

Douglas Dolphins Swim Team's
Molly Lahlum Memorial
Autumn Freeze Swim Meet
September 20 – 22, 2013



Enter online at: <http://ome.swimconnection.com/pc/ddst20130920>

Sanction: Held under USA/Pacific Swimming Sanction No.: **13-155**

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.

Officials:	Head Referee: Judy Maynor	Admin Referee: Richard Hayes
	Head Starter: Jim Morefield	Chief Judge: Valerie Rudd
	Head Marshall: John Ruffo	Meet Director: Linda Koontz 775-267-7256 blkoontz92@yahoo.com

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: Outdoor 25-yard course with up to 8 competition lanes with separate warm-up and warm-down area. Fully automatic electronic timing system with touch pads and 8-line scoreboard. The minimum water depth in the competition course, as measured in accordance with Article 103.2.3, is 7 feet 3 inches at the start end and 3 feet 5 1/2 inches at the turn end. All events will start at a minimum depth of 7 feet 3 inches. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

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 session warm-ups for the **13 and Over** age groups will begin at 7:45 AM to 8:45 AM with the meet beginning at 9:00 AM. **Saturday and Sunday afternoon warm up sessions will not begin before 12:00 pm.**

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.
- All swimmers 12 & under should complete competition within 4 hours.
- **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.**
- All events will be seeded fastest to slowest.
- **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 are timed finals and will be swum fastest to slowest 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.**
- 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 2013 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.
- All shelters must be properly secured or may be removed by meet management.
- **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 strongly discouraged.

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 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.
- This meet is open to qualified members of USA-S.
- 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: 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 eligibility rules). 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/ddst20130920> by **11:59pm Wednesday, September 11th, 2013** 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 attached Consolidated Entry Card. Entry cards must be completely filled out. Entries should be postmarked no later than Monday, September 9, 2013 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 Swim Center by 5:00 PM, Wednesday, September 11th, 2013.
 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: Awards will be given for Age Group High Point & Runner Up (6 & Under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18). Ribbons for 1st – 8th place will be awarded in each event as follows: 6&Under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18

Scoring: Age group events will be scored for 1st through 8th place as follows: 9,7,6,5,4,3,2,1

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 members certified officials are welcomed and encourages to work this meet. As the number of certified officials allows, interested parents/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 required
1-10	0
11-25	1
26-50	2
51-75	3
76-100	4
101 or more	5

Event Summary:

	8-Under	9-10	11-12	13-Up
Friday		200 IM	400 IM	400 IM
		500 Free	1000 Free	1650 Free
Saturday	100 IM	200 Free	200 Free	200 Free
	50 Back	50 Back	100 IM	100 Back
	25 Breast	100 Breast	100 Back	200 Breast
	50 Fly	50 Fly	50 Breast	100 Fly
	25 Free	100 Free	100 Fly	50 Free
		500 Free	500 Free	
Sunday	100 Free	100 IM	200 IM	200 IM
	25 Back	100 Back	50 Back	200 Back
	25 Fly	50 Breast	100 Breast	100 Free
	50 Breast	100 Fly	50 Fly	200 Fly
	50 Free	50 Free	100 Free	100 Breast
		50 Free	1000 Free	

Schedule of Events

<u>G</u>	<u>B</u>	<u>Age Group</u>	<u>Event</u>
<u>Friday, September 20, 2013</u>			
1	2	9-10	200 IM
3	4	11 & Over	400 IM
5	6	9-10	500 Free
7	8	11-12	1000 Free***
9	10	13 & Over	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.

Saturday, September 21, 2013

Morning session - 13 & Over Swimmers

11	12	13-14	200 Free
13	14	15 & Over	200 Free
15	16	13-14	100 Back
17	18	15 & Over	100 Back
19	20	13-14	200 Breast
21	22	15 & Over	200 Breast
23	24	13-14	100 Fly
25	26	15 & Over	100 Fly
27	28	13-14	50 Free
29	30	15 & Over	50 Free
31	32	13-up	500 Free

Afternoon Session - 12 &-Under Swimmers

33	34	11-12	200 Free
35	36	9-10	200 Free
37	38	8 & Under	100 IM
39	40	11-12	100 IM
41	42	9-10	50 Back
43	44	8 & Under	50 Back
45	46	11-12	100 Back
47	48	9-10	100 Breast
49	50	8 & Under	25 Breast
51	52	11-12	50 Breast
53	54	9-10	50 Fly
55	56	8 & Under	50 Fly
57	58	11-12	100 Fly
59	60	9-10	100 Free
61	62	8 & Under	25 Free
63	64	11-12	500 Free

Schedule of Events

<u>G</u>	<u>B</u>	<u>Age Group</u>	<u>Event</u>
Sunday, September 22, 2013			
Morning Session - 13 & Over Swimmers			
65	66	13-14	200 IM
67	68	15 & Over	200 IM
69	70	13-14	200 Back
71	72	15 & Over	200 Back
73	74	13-14	100 Free
75	76	15 & Over	100 Free
77	78	13-14	200 Fly
79	80	15 & Over	200 Fly
81	82	13-14	100 Breast
83	84	15 & Over	100 Breast
85	86	13 & Over	1000 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.**

Afternoon Session - 12 & Under Swimmers

87	88	11-12	200 IM
89	90	9-10	100 IM
91	92	8 & Under	100 Free
93	94	11-12	50 Back
95	96	9-10	100 Back
97	98	8 & Under	25 Back
99	100	11-12	100 Breast
101	102	9-10	50 Breast
103	104	8 & Under	50 Breast
105	106	11-12	50 Fly
107	108	9-10	100 Fly
109	110	8 & Under	25 Fly
111	112	11-12	100 Free
113	114	9-10	50 Free
115	116	8 & Under	50 Free
117	118	11-12	50 Free

DOUGLAS DOLFIN'S SWIM TEAM

**MOLLY LAHLUM MEMORIAL
AUTUMN FREEZE SWIM MEET**

September 20 – 22, 2013

CONSOLIDATED ENTRY CARD

Name: Last First Initial

Club Abbr.	If Unattached, Team Name	LSC (PC, SN, etc.)
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Club Name:

AGE	Date of Birth	Age Group
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USA-S
Registration: | | | | | | | | | | | | | | | | | | | | | |

Gender (circle one): **Male** **Female**

Event #	Distance / Stroke	Entry Time (yds)
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		: .

of Entries _____ X **\$2.75** = \$ _____

Participation Fee: + \$ **9.00**

Total Amount Paid: \$ _____
(payable to DDST)

Coach name: _____

Swimmer's _____

Address & _____

e-mail: _____

Phone # () - _____

Team e-mail: _____

DOUGLAS DOLFIN'S SWIM TEAM

**MOLLY LAHLUM MEMORIAL
AUTUMN FREEZE SWIM MEET**

September 20 - 22, 2013

CONSOLIDATED ENTRY CARD

Name: Last First Initial

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USA-S
Registration: | | | | | | | | | | | | | | | | | | | | | |

Gender (circle one): **Male** **Female**

Event #	Distance / Stroke	Entry Time (yds)
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Total Amount Paid: \$ _____
(payable to DDST)

Coach name: _____

Swimmer's _____

Address & _____

e-mail: _____

Phone # () - _____

Team e-mail: _____