

Douglas Dolphins Swim Team's
Molly Lahlum Memorial
Autumn Freeze Swim Meet
September 24th, 25th, & 26th, 2010

Enter online at: <http://ome.swimconnection.com/pc/ddst20100924>

- Sanction: Held under USA/Pacific Swimming Sanction No.: **10-109**
- 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>.
- Course: Outdoor 25-yard course with up to 8 competition lanes and 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 11 and up age group 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 begin at the conclusion of the morning session. Please check the tentative timeline which will be posted by Wednesday, September 22nd on our team website www.ddst.org.**
- Rules: Current USA Swimming (USA-S) and Pacific Swimming rules will govern the meet. **All coaches and deck officials must wear their USA-S membership cards in a visible manner at all times while on deck. Each swimmer must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down.** All coaches are required to sign in at the meet before the beginning of warm ups and present their 2010 registration card. Coaches listed on the "Expired" list or who have no card and do not show up on the "Registered" list will not be permitted to coach their swimmers on the deck. The Meet Director or Meet Referee will assign all swimmers unaccompanied by a USA Swimming certified coach to a different certified coach.
- Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.**
- 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. **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 500y Free must provide their own counters. Swimmers entered in the 1000y**

Free must supply their own counters and timers. These events will be swum fastest to slowest alternating girl and boy heats. The 1000y Free will be limited to the fastest 24 swimmers of each gender who check in and show up for the start. Swimmers excluded because of this limit will receive a refund of their entry fees. 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 swimmers 12 & under should complete competition within 4 hours.

ENTRIES WILL BE LIMITED TO THE FIRST 450 SWIMMERS or when the meet estimated time line exceeds the Four Hour Rule per Age Group and Gender.

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 and sale and use of alcoholic beverages is prohibited in all areas of the meet venue. Use of cell phones is prohibited in the locker rooms. **NO ANIMALS ARE ALLOWED ON THE PREMISES.**

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 participate in open or 13-Up events 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.**

Check-in: The meet will be deck seeded. Athletes must check in with the Clerk of Course. Close of check in for all events shall be no more than 30 minutes before the estimated start of the first heat of the event. Swimmers who do not check in for an event may not compete in the event.

Scratches: Swimmers not checked in for a event will automatically be scratched from that event. Pacific Swimming scratch rules in effect at the time of the meet will be followed for scratches and no-shows, and will be posted at the Clerk of Course. **Swimmers who cannot swim an event for which they have checked in are encouraged to scratch prior to closing/seeding of the event, or otherwise to declare a false start to the Deck Referee or to inform the Clerk of Course or Meet Referee that they do not intend to swim.**

Entries: **TWO OPTIONS FOR MEET ENTRY**

Option 1: Online Meet Entries:

Enter at: <http://ome.swimconnection.com/pc/ddst20100924> by **Wednesday, September 15th, 2010** 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 on attached Consolidated Entry Card. Entry cards must be completely filled out including best short course times for each event. Entered times must be submitted in yards. **“No times” will be accepted. Entries should be postmarked no later than Monday, September 13th, 2010 and mailed to:**

Douglas Dolphins Swim Team
c/o Sue Cruz
1819 Long Court
Gardnerville, NV 89410

Or hand delivered to the DDST entry box at the Carson Valley Swim Center by 5:00 PM, Wednesday, September 15th, 2010. NO LATE ENTRIES WILL BE ACCEPTED, NO DECK ENTRIES WILL BE ALLOWED. Except for mandatory scratch downs and those swimmers that exceed the fastest 24 swimmers eligibility limit for the 1000 Free, no refunds will be made.

Make checks payable to: Douglas Dolphins Swim Team or DDST

- Entry Fee: \$2.75 per event plus a \$5.00 swimmer participation fee per swimmer to help cover meet expenses.
- 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:
8-un events will be awarded 6-un, 7-8
11-up events will be awarded 11-12, 13-14, 15-16 and 17-18
13-up events will be awarded 13-14, 15-16 and 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.
- 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.
- Officials: Referee: Gale Maynor Starter: Jim Morefield
Meet Director: Dana Killion Meet Marshall: Brendon VanBeuge
ragz2bagz@hotmail.com
(775) 782-9125

Schedule of Events

G	B	Age Group	Event
<u>Friday, September 24th, 2010</u>			
1	2	9-10	200 Free
3	4	11-up	400 IM
5	6	9-10	200 IM
7	8	11-up	1000 Free*
<u>Saturday, September 25th, 2010</u>			
Morning session			
11-up Swimmers			
9	10	11-12	100 IM
11	12	13-up	200 Free
13	14	11-12	200 Free
15	16	13-up	100 Back
17	18	11-12	100 Back
19	20	13-up	200 Breast
21	22	11-12	50 Breast
23	24	13-up	100 Fly
25	26	11-12	100 Fly
27	28	13-up	50 Free
29	30	11-12	50 Free
31	32	11-up	500 Free
Afternoon Session			
10-Under Swimmers			
33	34	8-un	100 IM
35	36	9-10	50 Back
37	38	8-un	50 Back
39	40	9-10	100 Breast
41	42	8-un	25 Breast
43	44	9-10	50 Fly
45	46	8-un	50 Fly
47	48	9-10	100 Free
49	50	8-un	25 Free
51	52	9-10	500 Free

*1000 freestyle limited to the fastest 24 swimmers of each gender who check in and show up for the start. Swimmers excluded because of this limit will have their entry fees refunded.

Schedule of Events

G	B	Age Group	Event
<u>Sunday, September 26th, 2010</u>			
Morning Session			
11-up Swimmers			
53	54	13-up	200 IM
55	56	11-12	200 IM
57	58	13-up	200 Back
59	60	11-12	50 Back
61	62	13-up	100 Free
63	64	11-12	100 Free
65	66	13-up	200 Fly
67	68	11-12	50 Fly
69	70	13-up	100 Breast
71	72	11-12	100 Breast
Afternoon Session			
10-under Swimmers			
73	74	9-10	100 IM
75	76	8-un	100 Free
77	78	9-10	100 Back
79	80	8-un	25 Back
81	82	9-10	100 Fly
83	84	8-un	25 Fly
85	86	9-10	50 Breast
87	88	8-un	50 Breast
89	90	9-10	50 Free
91	92	8-un	50 Free

Event Summary by Age Group

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

DDST HOTEL INFORMATION

- *Ask for special “Douglas Dolphins Swim Team rates” below.*
- *Both offer free continental breakfast daily.*
- *Both a short walk to the Carson Valley Swim Center.*
- *Easy walking to several dining opportunities.*



**Standard 2 Queens or 1 King
\$99 Aug.-Sept., \$79 Jan.-Feb.**

Intersection of Hwy 88 & Hwy 395
1659 Hwy 88, Minden NV 89423
Reservations 775-782-7500

<http://www.carsonvalleyhotel.com>



Best Western Minden Inn
15% discount off seasonal rates

Hwy 395, 1 block north of Hwy 88

1795 Ironwood Drive
Minden NV 89423

775-782-7766 or 866-441-1234.

<http://www.bestwesternnevada.com/hotels/best-western-minden-inn>