

**DOUGLAS DOLPHINS SWIM TEAM**  
**MOLLY LAHLUM MEMORIAL AUTUMN FREEZE SHORT COURSE SWIM MEET**  
**SEPTEMBER 11-13, 2026**  
Enter Online: <https://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **26-095**

*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, 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 via the Meet Mobile app.**

**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 devices, including but not limited to film and digital cameras, cell phones and tablets, and Google Glass is not permitted in changing areas, restrooms 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 the race is prohibited in any location.

**MEET PERSONNEL:**

<b>Meet Referee:</b> Diana Cosman	<b>Head Starter:</b> Tim Russell
<b>Meet Marshal:</b> Malia O'Brien	<b>Admin Official:</b> Arianne Sorreta
<b>Meet Director:</b> Tanya Brown	<b>Chief Judge:</b> Jim Morefield
<a href="mailto:ddstmeetchief@gmail.com">ddstmeetchief@gmail.com</a> 630-945-7305	

**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 <https://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 (**13 & over Athletes**) warm-ups sessions will begin at 7:45 AM 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 with the meet not starting before 12:45 PM.

**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 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.
- All events will swim 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.**
- All Athletes ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated timeline, per the "Four-Hour Rule," based on the Athletes age and gender.

- 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.
- **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 distance provision must provide documentation of their classification to the Meet Referee no later than the close of entries for the meet.**
- Athletes entered in the 1000 and 1650 Free must provide their own counters and timers.
- Age groups and genders in the 1000 and 1650 freestyle will be seeded together by time only but will be scored and awarded separately.
- **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)

**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:** 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 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 tobacco products.
- No sale and/or use of alcoholic beverages, or 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.
- 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 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 special accommodation. The athlete (or athlete's coach) is responsible for notifying the Meet Referee, prior to competition, of any athlete with a disability and of the requested accommodation and/or modifications. The athlete/coach shall provide a Personal Assistant or any equipment (tappers, deck mats, etc.) if required. Failure to provide advance notice may limit the ability to accommodate all requests.
- 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 section above).**

**ENTRY FEES:** \$5.50 per event plus a \$11.00 participation fee per Athlete and a \$15.00 facility surcharge 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.

**MEFAP ENTRY FEE:** \$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, September 2, 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 athlete's best time. Entries must be postmarked no later than **11:59 pm Saturday August 29, 2026**, or hand delivered to a DDST Coach no later than **6:00 pm Wednesday, September 2, 2026**, 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 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:** Except for the 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 and 1000 Free must do a positive check-in by 5 pm Friday or 10am Saturday as applicable.** 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](mailto: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 50 Free (event 29)
- **Sunday AM session** - deadline at start of Saturday PM 200 IM (event 35)
- **Sunday PM session** - deadline at start of Sunday AM 100 Fly (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. Clubs will need to provide a third timer for 25-yard events.

**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, 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.

**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
		1000 FR*	1650 FR*	50 BR	50 BR	100 FR	50 BR	25 BR	100 BR	50 BR	200 BR
				25 BK	100 BK	100 BR	100 FR	50 FL	50 FL	100 BK	50 FL
				50 FR	50 FR	50 FR	200 FL	25 FR	100 FR	50 FL	100 BK
				25 FL	100 FL	100 FL	100 BR	50 BK	50 BK	100 IM	200 FR
							50 FR			50 BK	100 FL
							1000FR*				50 BK

**\*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.**

**ORDER OF EVENTS**

*\*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.*

Girls #	Friday PM Session	Boys #	Girls #	Saturday AM Session	Boys #	Girls #	Sunday AM Session	Boys #
1	9-10 200 IM	2	9	13-14 200 BACK	10	65	13-14 200 IM	66
3	11 & O 400 IM	4	11	15 & O 200 BACK	12	67	15 & O 200 IM	68
5*	11-12 1000 FREE*	5*	13	13-14 50 BREAST	14	69	13-14 200 BREAST	70
7*	13 & O 1650 FREE*	7*	15	15 & O 50 BREAST	16	71	15 & O 200 BREAST	72
			17	13-14 100 FREE	18	73	13-14 50 FLY	74
			19	15 & O 100 FREE	20	75	15 & O 50 FLY	76
			21	13-14 200 FLY	22	77	13-14 100 BACK	78
			23	15 & O 200 FLY	24	79	15 & O 100 BACK	80
			25	13-14 100 BREAST	26	81	13-14 200 FREE	82
			27	15 & O 100 BREAST	28	83	15 & O 200 FREE	84
			29	13-14 50 FREE	30	85	13-14 100 FLY	86
			31	15 & O 50 FREE	32	87	15 & O 100 FLY	88
			33*	13 & O 1000 FREE*	33*	89	13-14 50 BACK	90
						91	15 & O 50 BACK	92
			<b>Girls #</b>	<b>Saturday PM Session</b>	<b>Boys #</b>	<b>Girls #</b>	<b>Sunday PM Session</b>	<b>Boys #</b>
			35	11-12 200 IM	36	93	11-12 200 FREE	94
			37	9-10 100 IM	38	95	9-10 200 FREE	96
			39	8 & U 100 FREE	40	97	8 & U 100 IM	98
			41	11-12 100 FREE	42	99	11-12 50 BREAST	100
			43	9-10 50 BREAST	44	101	9-10 100 BREAST	102
			45	8 & U 50 BREAST	46	103	8 & U 25 BREAST	104
			47	11-12 100 BREAST	48	105	11-12 100 BACK	106
			49	9-10 100 BACK	50	107	9-10 50 FLY	108
			51	8 & U 25 BACK	52	109	8 & U 50 FLY	110
			53	11-12 100 FLY	54	111	11-12 50 FLY	112
			55	9-10 100 FLY	56	113	9-10 100 FREE	114
			57	8 & U 25 FLY	58	115	8 & U 25 FREE	116
			59	11-12 50 FREE	60	117	11-12 100 IM	118
			61	9-10 50 FREE	62	119	9-10 50 BACK	120
			63	8 & U 50 FREE	64	121	8 & U 50 BACK	122
						123	11-12 50 BACK	124

**DOUGLAS DOLFIN SWIM TEAM**  
**MOLLY LAHLUM MEMORIAL AUTUMN FREEZE AGE GROUP OPEN**  
 September 11-13, 2026  
**CONSOLIDATED ENTRY CARD**

Name: Last First Initial		
Club Abbr.	If Unattached, Team Name	<b>LSC</b> (PC, SN, etc.)
Club Name:		
AGE	Date of Birth	Age Group
USA-S Reg. #:		
Gender (circle one): <b>Male Female</b>		
Event #	Distance / Stroke	Entry Time (yds)
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
		: .
# of Entries X <b>\$5.50</b> = <span style="float: right;"><b>\$ Participation Fee: + \$ 11.00</b> Facility Surcharge: + <b>\$15.00</b></span>		
<b>Total Amount Paid: \$</b> <span style="float: right;">(Payable to <b>Douglas Dolphins Swim Team</b>)</span>		
Coach name:		
Athlete's Address		
e-mail:		
Phone # (     )     -		
Team e-mail:		
<b>OFFICE USE ONLY:</b>	Cash Amt.: \$	
Check #	Check Amt.: \$	
Date entered:	Entered by:	