

DOUGLAS DOLPHINS SWIM TEAM
VALENTINES DAY
PACIFIC SWIMMING SHORT COURSE MEET
FEBRUARY 8-10, 2019



Enter Online: <https://ome.swimconnection.com/pc/ddst20190208>

SANCTION: Held under USA/Pacific Swimming Sanction No. **19-018**

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, 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. **The results of this meet may be posted in real time on the Internet.**

USE OF AUDIO AND VISUAL: 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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass 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. Flash photography at the start of a race is prohibited.

MEET PERSONNEL:

Meet Referee:	Kendra Follett	Head Starter:	Chris Fanter
Meet Marshal:	Danielle Meldru	Admin Official:	Kelly Schott
Meet Director:	Wendy Yturbide	wyturbide@icloud.com	(775) 901-6317

LOCATION: Carson Valley Swim Center, 1600 Highway 88, Minden, NV 89423

DIRECTIONS: HWY 395 South from Carson City, right turn on HWY 88, one block on right (just past the high school). Complete visitor information can be found at <http://www.ddst.org>. 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: Indoor 25-yard pool with up to 6 lanes available for competition. Warm-up/warm-down area will be available. Fully electronic timing system with touch pads and an 8-line scoreboard will be provided. The minimum water depth as measured in accordance with article 103.2.3 is 10' at the starting end and 3'10" at the turn end. All events will start at a minimum depth of 10 feet. The competition course has been certified in accordance with article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

TIME:

- **Friday evening session** will begin promptly at 5:00 PM, with warm-ups from 3:45 – 4:45 PM.
- **Saturday and Sunday morning session (13 & Over Athletes)** will begin at 9:00 AM, with warm-ups from 7:45 – 8:45 AM.
- **Saturday and Sunday afternoon sessions (12 & Under Athletes)** will begin no earlier than 12:00 Noon, with warm-ups beginning not before 10:45 AM.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be at the Clerk-of-Course.
- All events are timed finals, and will be seeded fastest to slowest.
- Athletes may compete in a maximum of 2 individual events on Friday and 5 individual events per day on Saturday and Sunday, but **cannot exceed 10 events for the meet.**
- Athletes entered in the 500 Free, 1000 Free, and the 1650 Free must supply their own counters and timers.
- The 500 Free, 1000 Free, and 1650 Free will be swum alternating girl's and boy's heats.
- Per Zone-4 policy, to be eligible to enter the 1000 and 1650 Free, an athlete must have previously established an official time in an event of 400y/400m or longer.
- All athletes age 12 & under should complete competition within 4 hours.
- Each session will be limited to the first 350 athletes per session, or when the session estimated time line exceeds the "Four-Hour Rule" for ages 12 & Under, whichever occurs first.
- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.

- **All coaches and deck officials must wear their USA Swimming membership cards in a visible manner.** All coaches are required to sign in and present their 2018 membership before coaching athletes at the meet. Except for coaches accompanying athletes participating under the provisions of 202.8 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

ATTENTION HIGH SCHOOL ATHLETES: If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete's responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to California or Nevada athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

UNACCOMPANIED ATHLETES: Any USA Swimming 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 USA Swimming Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the athlete or the athlete's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the athlete in making arrangements for such supervision; however, it is recommended that such arrangements be made in advance of the meet by the athlete's USA Swimming Club Member-Coach.

RACING STARTS: Athletes 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 athlete or the athlete'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 athletes 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 except for snack bar/meet operations.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- No animals except working service animals.
- Destructive devices, to include but not limited to, explosive devices and equipment, firearms (open or concealed), blades, knives, mace, stun guns and blunt objects are strictly prohibited in the swimming facility and its surrounding areas. If observed, the Meet Referee or his/her designee may ask that these devices be stored safely away from the public or removed from the facility. Noncompliance may result in the reporting to law enforcement authorities and ejection from the facility. Law enforcement officers (LEO) are exempt per applicable laws.
- Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

ELIGIBILITY:

- Athletes must be current athlete members of USA Swimming and enter their name and registration number exactly as shown in their USA Swimming registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete 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.
- Disabled athletes are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding any special accommodations on entry times and seeding per Pacific Swimming policy.
- Athletes 19 years of age and older may swim with the oldest age group of an event, but will not receive awards, score points, or place.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY TIMES: Entries must be submitted using the athlete's best short-course yards time for each event (converted times allowed). All entry times must be in yards. **Entries with "NO TIME" (NT) will be accepted (Exception: 1000 and 1650 freestyles, see rules).**

ENTRY FEES: \$4.00 per event plus a \$9.00 per athlete participation fee. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

ENTRY DEADLINES: entries will be accepted by mail or online until the applicable deadline listed below, or when a session becomes full and is closed early per the rules section above, whichever is first. **NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED.** Check <https://ome.swimconnection.com/pc/ddst20190208> for session open or closed status.

ONLINE ENTRIES: Go to <https://ome.swimconnection.com/pc/ddst20190208> to receive an immediate entry confirmation. The

“billing information” email should be brought to the meet as proof of entry. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per athlete plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees. If you do not wish to pay the processing fee, enter the meet using a mail entry. **Entering online is a convenience, is completely voluntary, and is in no way required or expected of an athlete by Pacific Swimming.** Online entries will not be accepted after 11:59 PM, Wednesday, January 30, 2019.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by **11:59 PM Wednesday, January 30, 2019** or when session is closed early, whichever is first. Entries that are not committed and approved in TeamUnify are incomplete and shall not be accepted after a session closes.

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with athlete's best yards time. Entries must be **postmarked by midnight, Monday, January 28, 2019** or **hand delivered to a DDST coach by 5:00 p.m. Wednesday, January 30, 2019, and may be rejected if a session is already full.** Requests for confirmation of receipt of entries should include a self-addressed envelope.

Make check payable to: DDST or Douglas Dolphins Swim Team

**Mail entries to: Douglas Dolphins Swim Team
Meet Entries Chair
963 Topsy Lane
Suite 306-166
Carson City, NV 89705**

**Hand Deliver Entries To: Douglas Dolphins Coach
Carson Valley Swim Center
1600 Highway 88
Minden, NV 89423**

CHECK-IN: The meet will be deck seeded. Athletes must check-in at the Clerk-of-Course. No event shall be closed more than 30 minutes before the scheduled start of the session. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. **Athletes who do not check in will not be seeded and will not be allowed to compete in that event.**

SCRATCHES & NO-SHOWS: Any athlete not reporting for or competing in an individual timed final event shall not be penalized. Athletes who must withdraw from an event after it is seeded are requested to inform the referee immediately.

SCORING: Each event will be scored 1st through 12th place for each age group using the following points: 16, 13, 12, 11, 10, 9, 7, 5, 4, 3, 2, 1

AWARDS: Ribbons 1st – 8th place in each event. 8 & under events will be awarded as 6 & under and 7-8. 11 & Up events will be awarded as 11-12, 13-14, and 15-18. 13 & Up events will be awarded as 13-14 and 15-18. Individual High-Point and Runner-up awards will be awarded for 6 & under, 7-8, 9-10, 11-12, 13-14, and 15-18 age groups. Athletes 19 years of age and older will not receive awards.

ADMISSION: Free. A three-day program will be available for purchase.

HOSPITALITY: A snack bar will be available throughout the competition. Limited hospitality will be offered to officials, coaches, and timers.

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 athletes 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

EVENT SUMMARY:

FRIDAY			SATURDAY				SUNDAY			
9-10	11-12	11 & O	8 & U	9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O
200 IM	200 FL	400 IM	100 IM	100 IM	100 IM	200 FR	100 FR	200 FR	200 FR	200 IM
		500 FR	50 BK	50 BK	50 BK	100 BK	25 BK	100 BK	100 BK	200 BK
			25 BR	100 BR	100 BR	200 BR	25 FL	100 FL	100 FL	100 FR
			50 FL	50 FL	50 FL	100 FL	50 BR	50 BR	50 BR	200 FL
			25 FR	100 FR	100 FR	50 FR	50 FR	50 FR	50 FR	100 BR
					200 BR	1000 FR*			200 IM	1650 FR*

SCHEDULE OF EVENTS:

Girls #	Friday, February 8, 2019	Boys #
1	9-10 200 IM	2
3	11 & O 400 IM	4
5	11-12 200 FLY	6
7	11 & O 500 FREE	8

Girls #	Saturday, February 9, 2019		Boys #	Girls #	Sunday, February 10, 2019		Boys #
	AM SESSION				AM SESSION		
	(13 & OVER ATHLETES)				(13 & OVER ATHLETES)		
9	13-14 200 FREE		10	63	13-14 200 IM		64
11	15 & O 200 FREE		12	65	15 & O 200 IM		66
13	13-14 100 BACK		14	67	13-14 200 BACK		68
15	15 & O 100 BACK		16	69	15 & O 200 BACK		70
17	13-14 200 BREAST		18	71	13-14 100 FREE		72
19	15 & O 200 BREAST		20	73	15 & O 100 FREE		74
21	13-14 100 FLY		22	75	13-14 200 FLY		76
23	15 & O 100 FLY		24	77	15 & O 200 FLY		78
25	13-14 50 FREE		26	79	13-14 100 BREAST		80
27	15 & O 50 FREE		28	81	15 & O 100 BREAST		82
29	13 & O 1000 FREE*		30	83	13 & O 1650 FREE*		84

Girls #	Saturday, February 9, 2019		Boys #	Girls #	Sunday, February 10, 2019		Boys #
	PM SESSION				PM SESSION		
	(12 & UNDER ATHLETES)				(12 & UNDER ATHLETES)		
31	11-12 100 IM		32	85	11-12 200 FREE		86
33	9-10 100 IM		34	87	9-10 200 FREE		88
35	8 & U 100 IM		36	89	8 & U 100 FREE		90
37	11-12 50 BACK		38	91	11-12 100 BACK		92
39	9-10 50 BACK		40	93	9-10 100 BACK		94
41	8 & U 50 BACK		42	95	8 & U 25 BACK		96
43	11-12 100 BREAST		44	97	11-12 100 FLY		98
45	9-10 100 BREAST		46	99	9-10 100 FLY		100
47	8 & U 25 BREAST		48	101	8 & U 25 FLY		102
49	11-12 50 FLY		50	103	11-12 50 BREAST		104
51	9-10 50 FLY		52	105	9-10 50 BREAST		106
53	8 & U 50 FLY		54	107	8 & U 50 BREAST		108
55	11-12 100 FREE		56	109	11-12 50 FREE		110
57	9-10 100 FREE		58	111	9-10 50 FREE		112
59	8 & U 25 FREE		60	113	8 & U 50 FREE		114
61	11-12 200 BREAST		62	115	11-12 200 IM		116

*Per Zone 4 Policy, to be eligible to enter the 1000 Freestyle and 1650 Freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.

**DOUGLAS DOLFIN SWIM TEAM
VALENTINES DAY
February 8-10, 2019
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 Swimming Registration:	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> <td style="border: 1px solid black; width: 20px; height: 20px;"></td> </tr> </table>																							
Gender (circle one):		Male		Female																				
Event #	Distance / Stroke		Entry Time (yds)																					
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# of Entries _____ X \$4.00 =			\$ _____																					
Participation Fee: +			\$ 9.00																					
Total Amount Paid: (payable to Douglas Dolphins Swim Team)			\$ _____																					
Coach name: _____																								
Athlete's Address _____																								
e-mail: _____																								
Phone # _____ () _____ - _____																								
Team e-mail: _____																								
OFFICE USE ONLY:			Cash Amt.: \$																					
Check #			Check Amt.: \$																					
Date entered:			Entered by:																					