

**DOUGLAS DOLPHINS SWIM TEAM**  
**HIGH COUNTRY SHORT COURSE CHAMPIONSHIP MEET**  
July 30 - August 1, 2021  
Enter Online: <http://ome.swimconnection.com/pc/ddst20210730>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **21-155**

*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.*

**MEET IS OPEN TO ALL REGISTERED USA SWIMMING ATHLETES AFTER THE PRIORITY REGISTRATION PERIOD FOR THE FOLLOWING CLUBS HAS ENDED – BST-PC, CARS-PC, DDST-PC, EST-SR, FBST-SN, LAKE-PC, LASS-SN, MLST-PC, NNA-PC, PRST-SN, RENO-PC, SPKS-SN, TAHO-PC, TTST-SN, UNEV-PC, WINN-SN. Priority registration is available through Monday, July 12.**

*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.**

***We will be following the CDC Guidance for the meet regarding face coverings. Anyone who is fully vaccinated may choose not to wear a face covering. We ask if you are not fully vaccinated that you continue to wear a face covering. All participants should expect to be screened for temperature and other symptoms on arrival each day.***

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, 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. **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 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:** Jim Morefield  
**Chief Judge:** Valerie Rudd  
**Meet Marshal:** David Stevenson

**Head Starter:** Ron Harmon  
**Admin Official:** Veronica Harmon  
**Meet Director:** Wendy Yturbide  
[wyturbide@icloud.com](mailto:wyturbide@icloud.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 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 and separate indoor warm-up and warm-down area. Fully automatic electronic timing system with touch pads and 8-line scoreboard. 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:** Friday, Saturday, and 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 athletes. **FINALS** sessions for 11 & over athletes will begin no sooner than 2 hours after the finish of the preliminary events and 10 & under relays that day, with warm-ups no sooner than 1 hour after.

Lane assignments for warm-ups will be made. Times may be adjusted once entries are in to ensure we can meet current COVID guidelines. If a change in session time is made, the information will be sent out to all coaches with estimated timelines a few days before the meet.

**\*\*WARM-UP periods may be split into sessions in order to meet building capacity for the event.\*\***

#### **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.
- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- All preliminary and timed-final events will swim fastest to slowest, with the three fastest heats of all 11 & over preliminary events circle seeded (except fastest two heats for the 400 IM).
- Entries with No Time (NT) or coach-estimated times will be accepted. EXCEPTION: see Distance rules below.
- Individual events for 11 & over athletes will swim as preliminaries and finals (consolation and championship final heats, in that order), except for the 500, 1000, and 1650 freestyle which will swim as timed finals immediately following the preliminary session that day.
- All events for 10 & under athletes will be conducted as timed finals during the morning preliminary sessions.
- Athletes may enter as many events as they wish, but shall compete in no more than 9 individual events total for the meet, plus relays.
- 11 & over athletes may compete in up to 3 individual events per day, plus 1 relay per day.
- 10 & under athletes may compete in up to 4 individual events per day (not to exceed 9 total), plus 1 relay per day.
- Entries for a day will close before the stated entry deadlines if and when the estimated timeline for that morning's prelims and timed finals session (including distance freestyle) reaches 5 hours.
- 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.
- 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 2021 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.

#### **DISTANCE:**

- Per Zone 4 policy, to be eligible to enter the 1000 or 1650 Freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.
- Positive check-in is required for the 1000 and 1650 freestyle and will close at 10:00 am on that day.
- Age groups will swim the 500, 1000, and 1650 freestyle together by time, but will be scored and awarded separately.
- Each athlete in the 1000 and 1650 events must provide their own timers. Each athlete must provide their own lap counter for the 500, 1000, and 1650 events.
- The 500, 1000, and 1650 freestyle are timed finals and will swim fastest to slowest alternating girls and boys heats.
- At the discretion of the Meet Referee and if local conditions warrant, the Meet Referee may combine heats of boys and girls in the 500, 1000, and 1650 freestyle.

**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 athlete is called to the blocks.
- Only two scoring relays will be allowed per club per event, designated as A and B. Each club may enter as many additional non-scoring relay teams as they would like.
- Relay athletes must be entered in the meet (no relay-only athletes), and must not be Unattached.
- 10 & under relays will swim at the end of the preliminary session immediately before the scheduled distance events.
- 11 & over relay events 1, 2, 49, and 50 will swim at the beginning of the morning session on Friday and Saturday.
- All other 11 & Over relays will swim at the end of the afternoon Finals sessions on Friday and Saturday.
- Athletes 19 years of age and over shall not participate in relay events.
- Participants in the 100 yard relays who begin their leg of the race at the turn end shall start in the water.

**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 Swimming member-coach as being proficient in performing a racing start or must start the race in the water without the use of the backstroke ledge. 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 or use of tobacco products.
- No sale or use of alcoholic beverages or the recognition of alcohol sponsors.
- No glass containers.
- No propane heaters except for snack bar/meet operations.
- No animals except for physician certified "service assistance" animals. Please show certification when asked by meet officials or marshals.
- All shelters must be properly secured at all times, or may be removed by meet management.
- Deck Changes are 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.
- 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 regular or seasonal athlete members of USA Swimming and enter their name and registration number exactly as they are 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. 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 (NT) or coach-estimated times will be accepted. EXCEPTION: See Distance 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 older may swim for time only with the oldest age group of an individual preliminary or timed-final event. They are not eligible for relays or finals, and shall not score points or receive awards.
- The athlete's age on the first day of the meet will be their age for the entire meet.

**SEEDING:** Event seeding will be in the following order: conforming short course yards, non-conforming long course meters, and non-conforming short course meters. USA Swimming rules 207.11.7B. See Rules for distance events seeding.

**ENTRY TIMES:** Entries must be submitted using the athlete's best conforming yards or non-conforming meters time for each event. Coach-estimated times and "No Time" (NT) entries will be accepted (but see special rules for the 1000 and 1650 events). Estimated entry times may be adjusted at the discretion of the Meet Referee if conditions warrant.

**ENTRY FEES:** \$5.50 per event plus a \$9.00 participation fee per athlete. NO REFUNDS will be given except for mandatory scratch-downs. Entries will be rejected if not accompanied by the required fees. Relays will be \$16.00 each, due with the entries or no later than Sunday (August 1<sup>st</sup>) morning by 9:00 am.

**ENTRY DEADLINES:** entries will not be accepted after the applicable deadline listed below, and may close earlier (see rules). NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES (except relays) OR ENTRY CHANGES WILL BE ALLOWED. Check <https://ome.swimconnection.com/pc/ddst20210730> for session open or closed status.

**PRIORITY ENTRY PERIOD:** Priority entry for the clubs detailed at the top of this meet sheet ends on Monday, July 12, 2021 at 11:59 pm, after which all eligible athletes may enter sessions that have not yet filled up and closed. Priority entries must be **received** by that time, or before a session fills and closes, whichever is earlier.

**SWIMCONNECTION ENTRIES:** Enter at <https://ome.swimconnection.com/pc/ddst20210730> to receive an immediate email entry confirmation. **Bring this email to the meet as proof of entry.** This method requires payment by credit card. Swim Connection, LLC charges a processing fee in addition to the Entry Fees. If you do not wish to pay the processing fee, enter the meet using 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, July 21st, 2021.

**TEAMUNIFY ENTRIES:** Any entries submitted via TeamUnify must be committed, approved, and synchronized with the host no later than 11:59 pm Wednesday, July 21st, 2021. Entries that are not committed, approved, and synchronized 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 Athlete's best time. Entries must be postmarked by 11:59pm July 19, 2021 or hand delivered by 6:00 PM July 21, 2021. If a session is closed early, entries must be postmarked or hand delivered to a DDST coach by the session close date. 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**  
**Attention: Meet Entries**  
**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 distance and relays,** the meet shall be pre-seeded and athletes will not be required to check-in. Participants in the 1650 Free and the 1000 Free must do a positive check-in by 10am on the day of the event. Anyone who does not check in by 10 am for the 1650 Free and the 1000 Free will be scratched from the event.

**SCRATCHES AND NO-SHOWS:**

- **Preliminaries and Timed Finals events:** Athletes who must withdraw from an event in which they have been seeded are requested to notify the Referee immediately. Any athletes not reporting for or competing in a preliminary or timed final event that they have entered shall not be penalized.
- **Finals of Preliminaries-and-Finals events:** Any athlete 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 athlete 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 athlete have no additional finals events for that day, they will be barred from the next preliminary event in which they are entered.

- **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 athlete, or the athlete qualified for any level of finals due to scratches of one or more original finalists, or the athlete is an alternate for any level of finals.

**TIMERS:** There will be two timing chairs per lane. Timing chairs will be assigned to participating clubs based on number of entries in the preliminary sessions.

**AWARDS:**

- Team High-point: trophies 1st – 4th
- Individual High-point & Runner-up: 6 & under, 7- 8, 9-10, 11-12, 13-14, 15-18 age groups.
- Individual Events: medals 1st – 3rd place, ribbons 4th – 8th place for 6 & under, 7-8, 9-10 and 11-12 age groups.
- Relays: Medals 1st – 3rd place.
- Each club is asked to designate a representative to collect the awards for the athletes. Awards will be handed out at the end of the afternoon session on Sunday. Unclaimed awards will not be mailed.

**SCORING:** to 8 places for all events as follows:

Place	1	2	3	4	5	6	7	8
Individual Points	10	7	6	5	4	3	2	1
Relay Points	20	14	12	10	8	6	4	2

**ADMISSION:** Free.

**SNACK BAR AND HOSPITALITY:** A limited snack bar providing pre-packaged snacks and water 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 welcome 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:

<u>Club athletes entered in session</u>	<u>Trained and carded officials requested</u>
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

## SUMMARY OF EVENTS

	8 & under	9-10	11-12	13-14	15 & Over
<b>Friday</b>	50 Back 100 Free 25 Fly <b>100 Free Relay</b> <b>10 &amp; Under 200 Free Relay</b>	200 IM 100 Back 200 Free 50 Fly <b>200 Free Relay</b> <b>10 &amp; Under 200 Free Relay</b>	100 Back 50 Fly 50 Breast *1000 Free <b>**200 Free Relay</b> <b>**11 - 18 200 Free Relay</b>	400 IM 200 Free 100 Breast *1000 Free <b>**400 Free Relay</b> <b>**11 - 18 200 Free Relay</b>	400 IM 200 Free 100 Breast *1000 Free <b>**400 Free Relay</b> <b>**11 - 18 200 Free Relay</b>
<b>Saturday</b>	25 Free 25 Back 50 Breast <b>100 Med Relay</b> <b>10 &amp; Under 200 Medley Relay</b>	50 Free 50 Back 100 Breast *500 Free <b>200 Med Relay</b> <b>10 &amp; Under 200 Medley Relay</b>	200 IM 100 Free 200 Back 100 Fly *500 Free <b>**200 Medley Relay</b> <b>**11- 18 200 Medley Relay</b>	200 IM 100 Free 200 Back 100 Fly *500 Free <b>**11 - 18 200 Medley Relay</b> <b>**400 Medley Relay</b>	200IM 100 Free 200 Back 100 Fly *500 Free <b>**11 -18 200 Medley Relay</b> <b>**400 Medley Relay</b>
<b>Sunday</b>	25 Breast 50 Fly 100 IM 50 Free	50 Breast 100 Fly 100 IM 100 Free	200 Free 100 Breast 50 Back 100 IM 50 Free	200 Breast 100 Back 200 Fly 50 Free *1650 Free	200 Breast 100 Back 200 Fly 50 Free *1650 Free

\*All distance events will swim together but scored and awarded separately by age group.  
\*\*Relay events 1-2, 43-50, and 95-100 will swim in event order in the Finals session on those days.

**SCHEDULE OF EVENTS**

	<b>Friday July 30, 2021</b>				<b>Saturday July 31, 2021</b>	
<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>		<b>Girls</b>	<b>Preliminaries &amp; Timed Finals</b>	<b>Boys</b>
1	<b>**11-18 200 Free Relay</b>	2		49	<b>**11-18 200 Med Relay</b>	50
3	<b>15 &amp; Over 400 IM</b>	4		51	<b>15 &amp; Over 200 IM</b>	52
5	<b>13-14 400 IM</b>	6		53	<b>13-14 200 IM</b>	54
7	<b>9-10 200 IM</b>	8		55	<b>11-12 200 IM</b>	56
9	<b>11-12 100 Back</b>	10		57	<b>15 &amp; Over 100 Free</b>	58
11	<b>8 &amp; Under 50 Back</b>	12		59	<b>13-14 100 Free</b>	60
13	<b>9-10 100 back</b>	14		61	<b>11-12 100 Free</b>	62
15	<b>15 &amp; Over 200 Free</b>	16		63	<b>9-10 50 Free</b>	64
17	<b>13-14 200 Free</b>	18		65	<b>8 &amp; Under 25 Free</b>	66
19	<b>11-12 50 Fly</b>	20		67	<b>15 &amp; Over 200 Back</b>	68
21	<b>9-10 200 Free</b>	22		69	<b>13-14 200 Back</b>	70
23	<b>8 &amp; Under 100 Free</b>	24		71	<b>11-12 200 Back</b>	72
25	<b>15 &amp; Over 100 Breast</b>	26		73	<b>9-10 50 Back</b>	74
27	<b>13-14 100 Breast</b>	28		75	<b>8 &amp; Under 25 Back</b>	76
29	<b>11-12 50 Breast</b>	30		77	<b>15 &amp; Over 100 Fly</b>	78
31	<b>9-10 50 Fly</b>	32		79	<b>13-14 100 Fly</b>	80
33	<b>8 &amp; Under 25 Fly</b>	34		81	<b>11-12 100 Fly</b>	82
35	<b>9-10 200 Free Relay</b>	36		83	<b>9-10 100 Breast</b>	84
37	<b>8 &amp; Under 100 Free Relay</b>	38		85	<b>8 &amp; Under 50 Breast</b>	86
39	<b>10 &amp; Under 200 Free Relay</b>	40		87	<b>9-10 200 Medley Relay</b>	88
41	<b>*11 &amp; Over 1000 Free</b>	42		89	<b>8 &amp; Under 100 Medley Relay</b>	90
43	<b>**15-18 400 Free Relay</b>	44		91	<b>10 &amp; Under 200 Medley Relay</b>	92
45	<b>**13-14 400 Free Relay</b>	46		93	<b>*9 &amp; Over 500 Free</b>	94
47	<b>**11-12 200 Free Relay</b>	48		95	<b>**11-12 200 Medley Relay</b>	96
				97	<b>**13-14 400 Medley Relay</b>	98
				99	<b>**15-18 400 Medley Relay</b>	100

	<b>Sunday August 1, 2021</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 swim together but will be scored and awarded separately by age group.  
\*\*Relay events 1-2, 43-50, and 95-100 will swim in event order in the Finals session on those days.



**HIGH COUNTRY**  
**SHORT COURSE CHAMPIONSHIPS**  
**July 30 – August 1, 2021**  
 CONSOLIDATED ENTRY CARD

Name: Last First Initial

Club Abbr.	If Unattached, Club Name	<b>LSC</b> <small>(PC, SN, etc.)</small>
------------	-----------------------------	---

Club Name: \_\_\_\_\_

AGE Date of Birth Age Group

USA-S  
 Registration: | | | | | | | | | | | | | | | | | |

Gender (circle one): Male Female

Event #	Distance / Stroke	Course ( Y / M / S )	Entry Time
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .
			: .

# of Entries \_\_\_\_\_ X \$5.50 = \$ \_\_\_\_\_  
 Participation Fee: + \$ **9.00**  
**Total Amount Paid: \$**  
(payable to Douglas Dolphins Swim Team)

Coach name: \_\_\_\_\_

Athlete's Name: \_\_\_\_\_

Athlete Address: \_\_\_\_\_

e-mail: \_\_\_\_\_

Phone # ( ) - \_\_\_\_\_

Club e-mail: \_\_\_\_\_