

**DOUGLAS DOLPHINS SWIM TEAM**  
**PACIFIC SWIMMING "ST. VALENTINES" MEET**  
**FEBRUARY 13 – 15, 2015**

Enter Online: <http://ome.swimconnection.com/pc/DDST20150213>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **15-019**

*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, 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.

**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, 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.

**MEET PERSONNEL:**

<i>Meet Referee:</i> KENDRA FOLLETT	<i>Head Starter:</i> JIM MOREFIELD
<i>Meet Marshal:</i> JOHN RUFFO	<i>Admin Official:</i> GREG GEPHART
<i>Chief Judge:</i> VALERIE RUDD	<i>Meet Director:</i> KATHY CHAPPELL – <a href="mailto:chappell.kathy@gmail.com">chappell.kathy@gmail.com</a>

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

**DIRECTIONS:** 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, 25 yard pool** pool with up to 6 lanes available for competition. Additional lanes will be available for warm-up/cool down throughout the competition. **Fully automatic timing with touchpads and 8-line scoreboard.** The minimum water depth for the shallow end course, measured in accordance with Article 103.2.3, is **10'0"** at the start end and **3'10"** at the turn end. In accordance with Article 104.2.2C(4) the competition course has been certified. A copy of the certification is on file with USA Swimming.

**TIME:** **FRIDAY PM** – Meet will begin at **5:00 PM** with warm-ups from **3:45 – 4:45 PM**.

**SATURDAY/SUNDAY AM** (10 & Unders) – Meet will begin at 9:00 AM with warm-ups from 7:45 – 8:45 AM.

**SATURDAY/SUNDAY PM** (11 & Overs) – Meet will begin no earlier than 12:00 noon; with warm-ups starting no earlier than 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.
- All events are timed finals.
- All events will swim fast to slow.
- Swimmers may compete in a maximum of two (2) individual events on Friday and five (5) individual events per day on Saturday and Sunday, but may not exceed ten (10) individual 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 provide their own counters and timers.
- The 500 Free, 1000 Free, and 1650 Free will be swum alternating girls and boys heats. **Per Zone-4 policy, to be eligible to enter the 1000 Free and 1650 Free, a swimmer must have previously established an official time in a freestyle event of 500y/400m or longer.**
- All swimmers ages 12 and under should complete competition within four (4) hours.
- Entries will be accepted until the number of splashes exceeds the estimated time line, per the "Four-Hour Rule," based on the swimmers age and gender OR when the session reaches a maximum of 350 swimmers, 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 deck officials must wear their USA Swimming membership cards in a visible manner.** All coaches are required to sign in and present their 2015 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.

**ATTENTION HIGH SCHOOL SWIMMERS (February through May):** If you are a high school swimmer in season, you need to be Unattached from this meet. It is the swimmers responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to swimmers swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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-S 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.

**RACING STARTS:** Swimmers must be certified by a USA-S 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 other tobacco products is prohibited on the pool deck, in the locker rooms, in spectator seating, on standing areas and in all areas used by swimmers, during the meet and during warm-up periods.
- Sale and use of alcoholic beverages is prohibited in all areas of the meet venue.
- No glass containers are allowed in the meet venue.
- No propane heater is permitted except for snack bar/meet operations.
- No animals are permitted on the premises.
- Changing into or out of swimsuits other than in locker rooms or other designated areas is 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.

**ELIGIBILITY:**

- Swimmers must be current members of USA-S and 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 will 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.
- Entries with "**NO TIME**" will be **ACCEPTED (Exception – See Distance Entry Rules)**.
- 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.
- Disabled swimmers are welcome to attend this meet and should contact the Meet Director or Meet Referee regarding and special accommodations on entry times and seeding per Pacific Swimming policy.
- 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.
- The swimmer's age will be the age of the swimmer on the first day of the meet.

**ENTRIES:** must be submitted using the swimmer's best short-course yards time for each event. **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.

**ENTRY FEES:** \$4.00 per event plus a \$9.00 participation fee per swimmer. Entries will be rejected if payment is not sent at time of request.

**ONLINE ENTRIES:** To enter online go to <http://ome.swimconnection.com/pc/DDST20150213> to receive an immediate entry confirmation. This method requires payment by credit card. Swim Connection, LLC charges a processing fee for this service, equal to

\$1 per swimmer plus 5% of the total Entry Fees. Please note that the processing 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 a swimmer by Pacific Swimming.** Online entries will be accepted through Wednesday, **February 4, 2015 at 11:59 PM.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with swimmers best time. Entries must be postmarked by midnight, Monday, **February 2, 2015** or hand delivered by 5:00 p.m. Wednesday, **February 4, 2015.** No late entries will be accepted. No refunds will be made, except mandatory scratch downs. Requests for confirmation of receipt of entries should include a self-addressed envelope.

**Make check payable to: Douglas Dolphins Swim Team**

**Mail entries to:** Attn: Meet Entries Chair  
P.O. Box 44  
Minden, NV 89423

**Hand deliver entries to:** DDST Entries Box – Carson Valley Swim Center  
1600 Highway 88  
Minden, NV 89423

**CHECK-IN:** The meet will be deck seeded. Swimmers must check-in at the Clerk-of-Course. Close of check-in for all individual events shall be no more than 60 minutes before the estimated time of the start of the first heat of the event. No event shall be closed more than 30 minutes before the scheduled start of the session. Swimmers who do not check in will not be seeded and will not be allowed to compete in that event.

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

**AWARDS:** Ribbons 1<sup>st</sup> – 12<sup>th</sup> place in each event in the following age groups: 6 & UN, 7-8, 9-10, 11-12, 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 and gender using the following points: 16,13,12,11,10,9,7,5,4,3,2,1.

**ADMISSION:** Free. A 3 day program will be available for purchase.

**SNACK BAR & HOSPITALITY:** A snack bar will be available throughout the competition. Limited hospitality will be offered for Coaches, Officials, and Timers.

**MISCELLANEOUS:** No overnight parking is allowed. Facilities will not be provided after meet hours.

**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:**

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

**EVENT SUMMARY :**

FRIDAY			SATURDAY				SUNDAY			
9-10	11-12	13 & O	8 & UN	9-10	11-12	13-18	8 & UN	9-10	11-12	13-18
200 IM	400 IM	400 IM	100 IM	100 IM	100 IM	200 FR	100 FR	200 FR	200 IM	200 IM
	500 FR	500 FR	50 BK	50 BK	200 FR	100 BK	25 BK	100 BK	200 BK	200 BK
			25 BR	100 BR	100 BK	200 BR	25 FL	100 FL	50 BK	100 FR
			50 FL	50 FL	200 BR	100 FL	50 BR	50 BR	100 FR	200 FL
			25 FR	100 FR	50 BR	50 FR	50 FR	50 FR	200 FL	100 BR
					100 FL	1000 FR			50 FL	1650 FR
					50 FR				100 FR	
					1000 FR				1650 FR	

**EVENTS**

Friday, February 13, 2015		
EVENT #	EVENT	EVENT #
1	11 & O 400 IM	2
3	9 – 10 200 IM	4
5	11 & O 500 Free	6

Saturday, February 14, 2015		
EVENT #	EVENT	EVENT #
<b>MORNING SESSION</b>		
7	9 – 10 100 IM	8
9	8 & U 100 IM	10
11	9 – 10 50 BACK	12
13	8 & U 50 BACK	14
15	9 – 10 100 BREAST	16
17	8 & U 25 BREAST	18
19	9 – 10 50 FLY	20
21	8 & U 50 FLY	22
23	9 – 10 100 FREE	24
25	8 & U 25 FREE	26
<b>AFTERNOON SESSION</b>		
27	11 – 12 100 IM	28
29	13 & O 200 FREE	30
31	11 – 12 200 FREE	32
33	13 & O 100 BACK	34
35	11 – 12 100 BACK	36
37	11 & O 200 BREAST	38
39	11 – 12 50 BREAST	40
41	13 & O 100 FLY	42
43	11 – 12 100 FLY	44
45	13 & O 50 FREE	46
47	11 – 12 50 FREE	48
49	11 & O 1000 FREE**	50

Sunday, February 15, 2015		
EVENT #	EVENT	EVENT #
<b>MORNING SESSION</b>		
51	9 – 10 200 FREE	52
53	8 & U 100 FREE	54
55	9 – 10 100 BACK	56
57	8 & U 25 BACK	58
59	9 – 10 100 FLY	60
61	8 & U 25 FLY	62
63	9 – 10 50 BREAST	64
65	8 & U 50 BREAST	66
67	9 – 10 50 FREE	68
69	8 & U 50 FREE	70
<b>AFTERNOON SESSION</b>		
71	13 & O 200 IM	72
73	11 – 12 200 IM	74
75	11 & O 200 BACK	76
77	11 – 12 50 BACK	78
79	13 & O 100 FREE	80
81	11 – 12 100 FREE	82
83	11 & O 200 FLY	84
85	11 – 12 50 FLY	86
87	13 & O 100 BREAST	88
89	11 – 12 100 BREAST	90
91	11 & O 1650 FREE**	92

Use the following URL to find the time standards: <http://www.pacswim.org/swim-meet-times/standards>

\*\*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.

DOUGLAS DOLPHINS SWIM TEAM ST. VALENTINE INVITATIONAL February 13-15, 2015 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 Registration:		
Gender (circle one): <b>Male</b> <b>Female</b>		
Event #	Distance / Stroke	Entry Time (yds)
		: .
		: .
		: .
		: .
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# of Entries _____ X <b>\$4.00</b> = \$ _____		
Participation Fee: + \$ <b>9.00</b>		
<b>Total Amount Paid:</b> \$ _____		
(payable to Douglas Dolphins Swim Team)		
Coach name: _____		
Swimmer's _____		
Address & _____		
e-mail: _____		
Phone # (     )       -		
Team e-mail: _____		
<b>OFFICE USE ONLY:</b>	Cash Amt.: \$	
Check #	Check Amt.: \$	
Date entered:	Entered by:	

DOUGLAS DOLPHINS SWIM TEAM ST. VALENTINE INVITATIONAL February 13-15, 2015 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 Registration:		
Gender (circle one): <b>Male</b> <b>Female</b>		
Event #	Distance / Stroke	Entry Time (yds)
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# of Entries _____ X <b>\$4.00</b> = \$ _____		
Participation Fee: + \$ <b>9.00</b>		
<b>Total Amount Paid:</b> \$ _____		
(payable to Douglas Dolphins Swim Team)		
Coach name: _____		
Swimmer's _____		
Address & _____		
e-mail: _____		
Phone # (     )       -		
Team e-mail: _____		
<b>OFFICE USE ONLY:</b>	Cash Amt.: \$	
Check #	Check Amt.: \$	
Date entered:	Entered by:	