DOUGLAS DOLFINS SWIM TEAM VALENTINES DAY AGE GROUP OPEN

FEBRUARY 6-8, 2026

Enter Online: https://ome.fastswims.com/



SANCTION: Held under USA/Pacific Swimming Sanction No. **26-002**

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 STARTING 7 DAYS AFTER ENTRIES OPEN, BEFORE WHICH 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.

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: JoAnn Porter

Admin Official: Arianne Sorreta Chief Judge: Jeremy Murray Meet Marshal: Malia O'Brien

Meet Directors: Kelly Rowlett (805) 501-2609 and Tanya Brown (630) 945-7305

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: Indoor 25-yard pool with up to 6 lanes available for competition. Warm-up/warm-down area will be available. Fully electronic timing system with touch pads and an 8-line scoreboard will be provided. The minimum water depth as measured in accordance with article 103.2.3 is 10' at the starting end and 3'10" at the turn end. All events will start at a minimum depth of 10 feet. The Meet Host shall ensure the required course dimensions.

TIME: Friday evening session will begin promptly at 5:00 PM, with warm-ups from 3:45 – 4:45 PM. **Saturday and Sunday morning sessions (13 & Over Athletes)** will begin at 9:00 AM, with warm-ups from 7:45 – 8:45 AM. **Saturday and Sunday afternoon sessions (12 & Under Athletes)** will begin no earlier than 12:00 Noon, with warm-up beginning not before 10:45 AM.

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 MAAPP is a condition of participation in the conduct of this competition.
- 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.
- Entries for a session will close before the entry deadline if and when the estimated session timeline for 12-under athletes 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.
- 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 Dolfins Swim Team

Mail Entries to: Douglas Dolfins Swim Team Hand Deliver Entries To: Douglas Dolfins Coach
Meet Entries Chair Carson Valley Swim Center

P.O. Box 44

Minden, NV. 89423

Minden, NV 89423

Carson Valley Swim
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			SATU	RDAY		SUNDAY				
9-10	11-12	11 & 0	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 #	Girls # Sunday, February 8, 2026		
	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 DOLFINS SWIM TEAM VALENTINES DAY AGE GROUP OPEN February 6-8, 2026

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Name: Last		First		<u> </u>		Middle						
Club Abbr.	UNATT TEAM ABBR				Club Name							
Age		Date of Birth			Sex M	F		LSC (PC, SN, etc.)				
USA-#												
Event #	Distance	e / Stroke				En	try Tir	ne (d	or NT)			ırse
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Fac	ility Surch	narge	\$ 10.00	0								
Tot	al		\$									
Coach												
Athlete's Address												
Home Phor	ne					Cell P	hone					
Email												