

DOUGLAS DOLPHINS SWIM TEAM
MOLLY LAHLUM MEMORIAL AUTUMN FREEZE SWIM MEET
SEPTEMBER 16 -18, 2016
Enter Online: <http://ome.swimconnection.com/pc/ddst20160916>



SANCTION: Held under USA/Pacific Swimming Sanction No. **16-119**

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:

<i>Meet Referee:</i> Kendra Follett	<i>Head Starter:</i> Judy Maynor	<i>Chief Judge:</i> Ron Harmon
<i>Meet Marshal:</i> Joanna Ruffo	<i>Administrative Official:</i> Jim Morefield	
<i>Meet Director:</i> Wendy Yturbide	yturbide@mac.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 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 and 8-line scoreboard will be provided. The minimum water depth in the competition 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 Athletes**) 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 Athletes**) 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, and will be seeded fast to slow.
- **Athletes 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.**
- **Athletes entered in the 500, 1000, and 1650 Free must provide their own counters. Athletes entered in the 1000 and 1650 Free must supply their own timers.**
- The 500 Free, 1000 Free, and 1650 Free will swim alternating girl's and boy's heats.
- **Per Zone 4 policy, to be eligible to enter the 1000 & 1650 Freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.**
- Entries for the Friday afternoon session will close before the entry deadline if and when the estimated session timeline for 12-under athletes reaches 4 hours.
- Entries for the Saturday or Sunday morning (13-over) session will close before the entry deadline if and when the estimated combined session timelines for that day reach 8.5 hours.
- Entries for the Saturday or Sunday afternoon (12-under) session will close before the entry deadline if and when the estimated session timeline reaches 4 hours, or when the combined session timelines for that day reach 8.5 hours, 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 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 valid 2016 or 2017 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.**

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: Athletes 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.

RESTRICTIONS: The following restrictions apply to all areas of the meet venue, including the pool deck, locker rooms, spectator seating or standing areas, and all areas used by swimmers, during the meet and during warm-up periods.

- No smoking or use of other tobacco products.
- No sale and use of alcoholic beverages.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- No animals except working service animals.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

ELIGIBILITY:

- Athletes must be current members of USA Swimming and enter their name and registration number as they are shown in their membership registration. If this is not done, it may be difficult to match the athlete with the registration and times database. The meet host will check all athlete 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).**
- Disabled athletes 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.
- Athletes 19 years of age and over may swim with the oldest age group of an event, but will not score points or receive awards.
- The athlete's age will be the age of the athlete on the first day of the meet.

ENTRY TIMES: Entries must be submitted using the athlete's best short course yards time for each event. All entry times must be submitted in yards.

ENTRY FEES: \$4.00 per event plus a \$9.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. NO REFUNDS will be given except in the case of a mandatory scratch-down.

ENTRY DEADLINES: entries for each session will close by the applicable deadline listed below, **or when a session becomes full and is closed early per the rules section above, whichever is first.** NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/ddst20160916> 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 athlete 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 an athlete by Pacific Swimming.** Online entries will not be accepted after 11:59 PM Wednesday, **September 7, 2016.**

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved no later than 11:59 PM Wednesday, September 7, 2016. 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 the athlete’s best time. Entries must be postmarked no later than **11:59 pm Saturday, September 3, 2016** or hand delivered to a DDST coach no later than 5:00 PM. Wednesday, September 7, 2016. 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
963 Topsy Lane, Ste. 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. 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: Any athlete not reporting for or competing in an individual timed final event that they have checked in for shall not be penalized. Athletes 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 club 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 athletes 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 athletes entered in	Trained and carded officials
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, an athlete 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 16-18, 2016
CONSOLIDATED ENTRY FORM**

Name: Last,													First			Middle		
Club Abbr.			UNATT TEAM ABBR				Club Name											
Age			Date of Birth				Sex M F		LSC – (PC, SN)									
USA-#																		
Event #	Distance / Stroke					Entry Time												
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
						: .			SCY									
# of entries _____ x \$4.00 = \$ _____ Participation Fee \$ 9.00 Total \$ _____																		
Coach																		
Swimmer's Address																		
Home Phone							Cell Phone											
Email																		