DOUGLAS DOLFINS SWIM TEAM
MOLLY LAHLUM MEMORIAL AUTUMN FREEZE SWIM MEET
PACIFIC SWIMMING SHORT COURSE MEET
SEPTEMBER 13-15, 2024
Enter Online: http://ome.fastswims.com

SANCTION: Held under USA/Pacific Swimming Sanction No. **24-100**
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.

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 unofficial 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: Jo Ann Porter
Administrative Official: Kelly Schott
Meet Director: Kelly Rowlett
ddstmeetdirector@gmail.com* *805-501-2609
H*ead Starter:* Jim Morefield
***Meet Marshal:* Malia O'Brien**

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 indoor 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. The meet host shall ensure the required course dimensions.

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: • 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.

• 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.

• 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 12under 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.

• The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.

• 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 registration 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.

• Medical Supervision: The Carson Valley Swim Center is staffed by Lifeguards certified through the American Red Cross. The Lifeguards are also certified in First Aid, CPR, AED and O2 administration. The nearest Emergency Rooms are Carson Valley Health Hospital (1107 Highway 395 N., Gardnerville, NV 89410, 4.4 mi) and Carson Tahoe Hospital (1600 Medical Pkwy., Carson City, NV 89703, 19.8 mi)

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: 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 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 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 athletes, during the meet and during warm-up periods.

- No smoking, "vaping," or use of other tobacco products.
- No sale and/or use of alcoholic beverages, or recognition of alcoholic 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.
- Deck Changes are prohibited. There are gender neutral bathrooms available inside the meet venue.
- 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), fireworks of any kind, 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 members of USA Swimming and enter their name and registration number exactly as shown in their USA Swimming Registration Card. 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, Athletes shall be required to register online via USA Swimming's online member registration before being allowed to swim in the meet.

- **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 over may swim with 15-over athletes in their events, but will 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.

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. **Entries with "NO TIME" (NT) will be accepted (Exception: 1000 and 1650 freestyles, see rules)**.

ENTRY FEES: $4.50 per event plus an $11.00 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. Check http://ome.fastswims.com for session open or closed status.

ONLINE ENTRIES: To enter online go to **http://ome.fastswims.com** to receive an immediate entry confirmation. This method requires payment by credit card. FastSwims charges a service fee for this service, 6.5% of the total Entry Fees plus $0.75 per transaction, regardless of number of Athletes. Please note that the service 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 be accepted through **Wednesday, September 4, 2024 at 11:59pm**, or until the meet has filled, whichever comes first.

HYTEK ENTRIES: Clubs wishing to submit their team's entries via **HyTek** entry file should contact **ddstswimming@gmail.com** as soon as possible to coordinate, and should submit their entries at least 7 days before the deadline for online entries to help ensure enough space remains in the meet. Only a single entry file submission will be accepted from any one club, and must be accompanied by payment in full. After acceptance, additional entries will need to use one of the other entry methods, and scratches will need to follow the scratch procedures for the meet.

TEAMUNIFY ENTRIES: Any entries submitted via TeamUnify must be committed, approved and synchronized with the host no later than **11:59 PM Wednesday, September 4, 2024.** 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 no later than **11:59 pm Saturday August 31, 2024** or hand delivered to a DDST coach no later than 6:00 PM, Wednesday, September 4, 2024, and may be rejected if a session is already full. Requests for confirmation of receipt of entries should include a self-addressed envelope.

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

Mail entries to: Douglas Dolfins Swim Team
Attn: Meet Director
P.O. Box 44
Minden, NV. 89422

Hand deliver entries to: Douglas Dolfins 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. **Participants in the 1650 Free, 1000 Free and 500 Free must do a positive check-in by 5 pm Friday or 10am Sunday as applicable. Participants in the 500 Free on Saturday must do a positive check-in by 1 hour after the start of the applicable session.** 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**) as soon as possible. Each session will be pre-seeded after the following deadlines:

- **Friday session -** deadline 7:00 pm Thursday (email only)
- **Saturday AM session** - deadline 6:00 pm Friday
- **Saturday PM session** - deadline at start of Saturday AM 500 Free (event 31)
- **Sunday AM session** - deadline at start of Saturday PM 500 Free (event 63)
- **Sunday PM session** - deadline at start of Sunday AM 1000 Free (event 85)

- 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.

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:
- 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 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.
- Unclaimed awards will not be mailed to the teams.

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

ADMISSION: Free to the meet venue. Anyone using other pool areas at the facility must pay the public admission fee at the front lobby and receive a wristband.

SNACK BAR AND HOSPITALITY: A limited snack bar providing pre-packaged snacks and water will be available throughout the competition. Hospitality will be offered to officials, coaches, and timers.

MINIMUM OFFICIALS RULE: All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, apprentice officials are also welcome to train with working officials for education and/or mentoring. Participating clubs shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent that club during the meet, in accordance with the following table:

Club Athletes entered in Meet	Fully certified officials required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

One half-hour before the scheduled start of each session, the Meet Referee or designee shall conduct an inventory of Officials, and shall compare the number of athletes against the number of Officials present representing each club. Those clubs who have not provided sufficient Officials shall have all their athletes treated as "time only" athletes in all respects for that session. Neither the athletes nor the club shall be eligible for awards from that session.

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	1000FR*

ORDER OF EVENTS

***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.**

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**

DOUGLAS DOLFINS SWIM TEAM
VALENTINES DAY AGE GROUP OPEN
September 13-15, 2024
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)
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .

# of Entries X **$4.50** = **$** Participation Fee: + **$ 11.00**

Total Amount Paid: **$** (payable to Douglas Dolfins 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: