

Douglas Dolphins Swim Team's

**St. Valentine Meet**

February 14-16, 2014

Enter online at: <http://ome.swimconnection.com/pc/ddst20140214>



**Sanction:** Held under USA/Pacific Swimming Sanction No.: **14-009**

*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

**Audio and Video:** 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 electronic devices, including but not limited to film and digital cameras, cell phones and tablets, 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.

<b>Officials:</b>	Head Referee: Judy Maynor	Head Starter: Jim Morefield
	Administrative Referee: Greg Gephart	Chief Judge: Valerie Rudd
	Head Marshal: John Ruffo	Meet Director: Linda Koontz 775-267-7256, <a href="mailto:blkoontz92@yahoo.com">blkoontz92@yahoo.com</a>

**Location:** Carson Valley Swim Center, 1600 Highway 88, Minden, NV 89423.

Directions to the pool: 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 <http://www.ddst.org>.

**Parking:** 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 pool, up to six 25-yard competition lanes with warm-up and warm-down area. Fully automatic timing with touch pads and 8-line scoreboard. **The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 10'0" at the start end and 3'10" at the turn end. All events will start at a minimum depth of 10 feet.**

**Time:** **FRIDAY EVENING** warm-ups 3:45-4:45pm, meet begins at 5:00 pm.

**SATURDAY & SUNDAY AM SESSIONS (10-under)** warm-ups 7:45-8:45am, meet begins at 9:00 am.

**PM SESSIONS (11 & up):** meet will start no earlier than 12:00 noon; with warm-ups starting no earlier than 10:45 am.

**Rules:**

- Current USA Swimming and Pacific Swimming rules will govern the meet. Pacific Swimming warm-up procedures will be in effect. A copy of these procedures will be posted at the Clerk of Course desk.
- All the events are timed finals, and will be seeded fastest to slowest.
- Swimmers 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.
- Swimmers entered in the 500 Free must provide their own counters. Swimmers entered in the 1000 Free and the 1650 Free must supply their own counters and timers.
- The 500 Free, 1000 Free, and 1650 freestyle will be swum alternating girl and boy heats. **Per Zone-4 policy, to be eligible to enter the 1000 freestyle and 1650 freestyle, a swimmer must have previously established an official time in a freestyle event of 500y/400m or longer.**
- All swimmers 12 & under should complete competition within 4 hours each session.
- Each session will be limited to the first 350 swimmers per session, or when the session estimated time line exceeds the Four Hour Rule for ages 12 & under, whichever occurs first.
- If local conditions warrant the meet referee in concurrence with the meet director may require a scratch down and an immediate cash refund will be made.
- **All coaches and deck officials must wear their USA-S membership cards in a visible manner at all times while on deck.** All coaches are required to sign in and present their 2014 registration card before coaching swimmers at the meet. Except for coaches accompanying athletes participating under the provisions of 202.6 or USA Swimming's "open border" policy, all persons acting in any coaching capacity must show proof of current USA Swimming coach membership.

**Unaccompanied Swimmers:** Any USA-S 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-S Club does not attend the meet to serve in said supervisory capacity, it is the responsibility of the swimmer or the swimmer's legal guardian to arrange for supervision by a USA Swimming member-coach. The Meet Director or Meet Referee may assist the swimmer 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-S Club Member-Coach. The swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Restrictions:**

- Smoking and the use of tobacco products is prohibited on the pool deck, in the locker room, in any of the spectator areas and in all areas used by swimmers during the meet and warm-up periods.
- Glass containers, propane heaters, and sale and use of alcoholic beverages are prohibited in all areas of the meet venue which includes the pool deck, locker rooms, spectator seating, standing areas, and in all areas used by the swimmers during the meet and during warm up periods.
- NO ANIMALS ARE ALLOWED ON THE PREMISES.
- Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**Eligibility:**

- This meet is open to all qualified athlete members of USA Swimming. (See special distance eligibility rules.)
- Swimmers must enter their name and registration number on the meet entry card as they are shown on their Registration Card. If this is not done, it may be difficult to match the swimmer with the registration and times database. The meet host must check all swimmer registrations against the SWIMS database and if not found to be registered, the Meet Director shall accept the registration at the meet (a \$10 surcharge will be added to the regular registration fee).
- Duplicate registrations will be refunded by mail.
- Swimmers 19 years of age and older may swim with the oldest age group of an event, but may not receive awards or score points.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding special accommodations or entry times and seeding per Pacific Swimming Policy.

**Entries:** All entries must be submitted using the swimmer's best short-course yards time for each event. All entry times must be submitted in yards. "No Time" entries WILL be accepted (exception: see Distance entry rules). **Entries for each meet session will close by the applicable deadline below, or when the session is determined to be full, whichever occurs first.** Check the online meet entries web site (below) for session open or closed status. NO LATE ENTRIES WILL BE ACCEPTED. NO DECK ENTRIES OR ENTRY CHANGES WILL BE ALLOWED. NO REFUNDS will be given except in the case of a mandatory scratch-down.

**Option 1: Online Meet Entries:** Enter at: <http://ome.swimconnection.com/pc/ddst20140214> by midnight Wednesday, February 5<sup>th</sup>, 2014 to receive immediate confirmation of acceptance. Online entry requires payment by credit card using our secure site. The cost of using Online Meet Entries is \$1 per swimmer plus 5% of the total entry fees. Please note that the processing fee is a separate fee from the entry fees. Online meet entry fees are paid to Swim Connection LLC. Fees collected by the use of this system are completely voluntary. Online Meet Entry is in no way required or expected of a swimmer by Pacific Swimming.

**Option 2: Surface Mail Entries:** Entries must be on the attached Consolidated Entry Card. Entry cards must be completely filled out. **Entries must be postmarked no later than midnight Monday, February 3<sup>rd</sup>, 2014 and mailed to:**

Douglas Dolphins Swim Team  
Attention: Meet Entries Chair  
PO Box 44  
Minden, NV 89423

**or hand delivered to the DDST entry box at the Carson Valley Center by 5:00 PM, Wednesday, February 5<sup>th</sup>, 2014.** If sent express mail or FedEx \*indicate no signature required for delivery\* Entries will not be signed for.

**Entry Fee:** \$2.75 per event plus a \$9.00 swimmer participation fee per swimmer to help cover meet expenses. **Make checks payable to: Douglas Dolphins Swim Team or DDST.**

**Check-in:** The meet will be deck seeded. Swimmers must check in at the Clerk of Course. Close of Check-in for the first 2 events each day shall be 30 minutes before the start of the session. No event shall be closed more than 30 minutes prior to the estimated start of the session. **Swimmers who do not check in for an event may not compete in the event.**

**Scratches:** Any swimmer not reporting for or competing in an individual timed final event shall not be penalized. Swimmers who must withdraw from an event after it is seeded are requested to inform the referee immediately.

**Admission:** Free. A three-day program will be available for purchase.

**Awards:** Ribbons 1<sup>st</sup> – 12<sup>th</sup> place in each event

8-un events will be awarded 6-un, 7-8; 11-up events will be awarded 11-12, 13-14 and 15-18; 13-up events will be awarded 13-14, 15-18

Individual High-point & Runner-up trophies will be awarded for 6 & under, 7- 8, 9-10, 11-12, 13-14, 15-18 age groups.

Swimmers 19 years of age and older will not receive awards.

**Scoring:** Each event will be scored 1st through 12th place for each age group using the following points: 16,13,12,11,10,9,7,5,4,3,2,1.

**Hospitality:** Limited hospitality will be offered to officials, coaches, and timers.

**Snack Bar:** There will be a well-stocked snack bar for food service.

**Minimum Officials:** All available USA Swimming member certified officials are welcomed and encouraged to work at this meet. As the number of certified officials allows, interested parents and trainees are also welcome to shadow working officials for education and/or mentoring. **Participating clubs are requested to provide at least the following number of certified and carded officials for each session:**

<u>Club swimmers entered in session</u>	<u>Trained and carded officials requested</u>
<b>1-10</b>	<b>0</b>
<b>11-25</b>	<b>1</b>
<b>26-50</b>	<b>2</b>
<b>51-75</b>	<b>3</b>
<b>76-100</b>	<b>4</b>
<b>101 or more</b>	<b>5</b>

	<b>8-un</b>	<b>9-10</b>	<b>11-12</b>	<b>13-up</b>
<b>Friday</b>		200IM	400 IM 500 Free	400 IM 500 Free
<b>Saturday</b>	100 IM 50 Back 25 Breast 50 Fly 25 Free	100 IM 50 Back 100 Breast	100 IM 200 Free 100 Back 200 Breast 50 Breast 100 Fly 50 Free 1000 Free	200 Free 100 Back 200 Breast 100 Fly 50 Free
<b>Sunday</b>	100 Free 25 Back 25 Fly 50 Breast 50 Free	200 Free 100 Back 100 Fly 50 Breast 50 Free	200 IM 200 Back 50 Back 100 Free 200 Fly 50 Fly 100 Breast 1650 Free	200 IM 200 Back 100 Free 200 Fly 100 Breast

Event Summary by Age Group

**Schedule of Events**

<b>G</b>	<b>B</b>	<b>Age Group</b>	<b>Event</b>
<b>Friday, February 14, 2014</b>			
1	2	11-up	400 IM
3	4	9-10	200 IM
5	6	11-up	500 Free
<b>Saturday, February 15, 2014</b>			
<b>Morning Session - 10-Under Swimmers</b>			
7	8	9-10	100 IM
9	10	8-un	100 IM
11	12	9-10	50 Back
13	14	8-un	50 Back
15	16	9-10	100 Breast
17	18	8-un	25 Breast
19	20	9-10	50 Fly
21	22	8-un	50 Fly
23	24	9-10	100 Free
25	26	8-un	25 Free
<b>Afternoon Session - 11-Up Swimmers</b>			
27	28	11-12	100 IM
29	30	13-up	200 Free
31	32	11-12	200 Free
33	34	13-up	100 Back
35	36	11-12	100 Back
37	38	11-up	200 Breast
39	40	11-12	50 Breast
41	42	13-up	100 Fly
43	44	11-12	100 Fly
45	46	13-up	50 Free
47	48	11-12	50 Free
49	50	11-up	1000 Free***
<b>Sunday, February 16, 2014</b>			
<b>Morning Session - 10-under Swimmers</b>			
51	52	9-10	200 Free
53	54	8-un	100 Free
55	56	9-10	100 Back
57	58	8-un	25 Back
59	60	9-10	100 Fly
61	62	8-un	25 Fly
63	64	9-10	50 Breast
65	66	8-un	50 Breast
67	68	9-10	50 Free
69	70	8-un	50 Free
<b>Afternoon Session - 11-up Swimmers</b>			
71	72	13-up	200 IM
73	74	11-12	200 IM
75	76	11-up	200 Back
77	78	11-12	50 Back
79	80	13-up	100 Free
81	82	11-12	100 Free
83	84	11-up	200 Fly
85	86	11-12	50 Fly
87	88	13-up	100 Breast
89	90	11-12	100 Breast
91	92	11-up	1650 Free***

\*\*\*Per Zone-4 policy, to be eligible to enter the 1000 freestyle and 1650 freestyle, a swimmer must have previously established an official time in a freestyle event of 500y/400m or longer.

