

**DOUGLAS DOLPHINS SWIM TEAM  
VALENTINES DAY AGE GROUP OPEN  
FEBRUARY 10-12, 2023**

Enter Online: <https://ome.swimconnection.com/pc/ddst20230210>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **23-026**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

The Nevada Governor's, Douglas County's, and facility's COVID Directives and Guidance, if any, in effect on the first day of the meet will control and may change from the date of sanction. The Meet Director in consultation with the Referee and facility management will determine compliance with COVID Directives and Guidance.

**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. **The results of this meet may be posted in real time on the Meet Mobile app.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind or beside 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. Flash photography during the start of a race is prohibited in any location.

**MEET PERSONNEL:**  
**Meet Referee:** Carson Schott  
**Chief Judge:** Valerie Rudd  
**Meet Marshal:** David Stevenson

**Head Starter:** JoAnn Porter  
**Admin Official:** Kelly Schott  
**Meet Director:** Kobi Kothman 775.552.5400  
[ddstmeetdirector@gmail.com](mailto:ddstmeetdirector@gmail.com)

**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:** Indoor 25-yard pool with up to 6 lanes available for competition. Warm-up/warm-down area will be available. Fully electronic timing system with touch pads and an 8-line scoreboard will be provided. The minimum water depth as measured in accordance with article 103.2.3 is 10' at the starting end and 3'10" at the turn end. All events will start at a minimum depth of 10 feet. The competition course has been certified in accordance with article 104.2.2C(4). The copy of such certification is on file with USA Swimming.

**TIME:**

- **Friday evening session** will begin promptly at 5:00 PM, with warm-ups from 3:45 – 4:45 PM.

- **Saturday and Sunday morning sessions (13 & Over Athletes)** will begin at 9:00 AM, with warm-ups from 7:45 – 8:45 AM.
- **Saturday and Sunday afternoon sessions (12 & Under Athletes)** will begin no earlier than 12:00 Noon, with warm-ups beginning not before 10:45 AM.

#### **RULES:**

- All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
- Current USA and Pacific Swimming rules and warm-up procedures will govern the meet. A copy of these procedures will be at the Clerk-of-Course.
- All events are timed finals, and will be seeded fastest to slowest.
- Athletes may compete in a maximum of 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 Free must provide their own counters. Athletes entered in the 1000 Free and the 1650 Free must supply their own counters and 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 and 1650 Free, an athlete must have previously established an official time in an event of 400y/400m or longer.
- All athletes age 12 & under should complete competition within 4 hours.
- **Entries for a session will close before the entry deadline** if and when the estimated session timeline for 12-under athletes 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 information in a visible manner.** All coaches are required to sign in and present their valid membership information before coaching athletes at the meet. Except for coaches accompanying athletes participating under the provisions of 202.9 or USA Swimming’s “open border” policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to California or Nevada athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**UNACCOMPANIED ATHLETES:** Each 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 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 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, vaping, or use of tobacco products.
- No sale or use of alcoholic beverages, or recognition of alcoholic sponsors.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- Deck changes are prohibited. There are gender neutral bathrooms available inside the meet venue. ·
- No animals except for physician certified “service assistance” animals. Please show certification when asked by meet Officials or marshals.
- 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 athlete members of USA Swimming and enter their name and registration number exactly as 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. All athlete registrations will be verified against the SWIMS database; all swimmers must be registered prior to the meet with USA Swimming. Deck registrations are no longer accepted.
- Athletes with a disability 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 older may swim with the oldest age group of an event, but will not receive awards, score points, or place.
- The athlete's age on the first day of the meet will be their age for the entire meet.

**ENTRY TIMES:** Entries must be submitted using the athlete's best short-course yards time for each event (converted times allowed). All entry times must be in yards. **Entries with "NO TIME" (NT) will be accepted (Exception: 1000 and 1650 freestyles, see rules).**

**ENTRY FEES:** \$4.50 per event plus a \$9.00 per athlete participation fee. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

**ENTRY DEADLINES:** entries will be accepted by mail or online until 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.** Check <https://ome.swimconnection.com/pc/ddst20230210> for session open or closed status.

**ONLINE ENTRIES:** Go to <https://ome.swimconnection.com/pc/ddst20230210> to receive an immediate entry confirmation. The "billing information" email should be brought to the meet as proof of entry. 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. 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, February 1, 2023.**

**TEAMUNIFY ENTRIES:** Any entries submitted via TeamUnify must first be both committed and approved by **11:59 PM Wednesday, February 1, 2023** or when session is closed early, whichever is first. 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 yards time. Entries must be **postmarked no later than 11:59 pm Monday, January 30, 2023** or **hand delivered to a DDST coach no later than 5:00 pm Wednesday, February 1, 2023, and may be rejected if a session is already full.** Requests for confirmation of receipt of mailed entries should include a self-addressed envelope.

**Make check payable to: DDST or Douglas Dolphins Swim Team**

**Mail entries to: Douglas Dolphins Swim Team  
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:** Except for the 500, 1000 and 1650 freestyle events, the meet shall be pre-seeded and athletes will *not* be required to check-in (see scratch deadlines below). Participants in the 500 Free should check-in prior to the start of the session on Friday evening. Participants in the 1000 Free and the 1650 Free must do a positive check-in by 9:30 am Saturday or Sunday as applicable. Anyone who does not check in by these times will be scratched from these events.

**SCRATCHES & NO-SHOWS:**

- **Scratch Deadlines:** Any athlete not intending to swim an event is requested to scratch with the Clerk of Course (or via email to [ddstswimming@gmail.com](mailto:ddstswimming@gmail.com)) as soon as possible. Sessions will be pre-seeded each evening before the next day's races. For Friday's events, the scratch deadline will be **7:00 pm on Thursday (email only)**. For Saturday's events, the scratch deadline will be **7:00 pm on Friday**. For Sunday's events, the scratch deadline will be the end of the **Saturday afternoon session**. Email scratches from athletes will be confirmed with their coach.
- **No-shows:** Any athlete not reporting for or competing in a single individual event shall not be penalized. Athletes who must

withdraw from an event after it is seeded are requested to inform the referee immediately.

**SCORING:** Each event will be scored 1<sup>st</sup> through 8<sup>th</sup> place for each age group using the following points: 9, 7, 6, 5, 4, 3, 2, 1

**AWARDS:**

- Individual Events: Ribbons for 1st – 8th place for 6 & Under, 7-8, 9-10, 11-12 age groups. 13 & over will not receive ribbons. Individual High-point & Runner-up: 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 athletes are responsible for picking up their own awards at the conclusion of their last session.
- Unclaimed awards will not be mailed to the teams.

**ADMISSION:** Free.

**HOSPITALITY:** A limited snack bar will be available throughout the competition in the mezzanine. 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 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			
9-10	11-12	11 & O	8 & U	9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O
200 IM	200 BK	400 IM	100 IM	100 IM	100 IM	200 FR	100 FR	200 FR	200 FR	200 IM
		500 FR	50 BK	50 BK	50 BK	100 BK	25 BK	100 BK	100 BK	200 BK
			25 BR	100 BR	100 BR	200 BR	25 FL	100 FL	100 FL	100 FR
			50 FL	50 FL	50 FL	100 FL	50 BR	50 BR	50 BR	200 FL
			25 FR	100 FR	100 FR	50 FR	50 FR	50 FR	50 FR	100 BR
					200 BR	1000 FR*			200 IM	1650 FR*

**SCHEDULE OF EVENTS:**

<b>Girls #</b>	<b>Friday, Feb. 10, 2023</b>	<b>Boys #</b>
<b>1</b>	9-10 200 IM	<b>2</b>
<b>3</b>	11 & O 400 IM	<b>4</b>
<b>5</b>	11-12 200 BACK	<b>6</b>
<b>7</b>	11 & O 500 FREE	<b>8</b>

<b>Girls #</b>	<b>Saturday, February 11, 2023</b>	<b>Boys #</b>		<b>Girls #</b>	<b>Sunday, February 12, 2023</b>	<b>Boys #</b>
	<b>AM SESSION</b>				<b>AM SESSION</b>	
	<b>(13 &amp; OVER ATHLETES)</b>				<b>(13 &amp; OVER ATHLETES)</b>	
<b>9</b>	13-14 200 FREE	<b>10</b>		<b>63</b>	13-14 200 IM	<b>64</b>
<b>11</b>	15 & O 200 FREE	<b>12</b>		<b>65</b>	15 & O 200 IM	<b>66</b>
<b>13</b>	13-14 100 BACK	<b>14</b>		<b>67</b>	13-14 200 BACK	<b>68</b>
<b>15</b>	15 & O 100 BACK	<b>16</b>		<b>69</b>	15 & O 200 BACK	<b>70</b>
<b>17</b>	13-14 200 BREAST	<b>18</b>		<b>71</b>	13-14 100 FREE	<b>72</b>
<b>19</b>	15 & O 200 BREAST	<b>20</b>		<b>73</b>	15 & O 100 FREE	<b>74</b>
<b>21</b>	13-14 100 FLY	<b>22</b>		<b>75</b>	13-14 200 FLY	<b>76</b>
<b>23</b>	15 & O 100 FLY	<b>24</b>		<b>77</b>	15 & O 200 FLY	<b>78</b>
<b>25</b>	13-14 50 FREE	<b>26</b>		<b>79</b>	13-14 100 BREAST	<b>80</b>
<b>27</b>	15 & O 50 FREE	<b>28</b>		<b>81</b>	15 & O 100 BREAST	<b>82</b>
<b>29</b>	13 & O 1000 FREE*	<b>30</b>		<b>83</b>	13 & O 1650 FREE*	<b>84</b>

Girls #	Saturday, February 11, 2023	Boys #		Girls #	Sunday, February 12, 2023	Boys #
	PM SESSION				PM SESSION	
	(12 & UNDER ATHLETES)				(12 & UNDER ATHLETES)	
31	11-12 100 IM	32		85	11-12 200 FREE	86
33	9-10 100 IM	34		87	9-10 200 FREE	88
35	8 & U 100 IM	36		89	8 & U 100 FREE	90
37	11-12 50 BACK	38		91	11-12 100 BACK	92
39	9-10 50 BACK	40		93	9-10 100 BACK	94
41	8 & U 50 BACK	42		95	8 & U 25 BACK	96
43	11-12 100 BREAST	44		97	11-12 100 FLY	98
45	9-10 100 BREAST	46		99	9-10 100 FLY	100
47	8 & U 25 BREAST	48		101	8 & U 25 FLY	102
49	11-12 50 FLY	50		103	11-12 50 BREAST	104
51	9-10 50 FLY	52		105	9-10 50 BREAST	106
53	8 & U 50 FLY	54		107	8 & U 50 BREAST	108
55	11-12 100 FREE	56		109	11-12 50 FREE	110
57	9-10 100 FREE	58		111	9-10 50 FREE	112
59	8 & U 25 FREE	60		113	8 & U 50 FREE	114
61	11-12 200 BREAST	62		115	11-12 200 IM	116

**\*Per Zone 4 Policy, to be eligible to enter the 1000 Freestyle and 1650 Freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.**

**DOUGLAS DOLFIN SWIM TEAM  
VALENTINES DAY AGE GROUP OPEN  
February 10-12, 2023  
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 Reg. #:

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

Event #

Distance / Stroke

Entry Time (yds)

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# of Entries X **\$4.50** =

**\$ Participation Fee: + \$ 9.00**

**Total Amount Paid:**

**\$**

(payable to Douglas Dolphins Swim Team)

Coach name:

Athlete's Address

e-mail:

Phone # ( ) -

Team e-mail:

**OFFICE USE ONLY:**

Cash Amt.: \$

Check #

Check Amt.: \$

Date entered:

Entered by: