

High Country League Championship Meet Short Course Trials and Finals

Hosted by the Douglas Dolphins Swim Team

August 9th - 11th, 2013

Enter online at: <https://ome.swimconnection.com/pc/ddst20130809>



PACIFIC
SWIMMING

SANCTION: Held under USA/Pacific Swimming Sanction No.: 13-132

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

NOTICE: By entering this meet, the athlete or his/her guardian consents to the publication, via electronic, print or other media, of information and/or imagery related to their participation at this meet. Such information and imagery may include, but is not limited to, photographs, video, web casting, television, psych sheets, and live meet results.

AUDIO AND VIDEO: Photography and video recording from behind the blocks or starting areas is prohibited unless prior permission is granted by the Meet Referee. Use of any audio or visual recording electronic devices, including but not limited to film and digital cameras, cell phones and tablets, is not permitted in changing areas, rest rooms or locker rooms. Violation of this recording prohibition may result in ejection from the swimming pool facility by the Meet Referee or his/her designee.

OFFICIALS:

| | |
|--|--|
| Meet Referee: Kendra Follett | Administrative Referee: Jim Morefield |
| Head Starter: Judy Maynor | Chief Judge: Cindy Wilson |
| Meet Marshal: Robert Compton | |
| Meet Director: Linda Koontz blkoontz92@yahoo.com , 775-267-7256 | |

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 competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.** The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 7 feet 3 inches at the start end and 3 feet 5 1/2 inches at the turn end. All events will start at a minimum depth of 7 feet 3 inches.

TIME: **Friday, Saturday & Sunday PRELIMINARY sessions** will begin at 8:30 am each day, with warm-ups from 7:00 am to 8:15 am. At the Meet Referee's discretion, special warm-up times and lanes may be designated for 10-under swimmers. **FINALS sessions for 11 & over swimmers** will begin no sooner than 2 hours after the finish of the preliminary session that day, with warm-ups no sooner than 1 hour after.

RULES:

- Current USA Swimming and Pacific Swimming rules will govern the meet, including Championship scratch rules.
- Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course.
- **All events will be seeded fastest to slowest, with all conforming short-course yards entries seeded first, followed by all non-conforming long-course meters entries, then any non-conforming short-course meters entries.**
- **Entries with No Time (NT) will be accepted ONLY for individual events of 100 YARDS OR SHORTER, and for all relays, and will be seeded last.**
- Individual events for 11 & over swimmers will be swum as preliminaries and a single championship final heat, except for the 500, 1000, and 1650 freestyle which will be swum as timed finals immediately following the preliminary session that day.
- All events for 10 & under swimmers will be conducted as timed finals during the morning preliminary sessions.
- Swimmers may enter as many events as they wish, but shall compete in **no more than 9 individual events total for the meet, plus relays.**
- **11 & over swimmers may compete in up to 3 individual events per day (not to exceed 9 total), plus relays.**
- **10 & under swimmers may compete in up to 4 individual events per day (not to exceed 9 total), plus relays.**
- 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.
- **Participants in the 100 yard relays who begin their leg of the race at the turn end shall start in the water.**

DISTANCE:

- **Check-in for the 500, 1000, and 1650 freestyle will close at 10:00 am each day.**
- Age groups will swim the 500, 1000, and 1650 freestyle together, but will be scored and awarded separately.
- **Each swimmer in the 500, 1000, and 1650 must provide their own timers and lap counter.**
- The 500, 1000, and 1650 freestyle are timed finals and will be swum fastest to slowest alternating girls and boys heats.

RELAYS:

- Relays are timed finals, and will be deck entered.
- **Entries are due by 10:00 am for morning (10-under) relays, and by 12:00 noon for afternoon (11-18) relays.**
- Order of swim (and any changes) and any alternates must be declared on each entry, and shall not be changed after the start of the heat.
- **Only two scoring relays** will be allowed per team per event, designated as A and B. Each team may enter as many additional non-scoring relay teams as they would like.
- 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 preliminary session immediately before the scheduled distance events.
- 11 & over swimmers may compete in the 11-18 relays, or in relays for their age division, **but not in both.**
- 11 & over relays will be swum at the end of the afternoon Finals sessions on Friday and Saturday.
- Swimmers 19 years of age and over shall not participate in relay events.

COACHES & OFFICIALS: All coaches and deck officials must wear their USA-S membership cards in a visible manner at all times while on deck. All coaches are required to sign in at the meet before the beginning of warm-ups and present their 2013 registration card. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

UNACCOMPANIED SWIMMERS: Any USAS athlete-member competing at the meet must be accompanied by a USA Swimming member-coach for the purposes of athlete supervision during warm-up, competition and warm-down. If a coach-member of the athlete's USAS Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USAS Club Member-Coach. The swimmer must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start the race in the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: The following prohibitions apply to all areas of the meet venue including the pool deck, locker rooms, spectator seating, standing areas, and all areas used by swimmers during the meet and during warm-up periods.

- No smoking or use of tobacco products.
- No sale or use of alcoholic beverages.
- No glass containers.
- No propane heaters.
- No animals.
- All shelters must be properly secured at all times, or may be removed by meet management.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ELIGIBILITY:

- The meet is open to all qualified 2013 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** is defined as all of Pacific Swimming Zone 4, plus Elko Swim Team of Snake River Swimming, plus the following Sierra Nevada Swimming clubs: Sparks Piranhas Swim Team, Fallon Barracuda Swim Team, Winnemucca Whitewater Swim Team, Truckee-Tahoe Swim Team, Northern Sierra Aquatics, Penguin Swim Team, Aquasol, Plumas Pikes Swim Team, and Lassen Aquatics.
- **Swimmers 19 years & older may swim for time only** in individual preliminary and timed-final events for which they are age-eligible. They are not eligible for relays or finals, and shall not score points or receive awards.
- **Disabled swimmers, attached or unattached, 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.**
- All swimmers must be current members of USA Swimming and enter their name and registration number 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). Swimmers who enter as " pending" or "applied for" must be prepared to present their current card or register before being allowed to check-in, unless the meet director determines that they are validly pending. Duplicate registrations will be refunded by mail.

- **Entries with No Time (NT) will NOT be accepted for individual events of 200 yards or longer.**
- *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.*

CHECK-IN: The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Other than Distance events which will close at 10:00 am each day, close of check-in for all individual events shall be no earlier than 60 minutes before the estimated start time the first heat of the event. Check-in for the first 2 events of each meet session will close 30 minutes before the start of the session. No event shall be closed earlier than 30 minutes before the estimated start of the meet session. Swimmers who do not check in for an event may not compete in the event.

SCRATCHES: Pacific Swimming and USA Swimming Championship scratch rules will be in effect.

- **Timed Finals events:** Swimmers not checked in for an event will automatically be scratched from that event. Any swimmer who has checked in for an **individual timed-final** event must swim in the event unless they notify the Clerk of the Course before the event is seeded that they wish to scratch. Otherwise, a swimmer who fails to swim that event will be barred from the **next individual event in which the swimmer is entered** on that day or the next meet day, whichever is first.
- **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 must swim in trials of that event unless they notify the Clerk of the Course before the event is seeded that they wish to scratch. Otherwise, a swimmer who fails to swim that event will be barred from **all remaining events on that day including relays**. A swimmer who qualified for a final before missing an event may swim that final.
- **Finals of Trials-and-Finals events:** Swimmers who originally qualified for any finals, and who do not (or might not) wish to compete, have 30 minutes after the results are announced to declare their intent to scratch or to scratch. For intent to scratch, a swimmer must return and declare their final decision within 30 minutes after the announcement of qualifiers following their last individual preliminary event on that day. Otherwise, all qualifiers not properly scratched **will be seeded in finals**. Any swimmer originally qualifying for any finals race in an individual event who fails to show up in said race prior to calling the first alternate, without having properly scratched first, shall be barred from **further competition for the remainder of the meet**. If the failure 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.
- **Exceptions:** 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 failure is caused by circumstances beyond the control of the swimmer, or the swimmer qualified for any level of finals due to scratches of one or more original finalists, or the swimmer is an alternate for any level of finals.

ENTRIES: Must be submitted using the swimmer's best conforming yards or non-conforming meters time for each event. NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES (except relays) OR ENTRY CHANGES WILL BE ALLOWED. NO REFUNDS will be given except in the case of a mandatory scratch-down.

TWO OPTIONS FOR MEET ENTRY

Option 1: Online Meet Entries

Enter at <https://ome.swimconnection.com/pc/ddst20130809> to receive immediate confirmation of acceptance via email. 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. **Online entries will be accepted until 11:59 pm Wednesday, July 31st, 2013.**

Option 2: Paper Entries

1. Fill out the provided Consolidated Entry Card completely for each swimmer in your family.
2. Write and sign a check for the total amount of your family's entry fees, payable to **Douglas Dolphins Swim Team** or DDST.
3. If you would like confirmation of paper entry, also include a self-addressed stamped envelope or postcard.
4. **Hand deliver** card(s) and check to the DDST coaching staff at the Carson Valley Swim Center **by 6:30 pm Wednesday, July 31st, 2013**

5. **OR** mail card(s) and check, **postmarked no later than Monday, July 29, 2013, to:**

Douglas Dolphins Swim Team
Attention: Meet Entries Chair
P.O. Box 44
Minden, NV 89423

6. If sent express mail or FedEx ***indicate no signature required for delivery*** Entries will not be signed for.

ENTRY FEES: \$5.00 per event plus a \$9.00 swimmer participation fee per swimmer to help cover meet expenses. Relays will be \$16.00 each, due with the entries or no later than Sunday morning by 9:00 am.

AWARDS:

- **Team High-point:** trophies 1st – 4th
- **Individual High-point & Runner-up:** trophies for 6 & under, 7- 8, 9-10, 11-12, 13-14, 15-18 age groups.
- **Individual Events:** medals 1st – 3rd place, ribbons 4th – 16th place for 6 & under, 7-8, 9-10, 11-12, 13-14, 15-18 age groups.
- **Relays:** Medals 1st – 3rd place.
- 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.

SCORING: to 16 places for all events as follows:

| Place | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Individual Points | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 9 | 7 | 6 | 5 | 4 | 3 | 2 | 1 |
| Relay Points | 40 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 18 | 14 | 12 | 10 | 8 | 6 | 4 | 2 |

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

SNACK BAR: There will be a well-stocked snack bar for food service.

HOSPITALITY: Limited hospitality for officials, coaches, and timers.

HOTEL & VISITOR INFORMATION: www.ddst.org

MINIMUM OFFICIALS: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents/trainees are also welcome to shadow working officials for education and/or mentoring. **Participating clubs are requested to provide at least the following number of certified and carded officials for each session:**

| Club swimmers entered in session | Trained and carded officials requested |
|----------------------------------|--|
| 1-10 | 0 |
| 11-25 | 1 |
| 26-50 | 2 |
| 51-75 | 3 |
| 76-100 | 4 |
| 101 or more | 5 |

SUMMARY OF EVENTS

| | 8 & Under | 9-10 | 11-12 | 13-14 | 15 & Over |
|-----------------|-----------------------|------------------|--------------------------|--------------------|----------------------|
| FRIDAY | 50 Back | 200 IM | 100 Back | 400 IM | 400 IM |
| | 100 Free | 100 Back | 50 Fly | 200 Free | 200 Free |
| | 25 Fly | 200 Free | 50 Breast | 100 Breast | 100 Breast |
| | 100 Free Relay | 50 Fly | *1000 Free | *1000 Free | *1000 Free |
| | | 200 Free Relay | **200 Free Relay | **400 Free Relay | **400 Free Relay |
| | 10/U 200 Free Relay | | **11-18 200 Free Relay | | |
| SATURDAY | 25 Free | 50 Free | 200 IM | 200 IM | 200 IM |
| | 25 Back | 50 Back | 100 Free | 100 Free | 100 Free |
| | 50 Breast | 100 Breast | 200 Back | 200 Back | 200 Back |
| | 100 Medley Relay | *500 Free | 100 Fly | 100 Fly | 100 Fly |
| | | 200 Medley Relay | *500 Free | *500 Free | *500 Free |
| | 10/U 200 Medley Relay | | **200 Medley Relay | | |
| | | | **11-18 200 Medley Relay | | |
| | | | **400 Medley Relay | **400 Medley Relay | |
| SUNDAY | 25 Breast | 50 Breast | 200 Free | 200 Breast | 200 Breast |
| | 50 Fly | 100 Fly | 100 Breast | 100 Back | 100 Back |
| | 100 IM | 100 IM | 50 Back | 200 Fly | 200 Fly |
| | 50 Free | 100 Free | 100 IM | 50 Free | 50 Free |
| | | | 50 Free | *1650 Free | *1650 Free |

*All distance events will be swum together, but scored and awarded separately by age group.

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

SCHEDULE OF EVENTS

| Friday, August 9, 2013 | | |
|-------------------------------|---|-------------|
| Girls | Preliminaries & Timed Finals | Boys |
| 1 | 15 & Over 400 IM | 2 |
| 3 | 13-14 400 IM | 4 |
| 5 | 9-10 200 IM | 6 |
| 7 | 11-12 100 Back | 8 |
| 9 | 8 & Under 50 Back | 10 |
| 11 | 9-10 100 back | 12 |
| 13 | 15 & Over 200 Free | 14 |
| 15 | 13-14 200 Free | 16 |
| 17 | 11-12 50 Fly | 18 |
| 19 | 9-10 200 Free | 20 |
| 21 | 8 & Under 100 Free | 22 |
| 23 | 15 & Over 100 Breast | 24 |
| 25 | 13-14 100 Breast | 26 |
| 27 | 11-12 50 Breast | 28 |
| 29 | 9-10 50 Fly | 30 |
| 31 | 8 & Under 25 Fly | 32 |
| 33 | 9-10 200 Free Relay | 34 |
| 35 | 8 & Un 100 Free Relay | 36 |
| 37 | 10 & Un 200 Free Relay | 38 |
| 39 | *11 & Over 1000 Free | 40 |
| 41 | **15-18 400 Free Relay | 42 |
| 43 | **13-14 400 Free Relay | 44 |
| 45 | **11-12 200 Free Relay | 46 |
| 47 | **11-18 200 Free Relay | 48 |

| Saturday, August 10, 2013 | | |
|----------------------------------|---|-------------|
| Girls | Preliminaries & Timed Finals | Boys |
| 49 | 15 & Over 200 IM | 50 |
| 51 | 13-14 200 IM | 52 |
| 53 | 11-12 200 IM | 54 |
| 55 | 15 & Over 100 Free | 56 |
| 57 | 13-14 100 Free | 58 |
| 59 | 11-12 100 Free | 60 |
| 61 | 9-10 50 Free | 62 |
| 63 | 8 & Under 25 Free | 64 |
| 65 | 15 & Over 200 Back | 66 |
| 67 | 13-14 200 Back | 68 |
| 69 | 11-12 200 Back | 70 |
| 71 | 9-10 50 Back | 72 |
| 73 | 8 & Under 25 Back | 74 |
| 75 | 15 & Over 100 Fly | 76 |
| 77 | 13-14 100 Fly | 78 |
| 79 | 11-12 100 Fly | 80 |
| 81 | 9-10 100 Breast | 82 |
| 83 | 8 & Under 50 Breast | 84 |
| 85 | 9-10 200 Medley Relay | 86 |
| 87 | 8-Under 100 Medley Relay | 88 |
| 89 | 10 & Under 200 Medley Relay | 90 |
| 91 | *9 & Over 500 Free | 92 |
| 93 | **11-12 200 Medley Relay | 94 |
| 95 | **11-18 200 Med Relay | 96 |
| 97 | **13-14 400 Medley Relay | 98 |
| 99 | **15-18 400 Med Relay | 100 |

| Sunday August 11, 2013 | | |
|-------------------------------|---|-------------|
| Girls | 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 |
| 141 | 8 & Under 50 Free | 142 |
| 143 | *13 & Over 1650 Free | 144 |

***All distance events will be swum together, but scored and awarded separately by age group.**

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

HIGH COUNTRY LEAGUE

CHAMPIONSHIPS – Trials & Finals

August 9 – 11, 2013

CONSOLIDATED ENTRY CARD

| | | | | | | | | | | | | | | | | | | | |
|--|---|------------------|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| Name: Last First Initial | | | | | | | | | | | | | | | | | | | |
| _____ | | | | | | | | | | | | | | | | | | | |
| Club Abbr. | If Unattached, Team Name | LSC (PC or SN) | | | | | | | | | | | | | | | | | |
| _____ | | _____ | | | | | | | | | | | | | | | | | |
| Club Name: _____ | | | | | | | | | | | | | | | | | | | |
| AGE | Date of Birth | Age Group | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| USA-S Registration: | <table border="1"> <tr> <td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td> </tr> </table> | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| Gender (circle one): Male Female | | | | | | | | | | | | | | | | | | | |
| Event # | Distance / Stroke | Entry Time (yds) | | | | | | | | | | | | | | | | | |
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| # of Entries _____ X \$5.00 = | | \$ _____ | | | | | | | | | | | | | | | | | |
| Participation Fee: + | | \$ 9.00 | | | | | | | | | | | | | | | | | |
| Total Amount Paid: (payable to Douglas Dolphins Swim Team) | | \$ _____ | | | | | | | | | | | | | | | | | |
| Coach name: _____ | | | | | | | | | | | | | | | | | | | |
| Swimmer's _____ | | | | | | | | | | | | | | | | | | | |
| Address & _____ | | | | | | | | | | | | | | | | | | | |
| e-mail: _____ | | | | | | | | | | | | | | | | | | | |
| Phone # () - _____ | | | | | | | | | | | | | | | | | | | |
| Team e-mail: _____ | | | | | | | | | | | | | | | | | | | |