

Douglas Dolphins Swim Team
High Country Invitational Championships
Pacific Swimming Preliminaries and Finals Short Course Meet
August 5th – 7th, 2016
Enter online: <http://ome.swimconnection.com/pc/DDST20160805>



SANCTION: Held under USA/Pacific Swimming Sanction No.: **16-112**

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 electronic 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:
Meet Referee: Greg Gephart
Chief Judge: Valerie Rudd
Meet Marshal: Joanna Ruffo

Head Starter: Judy Manor
Administrative Official: Jim Morefield
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 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 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 session that day, which concludes after the 10 & under relays, with warm-ups no sooner than 1 hour after.

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 will swim fastest to slowest, with the three fastest heats of all 11 & Over preliminary events circle seeded.
- Entries with No Time (NT) will be accepted ONLY for individual events of 100 YARDS OR SHORTER, and for all relays, and will be seeded last.
- Individual events for 11 & over athletes will be swum as preliminaries and finals (consolation and championship final heats), except for the 500, 1000, and 1650 freestyle which will be swum 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.
- Each session will be limited to the first 450 athletes per session.

- If local conditions warrant 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 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.

DISTANCE:

- Check-in for the 500, 1000, and 1650 freestyle will close at 10:00 am each day.
- Age groups will swim the 500, 1000, and 1650 freestyle together, but will be scored and awarded separately.
- Each athlete in the 500, 1000, and 1650 must provide their own timers and lap counter.
- The 500, 1000, and 1650 freestyle are timed finals and will be swum 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.
- Relay 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 team per event, designated as A and B. Each club may enter as many additional non-scoring relay teams as they would like.
- 10 & under relays will be swum at the end of the preliminary session immediately before the scheduled distance events.
- 11 & over relays will be swum 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-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 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-S Club Member-Coach.

RACING STARTS: Each athlete 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:

- Smoking and the use of tobacco products is prohibited on the pool deck, in the locker room, in spectator seating, on standing areas and in all areas used by athletes, 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.
- 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.
- All shelters must be properly secured at all times, or may be removed by meet management. SPECIAL NOTE: the concrete pool deck has been extended, and water buckets and tie-downs will be needed to properly secure shelters.
- 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 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 athlete with the registration and times database. The meet host must 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.
- The meet is open to all qualified 2016 regular or seasonal USA swimming registered athletes who represent (or are unattached and reside closest to) one of the invited USA Swimming member clubs. **Invited clubs:** all clubs in Zone 4 of Pacific Swimming (BST, CARS, DDST, LAKE, MLST, NNA, RENO, TAHO); Elko Swim Team (EST-SR); Aquasol (AQUA-SN); Fallon Barracuda Swim Team (FBST-SN); Lassen Aquatics (LASS-SN); Northern Sierra Aquatics (NSA-SN); Plumas Pikes Swim Team (PPST-SN); Sparks Piranhas Swim Team (SPKS-SN); Truckee-Tahoe Swim Team (TTST-SN); Winnemucca Whitewater Swim (WINN-SN).
- 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 athletes 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.
- 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 will be the age of the swimmer on the first day of the meet.
- Entries with No Time (NT) will be **Accepted** (Exception – individual events of 200 yards or longer. See Rules).
- Pacific Swimming Entry Time Verification Procedures.

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.**

ENTRIES: Entries must be submitted using the athlete's best conforming yards or non-conforming meters time for each event. "No Time" (NT) entries will NOT be accepted for individual events of 200 yards or longer. NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES (except relays) OR ENTRY CHANGES WILL BE ALLOWED. NO REFUNDS will be given except in the case of a mandatory scratch-down.

ENTRY FEES: \$5.50 per event plus a \$9.00 participation fee per athlete. Entries will be rejected if payment is not sent at time of request. Relays will be \$16.00 each, due with the entries or no later than Sunday morning by 9:00 am.

ONLINE ENTRIES: To enter online go to <http://ome.swimconnection.com/pc/DDST20160805> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee from 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 be accepted through 11:59 PM Wednesday, July 27th, 2016 or when session estimated timelines exceed 4 hours.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must first be both committed and approved by 11:59 pm Wednesday, July 27th, 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 times. Entries must be postmarked by midnight Monday, July 25, 2016 or hand delivered to a DDST coach by 6:00 pm Wednesday, July 27, 2016. If a session is closed early, entries must be postmarked or hand delivered to a DDST coach by the session close date. No late entries will be accepted. 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 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: 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. No event shall be closed earlier than 30 minutes before the estimated start of

the meet session. Other than distance events which will close at 10:00 am each day, 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:

- **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 checked in for **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 their next preliminary event. If the No-Show occurs on the last day that the athlete is entered in an individual event in the meet, and no other individual event penalty is applicable, the athlete shall then be fined \$100.00. The fine will be increased to \$150.00 if after 30 days of receiving the letter of notification the party has not made the payment.
- **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.

AWARDS:

- **Team High-point:** trophies 1st – 4th
- **Individual High-point & Runner-up:** Olympic pull-buoys for 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, 11-12, 13-14, 15-18 age groups.
- Athletes 19 years of age and older will not receive awards.
- **Relays:** Medals 1st – 3rd place.
- Each club is asked to designate a representative to collect the awards for **athletes.**

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. A three-day program will be available for purchase.

SNACK BAR AND 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:**

<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

Event Summary

	8&un	9-10	11-12	13-14	15 & Over
Friday	50 Back 100 Free 25 Fly 100 Free Relay 10 & Under 200 Free Relay	200 IM 100 Back 200 Free 50 Fly 200 Free Relay 10 & Under 200 Free Relay	100 Back 50 Fly 50 Breast *1000 Free **200 Free Relay **11 - 18 200 Free Relay	400 IM 200 Free 100 Breast *1000 Free **400 Free Relay **11 - 18 200 Free Relay	400 IM 200 Free 100 Breast *1000 Free **400 Free Relay **11 - 18 200 Free Relay
Saturday	25 Free 25 Back 50 Breast 100 Med Relay 10 & Under 200 Medley Relay	50 Free 50 Back 100 Breast *500 Free 200 Med Relay 10 & Under 200 Medley Relay	200 IM 100 Free 200 Back 100 Fly *500 Free **200 Medley Relay **11- 18 200 Medley Relay	200 IM 100 Free 200 Back 100 Fly *500 Free **11 - 18 200 Medley Relay **400 Medley Relay	200IM 100 Free 200 Back 100 Fly *500 Free **11 -18 200 Medley Relay **400 Medley Relay
Sunday	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 be swum together, but scored and awarded separately by age group.**

****Relay events 41-48 and 93-100 will be swum at the end of the Finals session on those days.**

SCHEDULE OF EVENTS

	Friday August 5, 2016				Saturday August 6, 2016	
Girls	Preliminaries & Timed Finals	Boys		Girls	Preliminaries & Timed Finals	Boys
1	15 & Over 400 IM	2		49	15 & Over 200 IM	50
3	13-14 400 IM	4		51	13-14 200 IM	52
5	9-10 200 IM	6		53	11-12 200 IM	54
7	11-12 100 Back	8		55	15 & Over 100 Free	56
9	8 & Under 50 Back	10		57	13-14 100 Free	58
11	9-10 100 back	12		59	11-12 100 Free	60
13	15 & Over 200 Free	14		61	9-10 50 Free	62
15	13-14 200 Free	16		63	8 & Under 25 Free	64
17	11-12 50 Fly	18		65	15 & Over 200 Back	66
19	9-10 200 Free	20		67	13-14 200 Back	68
21	8 & Under 100 Free	22		69	11-12 200 Back	70
23	15 & Over 100 Breast	24		71	9-10 50 Back	72
25	13-14 100 Breast	26		73	8 & Under 25 Back	74
27	11-12 50 Breast	28		75	15 & Over 100 Fly	76
29	9-10 50 Fly	30		77	13-14 100 Fly	78
31	8 & Under 25 Fly	32		79	11-12 100 Fly	80
33	9-10 200 Free Relay	34		81	9-10 100 Breast	82
35	8 & Un 100 Free Relay	36		83	8 & Under 50 Breast	84
37	10 & Un 200 Free Relay	38		85	9-10 200 Medley Relay	86
39	*11 & Over 1000 Free	40		87	8-Under 100 Medley Relay	88
41	**15-18 400 Free Relay	42		89	10 & Under 200 Medley Relay	90
43	**13-14 400 Free Relay	44		91	*9 & Over 500 Free	92
45	**11-12 200 Free Relay	46		93	**11-12 200 Medley Relay	94
47	**11-18 200 Free Relay	48		95	**11-18 200 Med Relay	96
				97	**13-14 400 Medley Relay	98
				99	**15-18 400 Med Relay	100

***All distance events will be swum together, but scored and awarded separately by age group.**

****Relay events 41-48 and 93-100 will be swum at the end of the Finals session on those days.**

	Sunday August 7, 2016	
Girls	Preliminaries & Timed Finals	Boys
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 be swum together, but scored and awarded separately by age group.**

HIGH COUNTRY INVITATIONAL CHAMPIONSHIPS – Prelims & Finals August 5 – 7, 2016 CONSOLIDATED ENTRY CARD			
Name:		Last	First Initial
Club Abbr.	If Unattached, Team Name	LSC (PC or SN)	
Club Name: _____			
AGE	Date of Birth	Age Group	
USA-S Registration:			
Gender (circle one): Male Female			
Event #	Dist / Stroke	Yd/M/S	Entry Time
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# of Entries _____ X \$5.50 = \$ _____ Participation Fee: + \$ 9.00 Total Amount Paid: \$ _____ (payable to Douglas Dolphins Swim Team)			
Coach name: _____			
Athlete's _____			
Address & _____			
e-mail: _____			
Phone # () -			
Team e-mail: _____			

HIGH COUNTRY INVITATIONAL CHAMPIONSHIPS – Prelims & Finals August 5 – 7, 2016 CONSOLIDATED ENTRY CARD			
Name:		Last	First Initial
Club Abbr.	If Unattached, Team Name	LSC (PC or SN)	
Club Name: _____			
AGE	Date of Birth	Age Group	
USA-S Registration:			
Gender (circle one): Male Female			
Event #	Dist / Stroke	Yd/M/S	Entry Time
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# of Entries _____ X \$5.50 = \$ _____ Participation Fee: + \$ 9.00 Total Amount Paid: \$ _____ (payable to Douglas Dolphins Swim Team)			
Coach name: _____			
Athlete's _____			
Address & _____			
e-mail: _____			
Phone # () -			
Team e-mail: _____			