

**DOUGLAS DOLPHINS SWIM TEAM  
HIGH COUNTRY SHORT COURSE CHAMPIONSHIP  
PACIFIC SWIMMING SHORT COURSE MEET  
AUGUST 2-4, 2019**



Enter online: <https://ome.swimconnection.com/pc/ddst20190802>

**SANCTION:** Held under USA/Pacific Swimming Sanction No.: **19-114**

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, which may include, but is not limited to, photographs, video, web casting, television, psych sheets, and live meet results.

**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 electronic devices, including but not limited to film and digital cameras, cell phones, 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 during the start of a race is prohibited in any location.

**OFFICIALS:**  
**Meet Referee:** Jim Morefield  
**Chief Judge:** Ron Harmon  
**Meet Marshal:** Dave Stevenson

**Head Starter:** Carson Schott  
**Administrative Officials:** Kelly Schott, Veronica Harmon  
**Meet Director:** Wendy Yturbide  
[wyturbide@icloud.com](mailto: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:** 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 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. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

**TIME:** Friday, Saturday, and 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 athletes. **FINALS** sessions for 11 & over athletes will begin no sooner than 2 hours after the finish of the preliminary session that day, which concludes after the 10 & under relays, with warm-ups no sooner than 1 hour after.

**RULES:**

- Current USA and Pacific Swimming rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), and warm-up procedures will govern the meet. A copy of these procedures will be posted at the Clerk-of-Course.
- All events will swim fastest to slowest, with the three fastest heats of all 11 & over preliminary events circle seeded (except fastest two heats for the 400 IM).
- 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 athletes will swim as preliminaries and finals (consolation and championship final heats, in that order), except for the 500, 1000, and 1650 freestyle which will swim as timed finals immediately following the preliminary session that day.
- All events for 10 & under athletes will be conducted as timed finals during the morning preliminary sessions.
- Athletes 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 athletes may compete in up to 3 individual events per day, plus 1 relay per day.
- 10 & under athletes may compete in up to 4 individual events per day (not to exceed 9 total), plus 1 relay per day.

- Entries for a day will close before the stated entry deadlines if and when the estimated timeline for that morning's prelims and timed finals session (including distance freestyle) reaches 5 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.
- All coaches and deck officials must wear their valid USA Swimming membership cards in a visible manner at all times while on deck. All coaches are required to sign in and present their 2019 registration card 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.

**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 by time, but will be scored and awarded separately.
- Each athlete 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 swim fastest to slowest alternating girls and boys heats.
- At the discretion of the Meet Referee and if local conditions warrant, the Meet Referee may combine heats of boys and girls in the 500, 1000, and 1650 freestyle.

**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 lead athlete is called to the blocks.
- Only two scoring relays will be allowed per club per event, designated as A and B. Each club may enter as many additional non-scoring relay teams as they would like.
- Relay athletes must be entered in the meet (no relay-only athletes), and must not be Unattached.
- 10 & under relays will swim at the end of the preliminary session immediately before the scheduled distance events.
- 11 & over relays will swim at the end of the afternoon Finals sessions on Friday and Saturday.
- Athletes 19 years of age and over shall not participate in relay events.
- Participants in the 100 yard relays who begin their leg of the race at the turn end shall start in the water.

**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:** Each athlete 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 without the use of the backstroke ledge. 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 or the recognition of alcohol sponsors.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- No animals except for physician certified "service assistance" animals. Please show certification when asked by meet officials or marshals.
- Deck changes are prohibited.
- All shelters must be properly secured at all times, or may be removed by meet management.
- 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 regular or seasonal athlete members of USA Swimming and enter their name and registration number exactly as they are 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 must check all athlete registrations against the USA Swimming SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge shall 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 special accommodations or entry times and seeding per Pacific Swimming Policy.
- Athletes 19 years of age and older may swim for time only with the oldest age group of an individual preliminary or timed-final event. They are not eligible for relays or finals, and shall not score points or receive awards.
- The athlete's age on the first day of the meet will be their age for the entire meet.

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters. USA Swimming rules 207.11.7B. See Rules for distance events seeding.

**ENTRY TIMES:** Entries must be submitted using the athlete's best conforming yards or non-conforming meters time for each event. "No Time" (NT) entries will be accepted ONLY for individual events of 100 yards or shorter. Entry times submitted for this meet may be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Verification Procedures.

**ENTRY FEES:** \$5.50 per event plus a \$9.00 participation fee per athlete. NO REFUNDS will be given except for mandatory scratch-downs. Entries will be rejected if not accompanied by the required fees. Relays will be \$16.00 each, due with the entries or no later than Sunday morning by 9:00 am.

**ENTRY DEADLINES:** entries **will not** be accepted after the applicable deadline listed below, and may close earlier (see rules). NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES (except relays) OR ENTRY CHANGES WILL BE ALLOWED. Check <https://ome.swimconnection.com/pc/ddst20190802> for session open or closed status.

**SWIMCONNECTION ENTRIES:** Enter at <https://ome.swimconnection.com/pc/ddst20190802> to receive an immediate email entry confirmation. **Bring this email to the meet as proof of entry.** This method requires payment by credit card. Swim Connection, LLC charges a processing fee in addition to the Entry Fees. If you do not wish to pay the processing fee, enter the meet using 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, **July 24th, 2019.**

**TEAMUNIFY ENTRIES:** Any entries submitted via TeamUnify must be committed, approved, and synchronized with the host no later than 11:59 pm Wednesday, July 24<sup>th</sup>, 2019. Entries that are not committed, approved, and synchronized 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 the athlete's best times. Entries must be postmarked by midnight Monday, July 22, 2019 or hand delivered to a DDST coach by 6:00 pm Wednesday, July 24, 2019. If a session is closed early, entries must be postmarked or hand delivered to a DDST coach by the session close date. 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**  
**Attention: 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. Close of check-in for the first 2 events each day shall be 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. Other than distance events which will close at 10:00 am each day, 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 AND NO-SHOWS:**

- **Preliminaries and Timed Finals events:** Athletes who must withdraw from an event in which they have been seeded are requested to notify the Referee immediately. Any athletes not reporting for or competing in a preliminary or timed final event that they have checked in for **shall not be penalized**.
- **Finals of Preliminaries-and-Finals events:** Any athlete qualifying for any level of finals in an individual event who does 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 consolation finals or finals. In this case they must declare their final intention within 30 minutes after the announcement of qualifiers following their last individual preliminary event of that day. Otherwise, all qualifiers not properly scratched **will be seeded in finals**.
- **Penalty for No-show in Finals:** Any athlete originally qualifying for any finals race in an individual event who fails to show up in said consolation final or final race prior to calling the first alternate, without having properly scratched first, shall be barred from the **remainder of any finals events for that day**. Should the athlete have no additional finals events for that day, they will be barred from the next preliminary event in which they are entered. If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$25.00. The fine will be increased to \$100 if after 30 days of receiving the letter of notification the party has not made the payment.
- **Exceptions:** No penalty shall apply for failure to withdraw or compete in a finals 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 athlete, or the athlete qualified for any level of finals due to scratches of one or more original finalists, or the athlete is an alternate for any level of finals.

**AWARDS:**

- **Team High-point:** trophies 1st – 4th
- **Individual High-point & Runner-up:** 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.
- Each club is asked to designate a representative to collect the awards for the athletes. Awards will be handed out at the end of the afternoon session on Sunday. Unclaimed awards will not be mailed.

**SCORING:** to 8 places for all events as follows:

Place	1	2	3	4	5	6	7	8
<b>Individual Points</b>	10	7	6	5	4	3	2	1
<b>Relay Points</b>	20	14	12	10	8	6	4	2

**ADMISSION:** Free.

**SNACK BAR AND 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 welcome 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

# 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 Free Relay</b>	200 IM 100 Back 200 Free 50 Fly <b>200 Free Relay</b> <b>10 &amp; Under 200 Free Relay</b>	100 Back 50 Fly 50 Breast *1000 Free <b>**200 Free Relay</b> <b>**11 - 18 200 Free Relay</b>	400 IM 200 Free 100 Breast *1000 Free <b>**400 Free Relay</b> <b>**11 - 18 200 Free Relay</b>	400 IM 200 Free 100 Breast *1000 Free <b>**400 Free Relay</b> <b>**11 - 18 200 Free Relay</b>
<b>Saturday</b>	25 Free 25 Back 50 Breast <b>100 Med Relay</b> <b>10 &amp; Under 200 Medley Relay</b>	50 Free 50 Back 100 Breast *500 Free <b>200 Med Relay</b> <b>10 &amp; Under 200 Medley Relay</b>	200 IM 100 Free 200 Back 100 Fly *500 Free <b>**200 Medley Relay</b> <b>**11- 18 200 Medley Relay</b>	200 IM 100 Free 200 Back 100 Fly *500 Free <b>**11 - 18 200 Medley Relay</b> <b>**400 Medley Relay</b>	200IM 100 Free 200 Back 100 Fly *500 Free <b>**11 -18 200 Medley Relay</b> <b>**400 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 swim together, but scored and awarded separately by age group.**

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

## SCHEDULE OF EVENTS

	<b>Friday August 2, 2019</b>				<b>Saturday August 3, 2019</b>	
<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>		<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
<b>1</b>	15 & Over 400 IM	<b>2</b>		<b>49</b>	15 & Over 200 IM	<b>50</b>
<b>3</b>	13-14 400 IM	<b>4</b>		<b>51</b>	13-14 200 IM	<b>52</b>
<b>5</b>	9-10 200 IM	<b>6</b>		<b>53</b>	11-12 200 IM	<b>54</b>
<b>7</b>	11-12 100 Back	<b>8</b>		<b>55</b>	15 & Over 100 Free	<b>56</b>
<b>9</b>	8 & Under 50 Back	<b>10</b>		<b>57</b>	13-14 100 Free	<b>58</b>
<b>11</b>	9-10 100 back	<b>12</b>		<b>59</b>	11-12 100 Free	<b>60</b>
<b>13</b>	15 & Over 200 Free	<b>14</b>		<b>61</b>	9-10 50 Free	<b>62</b>
<b>15</b>	13-14 200 Free	<b>16</b>		<b>63</b>	8 & Under 25 Free	<b>64</b>
<b>17</b>	11-12 50 Fly	<b>18</b>		<b>65</b>	15 & Over 200 Back	<b>66</b>
<b>19</b>	9-10 200 Free	<b>20</b>		<b>67</b>	13-14 200 Back	<b>68</b>
<b>21</b>	8 & Under 100 Free	<b>22</b>		<b>69</b>	11-12 200 Back	<b>70</b>
<b>23</b>	15 & Over 100 Breast	<b>24</b>		<b>71</b>	9-10 50 Back	<b>72</b>
<b>25</b>	13-14 100 Breast	<b>26</b>		<b>73</b>	8 & Under 25 Back	<b>74</b>
<b>27</b>	11-12 50 Breast	<b>28</b>		<b>75</b>	15 & Over 100 Fly	<b>76</b>
<b>29</b>	9-10 50 Fly	<b>30</b>		<b>77</b>	13-14 100 Fly	<b>78</b>
<b>31</b>	8 & Under 25 Fly	<b>32</b>		<b>79</b>	11-12 100 Fly	<b>80</b>
<b>33</b>	9-10 200 Free Relay	<b>34</b>		<b>81</b>	9-10 100 Breast	<b>82</b>
<b>35</b>	8 & Un 100 Free Relay	<b>36</b>		<b>83</b>	8 & Under 50 Breast	<b>84</b>
<b>37</b>	10 & Un 200 Free Relay	<b>38</b>		<b>85</b>	9-10 200 Medley Relay	<b>86</b>
<b>39</b>	*11 & Over 1000 Free	<b>40</b>		<b>87</b>	8-Under 100 Medley Relay	<b>88</b>
<b>41</b>	**15-18 400 Free Relay	<b>42</b>		<b>89</b>	10 & Under 200 Medley Relay	<b>90</b>
<b>43</b>	**13-14 400 Free Relay	<b>44</b>		<b>91</b>	*9 & Over 500 Free	<b>92</b>
<b>45</b>	**11-12 200 Free Relay	<b>46</b>		<b>93</b>	**11-12 200 Medley Relay	<b>94</b>
<b>47</b>	**11-18 200 Free Relay	<b>48</b>		<b>95</b>	**11-18 200 Med Relay	<b>96</b>
				<b>97</b>	**13-14 400 Medley Relay	<b>98</b>
				<b>99</b>	**15-18 400 Med Relay	<b>100</b>

	<b>Sunday August 4, 2019</b>	
<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
<b>101</b>	11-12 200 Free	<b>102</b>
<b>103</b>	15 & Over 200 Breast	<b>104</b>
<b>105</b>	13-14 200 Breast	<b>106</b>
<b>107</b>	11-12 100 Breast	<b>108</b>
<b>109</b>	9-10 50 Breast	<b>110</b>
<b>111</b>	8 & Under 25 Breast	<b>112</b>
<b>113</b>	15 & Over 100 Back	<b>114</b>
<b>115</b>	13-14 100 Back	<b>116</b>
<b>117</b>	11-12 50 Back	<b>118</b>
<b>119</b>	9-10 100 Fly	<b>120</b>
<b>121</b>	8 & Under 50 Fly	<b>122</b>
<b>123</b>	15 & Over 200 Fly	<b>124</b>
<b>125</b>	13-14 200 Fly	<b>126</b>
<b>127</b>	11-12 100 IM	<b>128</b>
<b>129</b>	9-10 100 IM	<b>130</b>
<b>131</b>	8 & Under 100 IM	<b>132</b>
<b>133</b>	15 & Over 50 Free	<b>134</b>
<b>135</b>	13-14 50 Free	<b>136</b>
<b>137</b>	11-12 50 Free	<b>138</b>
<b>139</b>	9-10 100 Free	<b>140</b>
<b>141</b>	8 & Under 50 Free	<b>142</b>
<b>143</b>	*13 & Over 1650 Free	<b>144</b>

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

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

**HIGH COUNTRY**  
**SHORT COURSE CHAMPIONSHIPS**  
**August 2-4, 2019**  
**CONSOLIDATED ENTRY CARD**

Name:	Last	First	Initial																				
Club Abbr.	If Unattached, Club Name	<b>LSC</b> (PC, SN, etc.)																					
Club Name: _____																							
AGE	Date of Birth	Age Group																					
USA-S Registration:	<table border="1" style="width: 100%; height: 20px; border-collapse: collapse;"> <tr> <td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td><td style="width: 5%;"></td> </tr> </table>																						

Gender (circle one): **Male** **Female**

Event #	Dist / Stroke	Y / M / S	Entry Time
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# of Entries \_\_\_\_\_ X **\$5.50** = \$ \_\_\_\_\_  
 Participation Fee: + \$ **9.00**

**Total Amount Paid: \$**  
 (payable to Douglas Dolphins Swim Team)

Coach name: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Athlete Address: \_\_\_\_\_

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

Phone # (      )      -

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