

Douglas Dolphins Swim Team's
Molly Lahlum Memorial Autumn Freeze Swim Meet
September 19 – 21, 2014

Enter online at: <http://ome.swimconnection.com/pc/ddst20140919>



Sanction: Held under USA/Pacific Swimming Sanction No.: **14-146**

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 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.

Officials:

Head Referee: Anthony Manha	Administrative Referee: Greg Gephart
Head Starter: Judy Maynor	Chief Judge: Valerie Rudd
Head Marshal: John Ruffo	Meet Director: Kathy Chappell chappell.kathy@gmail.com , 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). 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 with separate warm-up and warm-down area. Fully automatic electronic timing system with touch pads and 8-line scoreboard will be provided. 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: Warm-ups on Friday evening will begin at 3:45 PM and run to 4:45 PM. The Friday evening session will begin promptly at 5:00 PM. Saturday and Sunday morning session warm-ups for the **13 and over** age groups will begin at 7:45 AM to 8:45 AM with the meet beginning at 9:00 AM. **Saturday and Sunday afternoon warm up sessions will not begin before 12:00 pm.**

Rules:

- Current USA Swimming and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course desk.
- All the events are timed finals.
- All swimmers 12 & under are scheduled to complete competition within 4 hours.
- **Swimmers may compete in up to 2 individual events on Friday and 5 individual events per day on Saturday and Sunday but cannot exceed 10 events for the meet.**
- **All events will be seeded fastest to slowest.**
- **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 freestyle will be swum alternating girl and boy heats.
- If llocal conditions warrant
- **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 500y/400m or longer.**
- **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 and present their valid 2014 or 2015 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.
- Entries will be accepted until the number of splashes meets the estimated time line, (Four-Hour Rule), at which time the session will be closed."

- If local conditions warrant, the meet referee in concurrence with the meet director, may require a scratch down. Immediate cash refunds will be made.

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 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 USA-S Club Member-Coach.

Racing Starts: Swimmers 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: • 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.
- 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 athlete members of USA Swimming 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 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).

- Entries with "NO TIME" will be **ACCEPTED** (exception: see Distance Eligibility Rules).
- Duplicate registrations will be refunded by mail.
- Entry times submitted for this meet will be checked against a computer database and may be changed in accordance with Pacific Swimming Entry Time Procedures.
- Swimmers 19 years of age and older may swim with the oldest age group of an event, but will not receive awards or score points.
- **Disabled swimmers 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.**
- **Please note special eligibility rules to enter the 1000 free and 1650 free.**

Entires: Entries must be submitted using the swimmer's best short-course yards time for each event. All entry times must be submitted in yards. **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 a mandatory scratch-down.

Entry Fees: \$4.00 per event plus a \$9.00 swimmer participation fee per swimmer to help cover meet expenses.

Online Meet Entries: Enter at: <http://ome.swimconnection.com/pc/ddst20140919> by **11:59pm Wednesday, September 10th, 2014** to receive immediate confirmation of acceptance. 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.

Mailed or Hand Delivered Entries: Entries must be on attached Consolidated Entry Card. Entry cards must be completely filled out. **Entries should be postmarked no later than Monday, September 8, 2014 or hand delivered no later than 5:00 PM, Wednesday,**

September 10th, 2014. No refunds will be made, except mandatory scratch downs. 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
 Attn: Meet Entries Chair
 PO Box 44
 Minden, NV 89423

Hand deliver entries to: DDST Entries Box
 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. 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 more than 60 minutes prior to the estimated start of the session. **Swimmers who do not check in for an event may not compete in the 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.

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

Awards: • Individual High-point & Runner-up: 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-18 age groups.

- Individual Events: Ribbons for 1st – 8th place for 6 & Under, 7-8, 9-10, 11-12, 13-14, 15-18 age groups.
- 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 12-under swimmers.
- Swimmers 13-over must pick up their own awards at the awards desk within 30 minutes of the end of the session or meet. AWARDS FOR 13-OVER WILL NOT BE COLLECTED AND MUST BE PICKED UP BY THE SWIMMER.

Scoring: Age group events will be scored for 1st through 8th place as follows: 9,7,6,5,4,3,2,1

Hospitality: Limited hospitality will be offered to officials, coaches and timers.

Snack Bar: There will be a well-stocked snack bar for food service.

Minimum Officials: All available USA Swimming members 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 required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

EVENT SUMMARY	8-Under	9-10	11-12	13-Over
FRIDAY		200 IM	400 IM	400 IM
		500 Free	1000 Free***	1650 Free***
SATURDAY	100 Free	100 IM	200 IM	200 Back
	50 Breast	50 Breast	100 Free	100 Free
	25 Back	100 Back	100 Breast	200 Fly
	50 Free	50 Free	50 Free	100 Breast
	25 Fly	100 Fly	100 Fly	50 Free
			500 Free	500 Free
SUNDAY	100 IM	200 Free	200 Free	200 IM
	25 Breast	100 Breast	50 Breast	200 Breast
	50 Fly	50 Fly	100 Back	100 Back
	25 Free	100 Free	50 Fly	200 Free
	50 Back	50 Back	100 IM	100 Fly
			50 Back	1000 Free***

Schedule of Events

<u>G</u>	<u>B</u>	<u>Age Group</u>	<u>Event</u>
<u>Friday, September 19, 2014</u>			
1	2	9-10	200 IM
3	4	11 & Over	400 IM
5	6	9-10	500 Free
7	8	11-12	1000 Free***
9	10	13 & Over	1650 Free***

***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 500y/400m or longer.

Saturday, September 20, 2014

Morning session - 13 & Over Swimmers

11	12	13-14	200 Back
13	14	15 & Over	200 Back
15	16	13-14	100 Free
17	18	15 & Over	100 Free
19	20	13-14	200 Fly
21	22	15 & Over	200 Fly
23	24	13-14	100 Breast
25	26	15 & Over	100 Breast
27	28	13-14	50 Free
29	30	15 & Over	50 Free
31	32	13-up	500 Free

Afternoon Session - 12 &-Under Swimmers

33	34	11-12	200 IM
35	36	9-10	100 IM
37	38	8 & Under	100 Free
39	40	11-12	100 Free
41	42	9-10	50 Breast
43	44	8 & Under	50 Breast
45	46	11-12	100 Breast
47	48	9-10	100 Back
49	50	8 & Under	25 Back
51	52	11-12	50 Free
53	54	9-10	50 Free
55	56	8 & Under	50 Free
57	58	11-12	100 Fly
59	60	9-10	100 Fly
61	62	8 & Under	25 Fly
63	64	11-12	500 Free

Schedule of Events (continued)

G	B	Age Group	Event
<u>Sunday, September 21, 2014</u>			
Morning Session - 13 & Over Swimmers			
65	66	13-14	200 IM
67	68	15 & Over	200 IM
69	70	13-14	200 Breast
71	72	15 & Over	200 Breast
73	74	13-14	100 Back
75	76	15 & Over	100 Back
77	78	13-14	200 Free
79	80	15 & Over	200 Free
81	82	13-14	100 Fly
83	84	15 & Over	100 Fly
85	86	13 & Over	1000 Free***

***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 500y/400m or longer.

Afternoon Session - 12 & Under Swimmers

87	88	11-12	200 Free
89	90	9-10	200 Free
91	92	8 & Under	100 IM
93	94	11-12	50 Breast
95	96	9-10	100 Breast
97	98	8 & Under	25 Breast
99	100	11-12	100 Back
101	102	9-10	50 Fly
103	104	8 & Under	50 Fly
105	106	11-12	50 Fly
107	108	9-10	100 Free
109	110	8 & Under	25 Free
111	112	11-12	100 IM
113	114	9-10	50 Back
115	116	8 & Under	50 Back
117	118	11-12	50 Back

DOUGLAS DOLPHINS SWIM TEAM
MOLLY LAHLUM MEMORIAL
AUTUMN FREEZE SWIM MEET
September 19 – 21, 2014
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-S Registration:			
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: \$ <small>(payable to Douglas Dolphins Swim Team)</small>			
Coach name:			
Swimmer's _____			
Address & _____			
e-mail: _____			
Phone # () - _____			
Team e-mail:			

DOUGLAS DOLPHINS SWIM TEAM
MOLLY LAHLUM MEMORIAL
AUTUMN FREEZE SWIM MEET
September 19 - 21, 2014
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-S Registration:			
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: \$ <small>(payable to Douglas Dolphins Swim Team)</small>			
Coach name:			
Swimmer's _____			
Address & _____			
e-mail: _____			
Phone # () - _____			
Team e-mail:			