
25	26	11-12	100 Fly
27	28	13-up	50 Free
29	30	11-12	50 Free
31	32	11-up	500 Free

**Afternoon Session
10-Under Swimmers**

33	34	8-un	100 IM
35	36	9-10	50 Back
37	38	8-un	50 Back
39	40	9-10	100 Breast
41	42	8-un	25 Breast
43	44	9-10	50 Fly
45	46	8-un	50 Fly
47	48	9-10	100 Free
49	50	8-un	25 Free
51	52	9-10	500 Free

*Limited to the fastest 24 swimmers checked-in for each of this event. Swimmers with seed times slower than the fastest 24 eligible seed times will receive a refund of their entry fee.

Schedule of Events

<u>G</u>	<u>B</u>	<u>Age Group</u>	<u>Event</u>
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Sunday, September 28, 2008

**Morning Session
11-Up Swimmers**

53	54	13-up	200 IM
55	56	11-12	200 IM
57	58	13-up	200 Back
59	60	11-12	50 Back
61	62	13-up	100 Free
63	64	11-12	100 Free
65	66	13-up	200 Fly
67	68	11-12	50 Fly
69	70	13-up	100 Breast
71	72	11-12	100 Breast

**Afternoon Session
10-Under Swimmer**

73	74	9-10	100 IM
75	76	8-un	100 Free
77	78	9-10	100 Back
79	80	8-un	25 Back
81	82	9-10	100 Fly
83	84	8-un	25 Fly
85	86	9-10	50 Breast
87	88	8-un	50 Breast
89	90	9-10	50 Free
91	92	8-un	50 Free

Event Summary by Age Group

	<u>8&un</u>	<u>9-10</u>	<u>11-12</u>	<u>13&up</u>
<u>Friday</u>		200 Free 200IM	400 IM 1000 Free	400 IM 1000 Free
<u>Saturday</u>	100IM 50 Back 25 Breast 50 Fly 25 Free	50 Back 100 Breast 50 Fly 100 Free 500 Free	100IM 200 Free 100 Back 50 Breast 100 Fly 50 Free 500 Free	200 Free 100 Back 200 Breast 100 Fly 50 Free 500 Free
<u>Sunday</u>	100 Free 25 Back 25 Fly 50 Breast 50 Free	100 IM 100 Back 100 Fly 50 Breast 50 Free	200 IM 50 Back 100 Free 50 Fly 100 Breast	200 IM 200 Back 100 Free 200 Fly 100 Breast

DOUGLAS DOLPHINS SWIM TEAM			
AUTUMN FREEZE SWIM MEET			
September 26 - 28, 2008			
CONSOLIDATED ENTRY CARD			
Name:		Last	First Initial
_____		_____	_____
Club Abbr.	If Unattached, Team Name	LSC (PC, SN, etc.)	
_____	_____	_____	
Club Name: _____			
AGE	Date of Birth	Age Group	
_____	_____	_____	
USA-S	Registration:		
_____	_____		
Gender (circle one): Male Female			
Event #	Distance / Stroke	Entry Time (yds)	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
# of Entries _____ X \$2.25 = \$ _____ Participation Fee: + \$ 5.00 Total Amount Paid: \$ _____ <small>(payable to Douglas Dolphins Swim Team)</small>			
Coach name: _____			
Swimmer's _____			
Address & _____			
e-mail: _____			
Phone # () - _____			
Team e-mail: _____			

DOUGLAS DOLPHINS SWIM TEAM			
AUTUMN FREEZE SWIM MEET			
September 26 - 28, 2008			
CONSOLIDATED ENTRY CARD			
Name:		Last	First Initial
_____		_____	_____
Club Abbr.	If Unattached, Team Name	LSC (PC, SN, etc.)	
_____	_____	_____	
Club Name: _____			
AGE	Date of Birth	Age Group	
_____	_____	_____	
USA-S	Registration:		
_____	_____		
Gender (circle one): Male Female			
Event #	Distance / Stroke	Entry Time (yds)	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
_____	_____	: .	
# of Entries _____ X \$2.25 = \$ _____ Participation Fee: + \$ 5.00 Total Amount Paid: \$ _____ <small>(payable to Douglas Dolphins Swim Team)</small>			
Coach name: _____			
Swimmer's _____			
Address & _____			
e-mail: _____			
Phone # () - _____			
Team e-mail: _____			