

**High Country Invitational Championships  
Short Course Trials and Finals**

Hosted by the Douglas Dolphins Swim Team

August 8<sup>th</sup> - 10<sup>th</sup>, 2014

Enter online at: <https://ome.swimconnection.com/pc/ddst20140808>



**SANCTION:** Held under USA/Pacific Swimming Sanction No.: 14-103

*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:**

<b>Meet Referee:</b> Greg Gephart	<b>Administrative Referee:</b> Jim Morefield
<b>Head Starter:</b> Judy Maynor	<b>Chief Judge:</b> Valerie Rudd
<b>Meet Marshal:</b> John Ruffo	
<b>Meet Director:</b> Kathy Chappell <a href="mailto:chappell.kathy@gmail.com">chappell.kathy@gmail.com</a> , 775-240-6800	

**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.) 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 Age Group 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 NOT be accepted, except for 25-yard individual events and all relays.**
- 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 nine (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 lead swimmer is called to the blocks.
- **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 2014 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 2014 regular or seasonal USA swimming registered athletes who represent (or are unattached and reside closest to) one of the invited USA Swimming member clubs. **Invited clubs:** all clubs in Zone 4 of Pacific Swimming (BST, CARS, DDST, LAKE, MLST, NNA, RENO, TAHO); Elko Swim Team (EST-SR); Aquasol (AQUA-SN); Fallon Barracuda Swim Team (FBST-SN); Lassen Aquatics (LASS-SN); Northern Sierra Aquatics (NSA-SN); Plumas Pikes Swim Team (PPST-SN); Sparks Piranhas Swim Team (SPKS-SN); Truckee-Tahoe Swim Team (TTST-SN); Winnemucca Whitewater Swim (WINN-SN).
- **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 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 50 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 will be automatically scratched and may not compete in that event.

#### **SCRATCHES AND NO-SHOWS:**

- **Trials and Timed Finals events:** Swimmers who must withdraw from an event in which they have been seeded are requested to notify the Referee immediately. Any swimmers not reporting for or competing in a trials or timed final event that they have checked in for **shall not be penalized.**
- **Finals of Trials-and-Finals events:** Any swimmer 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 swimmer 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 swimmer 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 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. 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 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:** All 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/ddst20140808> 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 30<sup>th</sup>, 2014.**

##### **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 6:00 pm Wednesday, July 30<sup>th</sup>, 2014**
5. **OR** mail card(s) and check, **postmarked no later than Monday, July 28, 2014, 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 **for 10-under swimmers.**
- **Swimmers 11-over must pick up their own awards** at the awards desk within 30 minutes of the end of the session or meet. AWARDS FOR 11-OVER WILL NOT BE COLLECTED AND MUST BE PICKED UP BY THE SWIMMER.

**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
<b>Individual Points</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay Points</b>	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](http://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
<b>1-10</b>	<b>0</b>
<b>11-25</b>	<b>1</b>
<b>26-50</b>	<b>2</b>
<b>51-75</b>	<b>3</b>
<b>76-100</b>	<b>4</b>
<b>101 or more</b>	<b>5</b>

**EVENT SUMMARY:**

	<b>8 &amp; UN</b>	<b>9-10</b>	<b>11-12</b>	<b>13-14</b>	<b>15 &amp; Over</b>
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 FR-R	50 FLY	*1000 FREE	*1000 FREE	*1000 FREE
	10 & U 200 FR-R	200 FR-R	**200 FR-R	**400 FR-R	**400 FR-R
		10 & U 200 FR-R	**11-18 200 FR-R	**11-18 200 FR-R	**11-18 200 FR-R
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 MED-R	*500 FREE	100 FLY	100 FLY	100 FLY
	10 & U 200 MED-R	200 MED-R	*500 FREE	*500 FREE	*500 FREE
		10 & U MED-R	**200 MED-R	**11-18 200 MED-R	**11-18 200 MED-R
SUNDAY			**11-18 200 MED-R	**400 MED-R	**400 MED-R
	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.

**EVENTS:**

<b>Friday, August 8, 2014</b>		
<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
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

<b>Saturday, August 9, 2014</b>		
<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
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

**EVENTS:**

<b>Sunday, August 10, 2014</b>		
<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
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

**\*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 INVITATIONAL CHAMPIONSHIPS  
 TRIALS & FINALS  
 August 8-10, 2014  
 Consolidated Entry Form

Name: Last, First Middle

Club Abbr.	UNATT TEAM ABBR	Club Name
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Age	Date of Birth	Sex M F	LSC – (PC, SN)
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USA-#													
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Event #	Distance / Stroke	Entry Time	Circle one
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM
		: .	SCY / LCM

# of entries \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_  
 Participation Fee      \$9.00                                      Total \$ \_\_\_\_\_  
 (Make check payable to: Douglas Dolphins Swim Team)

Coach

Swimmer's Address

Home Phone	Cell Phone
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Email