

DOUGLAS DOLPHINS SWIM TEAM
HIGH COUNTRY SHORT COURSE CHAMPIONSHIP MEET
PACIFIC SWIMMING SHORT COURSE MEET
August 1-3, 2025
Enter Online: <https://ome.fastswims.com/>



SANCTION: Held under USA/Pacific Swimming Sanction No. **25-081**

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: Jim Morefield	Head Starter: Kendra Follett
	Chief Judge: Jeremy Murray	Admin Officials: Arianne Sorreta and Veronica Harmon
	Meet Marshal: Malia O'Brien	Meet Director: Kelly Rowlett
		805-501-2609 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 <https://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 meet host shall ensure the required course dimensions.

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 discretion of meet management, warm-ups may be held in two sessions with assigned lanes. **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.

RULES:

- Current USA and Pacific Swimming rules and warm-up procedures shall govern the meet. A copy of these procedures shall 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 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.
- All preliminary and timed-final events will be seeded 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) 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 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 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, and are required to sign in and present their valid registration before coaching athletes at the meet.**
- 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)

DISTANCE:

- Positive check-in is required for the 500, 1000 and 1650 freestyle and will close at 9:00 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, heats of boys and girls may be combined 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 relays will swim in event order during the afternoon Finals sessions.
- 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: 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 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 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 athlete members of USA Swimming and must 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. 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 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 nonconforming short course meters. USA Swimming rules 207.11.7B. See Rules for distance events seeding.

ENTRY TIMES: Entries must be submitted using **only** the athlete's best conforming yards or non-conforming meters time for each event. **No estimated or converted times will be accepted.** "No Time" (NT) entries will be accepted **ONLY** for individual events of 100 yards or shorter. 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.

ENTRY FEES: \$6.00 per event plus a \$11.00 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 morning by 9:00 am.

MEFAP ENTRY FEES: \$11.00 participation fee. Registered Pacific Swimming Outreach Athletes are eligible for the Meet Entry Fee Assistance Program (MEFAP). For more information on Outreach Qualification:

<https://www.pacswim.org/userfiles/kcfinder/files/Outreach%20Qualifications%202024.pdf>

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 (except relays) OR ENTRY CHANGES WILL BE ALLOWED. Check <https://ome.fastswims.com> for session open or closed status.

ONLINE ENTRIES: Enter at <https://ome.fastswims.com> to receive an immediate email entry confirmation. **Bring the "billing information" email to the meet as proof of entry.** 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 service 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 23, 2025.

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. **HYTEK Entries will not be accepted after 11:59 PM, Wednesday, July 9, 2025. 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. **Entries will be rejected if and when one or more sessions are already too full to accommodate.**

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 11:59 pm Monday July 21, 2025 or hand delivered by 6:00 PM Wednesday July 23, 2025. 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
P.O. Box 44
Minden, NV. 89423

Hand Deliver entries to: **Douglas Dolphins Coach**
Carson Valley Swim Center
1600 Highway 88
Minden, NV 89423

CHECK-IN: No check-in is required except for distance freestyle. Friday, Saturday, and Sunday's sessions will be pre-seeded after the applicable scratch deadline (see below). **Participants in the 500, 1000, and 1650 Free must do a positive check-in by 9:00 am on the day of the event.** Anyone who does not check in by 9:00 am for the 500, 1000, or 1650 Free will be scratched from that event.

SCRATCHES AND NO-SHOWS:

- **Scratch Deadlines:** Any athlete who wishes to scratch an event is requested to scratch with the Clerk of Course (or via email to ddstswimming@gmail.com) as soon as possible. Sessions will be pre-seeded the evening before the next day's races. For Friday's events, the scratch deadline will be 7pm on Thursday. For Saturday's events, the scratch deadline will be 3pm on Friday. For Sunday's events, the scratch deadline will be 3pm on Saturday. Email scratches from athletes will be confirmed with their coach.
- **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 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:

- 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.
- Relays: Medals for 1st-3rd place
- Team Awards: Trophies for 1st-3rd place teams
- Each club is asked to designate a representative or coach to collect the awards at the end of the meet.
- All unattached athletes are responsible for picking up their own awards at the end of the meet.
- Unclaimed awards will not be mailed to the teams.

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 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. Limited 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, registered apprentice officials are also welcome to train with working officials.

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 for each meet session, in accordance with the following table:

Club Athletes entered in a Session	Fully certified officials required for that session
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 that 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.

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
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 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.

SCHEDULE OF EVENTS

	Friday August 1, 2025				Saturday August 2, 2025	
Girls	Preliminaries & Timed Finals	Boys		Girls	Preliminaries & Timed Finals	Boys
1	**11-18 200 Free Relay	2		49	**11-18 200 Med Relay	50
3	15 & Over 400 IM	4		51	15 & Over 200 IM	52
5	13-14 400 IM	6		53	13-14 200 IM	54
7	9-10 200 IM	8		55	11-12 200 IM	56
9	11-12 100 Back	10		57	15 & Over 100 Free	58
11	8 & Under 50 Back	12		59	13-14 100 Free	60
13	9-10 100 back	14		61	11-12 100 Free	62
15	15 & Over 200 Free	16		63	9-10 50 Free	64
17	13-14 200 Free	18		65	8 & Under 25 Free	66
19	11-12 50 Fly	20		67	15 & Over 200 Back	68
21	9-10 200 Free	22		69	13-14 200 Back	70
23	8 & Under 100 Free	24		71	11-12 200 Back	72
25	15 & Over 100 Breast	26		73	9-10 50 Back	74
27	13-14 100 Breast	28		75	8 & Under 25 Back	76
29	11-12 50 Breast	30		77	15 & Over 100 Fly	78
31	9-10 50 Fly	32		79	13-14 100 Fly	80
33	8 & Under 25 Fly	34		81	11-12 100 Fly	82
35	9-10 200 Free Relay	36		83	9-10 100 Breast	84
37	8 & Under 100 Free Relay	38		85	8 & Under 50 Breast	86
39	10 & Under 200 Free Relay	40		87	9-10 200 Medley Relay	88
41	*11 & Over 1000 Free	42		89	8 & Under 100 Medley Relay	90
43	**15-18 400 Free Relay	44		91	10 & Under 200 Medley Relay	92
45	**13-14 400 Free Relay	46		93	*9 & Over 500 Free	94
47	**11-12 200 Free Relay	48		95	**11-12 200 Medley Relay	96
				97	**13-14 400 Medley Relay	98
				99	**15-18 400 Medley Relay	100

	Sunday August 3, 2025	
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 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
August 1-3, 2025
 CONSOLIDATED ENTRY CARD

Name:		Last		First		Initial	
Club Abbr.	If Unattached, Club Name					LSC (PC, SN, SR, etc.)	
Club Name: _____							
AGE	Date of Birth					Age Group	
USA-S Registration:							
Competition Category (circle one): <div style="display: inline-block; width: 45%; text-align: center;">Male</div> <div style="display: inline-block; width: 45%; text-align: center;">Female</div>							
Event #	Distance / Stroke		Course (Y / M / S)		Entry Time		
					: .		
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<div style="text-align: right;"> # of Entries _____ X \$6.00 = \$ _____ Participation Fee: + \$ 11.00 <hr/> Total Amount Paid: \$ (payable to Douglas Dolphins Swim Team) </div>							
Coach name: _____							
Athlete's Name: _____							
Athlete Address: _____							
e-mail: _____							
Phone # () _____							
Club e-mail: _____							