

- If local conditions warrant it the Meet Referee, with the concurrence of the Meet Director, may require a mandatory scratch down. Immediate cash refunds will be made for any mandatory scratches.
- **All Coaches and Officials on-deck shall be certified and in good standing. All Coaches 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: • Per Zone 4 policy, to be eligible to enter the 1000 & 1650 Freestyle, an Athlete must have previously established a USA Swimming Motivational "B" time or better in a freestyle event of 400m/500y or longer, applicable to their age group and competition category on the first day of the meet. Para Athletes entering under this policy must provide documentation of their classification to the Meet Referee no later than the close of entries for the meet.

- All Athletes entered in the 500, 1000, or 1650 must positively check in by the stated deadlines, otherwise they will be considered scratched from those events.
- Age groups and genders in the 500, 1000, and 1650 freestyle will be seeded together, but will be scored and awarded separately.
- All Athletes in the 500 freestyle must provide their own lap counters. All Athletes in the 1000 and 1650 freestyle must provide their own timers and lap counters.

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

UNACCOMPANIED ATHLETES: 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. 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, 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 are allowed in the meet venue.
- No propane heater is permitted 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.
- 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.
- All shelters must be properly secured.

ELIGIBILITY: • Athletes must be current Athlete members of USA Swimming and enter their name and registration number exactly as shown in their USA Swimming registration. If this is not done, it may be difficult to match the Athlete with the registration and times database. 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 compete 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 should be submitted using the Athlete's best short-course yards time for each event. Coach-estimated times are allowed for this meet. Coach-estimated times **are encouraged for 13-over athletes entering 50 fly, 50 back, or 50 breast events with no recent time in the event.** All entry times must be in yards. **Entries with "NO TIME" (NT) WILL be accepted (Exception: 1000 and 1650 freestyle, see distance rules).**

ENTRY PRIORITY: for the first 7 days after entries open, only entries from athletes on the following priority clubs will be accepted: BST-PC, CARS-PC, DDST-PC, EST-SR, FBST-SN, LAKE-PC, LASS-SN, MLST-PC, NNA-PC, PPST-SN, PRST-SN, RENO-PC, SPKS-SN, TAHO-PC, TTST-SN, UNEV-PC, WINN-SN, WWST-SN. Entries will then be open to all USA Swimming athletes where space remains in the sessions.

ENTRY FEES: \$4.50 per event plus an \$11.00 per Athlete participation fee and \$10 facility surcharge per Athlete. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

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%202025%20rev%2011.13.25.pdf>

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 <https://ome.fastswims.com> for session open or closed status.

ONLINE ENTRIES: To enter online go to <https://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 not be accepted after 11:59 PM, Wednesday, January 28, 2026.**

MAILED OR HAND DELIVERED ENTRIES: Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the Athlete's best yards time. Entries must be **postmarked no later than 11:59 pm Monday, January 26, 2026** or **hand delivered to a DDST coach no later than 5:00 pm Wednesday, January 28, 2026, and may be rejected if a session is already full.** Requests for confirmation of receipt of mailed entries should include a self-addressed envelope.

Make check payable to: DDST or Douglas Dolphins Swim Team

Mail Entries to: Douglas Dolphins Swim Team
Meet Entries Chair
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: Except for the 500, 1000 and 1650 freestyle events, the meet shall be pre-seeded and Athletes will *not* be required to check-in (see scratch deadlines below). Participants in the 500 Free must do a positive check-in prior to 5:00 pm on Friday evening. Participants in the 1000 Freestyle and the 1650 Freestyle must do a positive check-in by 9:00 am Saturday or Sunday as applicable. Anyone who does not check in by these times will be scratched from these events.

SCRATCHES & NO-SHOWS: Any Athlete not intending to swim one or more events 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

• **Scratch Deadlines:**

- o **Friday session** - deadline 7:00 pm Thursday (email only)
- o **Saturday AM session** - deadline 6:00 pm Friday
- o **Saturday PM session** - deadline at start of Saturday PM warm-ups
- o **Sunday AM session** - deadline at end of Saturday PM session
- o **Sunday PM session** - deadline at start of Sunday PM warm-ups

- Email scratches from Athletes will be confirmed with their coach.
- **No-shows:** Any Athlete not reporting for or competing in an 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 sessions. A third timer will be needed for each lane for the 25-yard events. **500 yard events are timed by the regular timers.**

SCORING: Age group events will be scored for 1st through 6th place as follows: 7-5-4-3-2-1. Events combining two or more age groups will be seeded together, but age groups will be scored and awarded separately.

- AWARDS:**
- High-point & Runner-up: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-18 age groups.
 - Individual Events: Ribbons for 1st – 6th 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.

ADMISSION: Free to the meet venue.

HOSPITALITY and Snack Bar: A limited snack bar will be available throughout the competition in the front lobby. Hospitality will be offered to Officials and Coaches. Waters will be provided for the 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 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			
9-10	11-12	11 & O	8 & U	9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O
200 IM	200 BK	400 IM	100 IM	100 IM	100 IM	200 FR	100 FR	200 FR	200 FR	200 IM
		500 FR	50 BK	50 BK	50 BK	50 BR	25 BK	100 BK	100 BK	50 FL
			25 BR	100 BR	100 BR	100 BK	25 FL	100 FL	100 FL	200 BK
			50 FL	50 FL	50 FL	200 BR	50 BR	50 BR	50 BR	100 FR
			25 FR	100 FR	100 FR	50 BK	50 FR	50 FR	50 FR	200 FL
					200 BR	100 FL			200 IM	100 BR
						50 FR				1650 FR*
						1000 FR*				

*Per Zone 4 Policy, to be eligible to enter the 1000 Freestyle and 1650 Freestyle, an Athlete must have previously achieved their applicable USA Swimming Motivational “B” time standard in a freestyle event of 500y/400m or longer.

SCHEDULE OF EVENTS

Girls #	Friday, February 6, 2026	Boys #
1	9-10 200 IM	2
3	11 & O 400 IM	4
5	11-12 200 BACK	6
7	MIXED 11 & O 500 FREE	7

Girls #	Saturday, February 7, 2026	Boys #		Girls #	Sunday, February 8, 2026	Boys #
	AM SESSION (13 & OVER ATHLETES)				AM SESSION (13 & OVER ATHLETES)	
9	13 & O 200 FREE	10		47	13 & O 200 IM	48
11	13 & O 50 BREAST	12		49	13 & O 50 FLY	50
13	13 & O 100 BACK	14		51	13 & O 200 BACK	52
15	13 & O 200 BREAST	16		53	13 & O 100 FREE	54
17	13 & O 50 BACK	18		55	13 & O 200 FLY	56
19	13 & O 100 FLY	20		57	13 & O 100 BREAST	58
21	13 & O 50 FREE	22		59	MIXED 13 & O 1650 FREE*	59
23	MIXED 13 & O 1000 FREE*	23				

*Per Zone 4 Policy, to be eligible to enter the 1000 Freestyle and 1650 Freestyle, an Athlete must have previously achieved their applicable USA Swimming Motivational "B" time standard in a freestyle event of 500y/400m or longer.

Girls #	Saturday, February 7, 2026	Boys #		Girls #	Sunday, February 8, 2026	Boys #
	PM SESSION (12 & UNDER ATHLETES)				PM SESSION (12 & UNDER ATHLETES)	
25	9-12 100 IM	26		61	9-12 200 FREE	62
27	8 & U 100 IM	28		63	8 & U 100 FREE	64
29	9-12 50 BACK	30		65	9-12 100 BACK	66
31	8 & U 50 BACK	32		67	8 & U 25 BACK	68
33	9-12 100 BREAST	34		69	9-12 100 FLY	70
35	8 & U 25 BREAST	36		71	8 & U 25 FLY	72
37	9-12 50 FLY	38		73	9-12 50 BREAST	74
39	8 & U 50 FLY	40		75	8 & U 50 BREAST	76
41	9-12 100 FREE	42		77	9-12 50 FREE	78
43	8 & U 25 FREE	44		79	8 & U 50 FREE	80
45	11-12 200 BREAST	46		81	11-12 200 IM	82

Pacific Swimming – Hosted by DOUGLAS DOLPHINS SWIM TEAM VALENTINES DAY AGE GROUP OPEN February 6-8, 2026 Consolidated Entry Form															
Name: Last First Middle															
Club Abbr.				UNATT TEAM ABBR				Club Name							
Age				Date of Birth				Sex M F				LSC (PC, SN, etc.)			
USA-#															
Event #	Distance / Stroke							Entry Time (or NT)				Course			
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# of entries _____ x \$4.50 = \$ _____ Participation Fee \$ 11.00 Facility Surcharge \$ 10.00 Total \$ _____															
Coach															
Athlete's Address															
Home Phone										Cell Phone					
Email															