

DOUGLAS DOLPHINS SWIM TEAM

ST. VALENTINE MEET

FEBRUARY 12-14, 2016

Enter Online: <http://ome.swimconnection.com/pc/DDST20160212>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **16-016**

*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.

**MEET PERSONNEL:**

<i>Meet Referee:</i> Greg Gephart	<i>Head Starter:</i> Judy Maynor
<i>Meet Marshal:</i> John Ruffo	<i>Admin Official:</i> Veronica Harmon
<i>Meet Director:</i> Karen Sullivan <a href="mailto:ksullivanddst@yahoo.com">ksullivanddst@yahoo.com</a> (775) 750-5016	

**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:** The Friday evening session will begin promptly at 5:00 PM, with warm-ups from 3:45 – 4:45 PM. Saturday and Sunday morning session (10 & Under Swimmers) will begin at 9:00 AM, with warm-ups from 7:45 – 8:45 AM. Saturday and Sunday afternoon sessions (11 & Over Swimmers) 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 posted at the Clerk-of-Course.
- All events are timed finals, and will be seeded fastest to slowest.
- Swimmers 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.**
- Swimmers entered in the 500 Free must provide their own counters. Swimmers entered in the 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, a swimmer must have previously established an official time in an event of a 400 y/400 m or longer.
- All swimmers age 12 & Under should complete competition within 4 hours.
- Each session will be limited to the first 350 swimmers 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 2016 registration card before coaching swimmers at the meet. 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.

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

**UNACCOMPANIED SWIMMERS:** Any USA-S 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-S 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-S 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 USA-S Club Member-Coach.

**RACING STARTS:** Swimmers must be certified by a USA-S 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:**

- Smoking and the use of other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- No animals in any area of the meet venue.
- Only timer and coach shelters will be allowed on deck. All shelters must be properly secured.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- 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.

**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 will 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.
- Entries with **"No Time"** will be **ACCEPTED (Exception: 1000 and 1650 freestyles. See Rules)**
- 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 any special accommodations on entry times and seeding per Pacific Swimming policy.
- Swimmers 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 swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRIES:** Entries must be submitted using the swimmer's best short-course yards time for each event. **NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED. NO REFUNDS** will be given except in the case of mandatory scratch-down.

**ENTRY FEES:** \$4.00 per event plus a \$9.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/DDST20160212> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to \$1 per swimmer 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 a swimmer by Pacific Swimming. Online entries will be accepted through 11:59 PM, Wednesday, February 3<sup>rd</sup>, 2016, or when session estimated timelines exceed 4 hours.

**TEAMUNIFY ENTRIES:** Any entries submitted via TeamUnify must first be both committed and approved by **11:59 PM Wednesday, February 3<sup>rd</sup>, 2016** or when session estimated timelines exceeds 4 hours. 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 swimmers best time. Entries must be postmarked by midnight, **Monday, February 1<sup>st</sup>, 2016** or hand delivered to a DDST coach by 5:00 p.m. **Wednesday, February 3<sup>rd</sup>, 2016**. If a session timeline exceeds 4 hours, and is closed early, entries must be postmarked of hand delivered to a DDST coach by the session close date. No late entries will be accepted. 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. Swimmers 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. **Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.**

**SCRATCHES:** Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

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

**AWARDS:** Ribbons 1<sup>st</sup> – 12<sup>th</sup> 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 trophies will be awarded for 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15-18 age groups. Swimmers 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 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

**EVENT SUMMARY:**

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

**ORDER OF EVENTS**

Girls #	Friday, February 12, 2016	Boys #
1	11 & O 400 IM	2
3	9 – 10 200 IM	4
5	11 & O 500 Free	6

Girls #	Saturday, February 13, 2016 AM SESSION (10 & UNDER SWIMMERS)	Boys #
7	9 – 10 100 IM	8
9	8 & U 100 IM	10
11	9 – 10 50 BACK	12
13	8 & U 50 BACK	14
15	9 – 10 100 BREAST	16
17	8 & U 25 BREAST	18
19	9 – 10 50 FLY	20
21	8 & U 50 FLY	22
23	9 – 10 100 FREE	24
25	8 & U 25 FREE	26
Girls #	Saturday, February 13, 2016 PM SESSION (11 & OVER SWIMMERS)	Boys #
27	11 – 12 100 IM	28
29	13 & O 200 FREE	30
31	11 – 12 200 FREE	32
33	13 & O 100 BACK	34
35	11 – 12 100 BACK	36
37	11 & O 200 BREAST	38
39	11 – 12 50 BREAST	40
41	13 & O 100 FLY	42
43	11 – 12 100 FLY	44
45	13 & O 50 FREE	46
47	11 – 12 50 FREE	48
49	11 & O 1000 FREE***	50

Girls #	Sunday, February 14, 2016 PM SESSION (10 & UNDER SWIMMERS)	Boys #
51	9 – 10 200 FREE	52
53	8 & U 100 FREE	54
55	9 – 10 100 BACK	56
57	8 & U 25 BACK	58
59	9 – 10 100 FLY	60
61	8 & U 25 FLY	62
63	9 – 10 50 BREAST	64
65	8 & U 50 BREAST	66
67	9 – 10 50 FREE	68
69	8 & U 50 FREE	70
Girls #	Sunday, February 14, 2016 PM SESSION (11 & OVER SWIMMERS)	Boys #
71	13 & O 200 IM	72
73	11 – 12 200 IM	74
75	11 & O 200 BACK	76
77	11 – 12 50 BACK	78
79	13 & O 100 FREE	80
81	11 – 12 100 FREE	82
83	11 & O 200 FLY	84
85	11 – 12 50 FLY	86
87	13 & O 100 BREAST	88
89	11 – 12 100 BREAST	90
91	11 & O 1650 FREE***	92

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

**DOUGLAS DOLFIN SWIM TEAM  
ST. VALENTINE INVITATIONAL  
February 12-15, 2016  
CONSOLIDATED ENTRY CARD**

Name:          Last                  First                  Initial  
 \_\_\_\_\_

Club Abbr. _____	If Unattached, Team Name _____	<b>LSC</b> (PC, SN, etc.) ____
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Club Name: \_\_\_\_\_

AGE	Date of Birth	Age Group
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USA-S Registration:	<table style="width:100%; height: 20px;"> <tr> <td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></td><td style="width: 2.5%;"></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: \_\_\_\_\_

Swimmer's \_\_\_\_\_

Address & \_\_\_\_\_

e-mail: \_\_\_\_\_

Phone # (      )      -      \_\_\_\_\_

Team e-mail: \_\_\_\_\_

<b>OFFICE USE ONLY:</b>	Cash Amt.: \$ _____
Check #	Check Amt.: \$ _____
Date entered:	Entered by: _____