

**DOUGLAS DOLPHINS SWIM TEAM
MOLLY LAHLUM MEMORIAL AUTUMN FREEZE SWIM MEET
PACIFIC SWIMMING SHORT COURSE MEET
SEPTEMBER 18-20, 2015**



Enter Online: <http://ome.swimconnection.com/pc/DDST20150918>

SANCTION: Held under USA/Pacific Swimming Sanction No. **15-125**

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.

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:
*Meet Referee: Anthony Manha Head Starter: Judy Maynor Chief Judge: Valerie Rudd
Meet Marshal: John Ruffo Admin Official: Roger Pflieger & Veronica Harmon
Meet Director: Karen Sullivan ksullivanddst@yahoo.com (775) 750-5016*

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

DIRECTIONS: HWY 395 South from Carson City, right turn on to 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 the 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 pool with up to 8 lanes available for competition. Separate lanes will be available for warm-up/cool down throughout the competition. Fully automatic electronic timing system with touch pads 8-line scoreboard will be provided. The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is 7'3" at the start end and 3'5.5" at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the 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 (**13 & Over Swimmers**) warm-ups will begin at 7:45 to 8:45 AM with the meet beginning at 9:00 AM. Saturday and Sunday afternoon (**12 & Under Swimmers**) warm-up sessions will not begin before 12:00 PM.

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.
- All events will swim fast to slow.
- **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.**
- **Swimmers entered in the 500, 1000, and 1650 Free must provide their own counters. Swimmers entered in the 1000 & 1650 Free must supply their own 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 & 1650 Freestyle, a swimmer must have previously established an official time an event of 400y/400m or longer.**
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender.
- 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 at all times while on deck. All coaches are required to sign in and present their valid 2015 or 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.

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.
- All shelters must be properly secured at all times, or may be removed by meet management.
- No animals in any area of the meet venue.
- 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 over 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 a 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/DDST20150918> 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, **September 9, 2015.**

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by 11:59 PM Wednesday, September 9th, 2015. 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, **September 7, 2015** or hand delivered to a DDST coach by 5:00 PM. Wednesday, September 9, 2015. No late entries will be accepted. 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
P.O. Box 44
Minden, NV 89423

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. 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. Close of Check-In for the first 2 events each day shall be 30 minutes before the start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

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

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.
- Each team is asked to designate a representative or coach to collect the awards at the end of the meet.
- All High Point awards will be awarded at the conclusion of the morning and afternoon sessions on Sunday.
- All unattached swimmers are responsible for picking up their own awards at the conclusion of their last session.

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

ADMISSION: Free. A 3-Day program will be available for purchase.

SNACK BAR & 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			
8 & UN	9-10	11-12	13 & O	8 & UN	9-10	11-12	13 & O	8 & UN	9-10	11-12	13 & O
	200 IM	400 IM	400 IM	100 FR	100 IM	200 IM	200 BK	100 IM	200 FR	200 FR	200 IM
	500 FR	1000 FR*	1650 FR*	50 BR	50 BR	100 FR	100 FR	25 BR	100 BR	50 BR	200 BR
				25 BK	100 BK	100 BR	200 FL	50 FL	50 FL	100 BK	100 BK
				50 FR	50 FR	50 FR	100 BR	25 FR	100 FR	50 FL	200 FR
				25 FL	100 FL	100 FL	50 FR	50 BK	50 BK	100 IM	100 FL
						500 FR	500 FR			50 BK	1000 FR*

ORDER OF EVENTS:

Girls #	Friday PM Session	Boys #	Girls #	Saturday AM Session	Boys #	Girls #	Sunday AM Session	Boys #
1	9-10 200 IM	2	11	13-14 200 BACK	12	65	13-14 200 IM	66
3	11 & O 400 IM	4	13	15 & O 200 BACK	14	67	15 & O 200 IM	68
5	9-10 500 FREE	6	15	13-14 100 FREE	16	69	13-14 200 BREAST	70
7*	11-12 1000 FREE	8*	17	15 & O 100 FREE	18	71	15 & O 200 BREAST	72
9*	13 & O 1650 FREE	10*	19	13-14 200 FLY	20	73	13-14 100 BACK	74
			21	15 & O 200 FLY	22	75	15 & O 100 BACK	76
			23	13-14 100 BREAST	24	77	13-14 200 FREE	78
			25	15 & O 100 BREAST	26	79	15 & O 200 FREE	80
			27	13-14 50 FREE	28	81	13-14 100 FLY	82
			29	15 & O 50 FREE	30	83	15 & O 100 FLY	84
			31	13 & O 500 FREE	32	85*	13 & O 1000 FREE	86*
			Girls #	Saturday PM Session	Boys #	Girls #	Sunday PM Session	Boys #
			33	11-12 200 IM	34	87	11-12 200 FREE	88
			35	9-10 100 IM	36	89	9-10 200 FREE	90
			37	8 & U 100 FREE	38	91	8 & U 100 IM	92
			39	11-12 100 FREE	40	93	11-12 50 BREAST	94
			41	9-10 50 BREAST	42	95	9-10 100 BREAST	96
			43	8 & U 50 BREAST	44	97	8 & U 25 BREAST	98
			45	11-12 100 BREAST	46	99	11-12 100 BACK	100
			47	9-10 100 BACK	48	101	9-10 50 FLY	102
			49	8 & U 25 BACK	50	103	8 & U 50 FLY	104
			51	11-12 50 FREE	52	105	11-12 50 FLY	106
			53	9-10 50 FREE	54	107	9-10 100 FREE	108
			55	8 & U 50 FREE	56	109	8 & U 25 FREE	110
			57	11-12 100 FLY	58	111	11-12 100 IM	112
			59	9-10 100 FLY	60	113	9-10 50 BACK	114
			61	8 & U 25 FLY	62	115	8 & U 50 BACK	116
			63	11-12 500 FREE	64	117	11-12 50 BACK	118

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

Use the following URL to find the time standards: <http://www.pacswim.org/index.shtml>

PACIFIC SWIMMING – HOSTED BY DOUGLAS DOLPHINS SWIM TEAM
MOLLY LAHLUM MEMORIAL AUTUMN FREEZE SWIM MEET
 SEPTEMBER 18-20, 2015
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

of entries _____ x \$4.00 = \$ _____
 Participation Fee \$ 9.00
 Total \$ _____

Coach

Swimmer's
Address

Home Phone	Cell Phone
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Email