

DOUGLAS DOLPHINS SWIM TEAM  
VALENTINES DAY AGE GROUP OPEN  
FEBRUARY 7-9, 2025  
Enter Online: <https://ome.fastswims.com>



**SANCTION:** Held under USA/Pacific Swimming Sanction No. **25-006**

*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.*

*An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.*

*USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.*

**BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND PACIFIC SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**

**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 on the Meet Mobile app.**

**USE OF AUDIO AND VISUAL:** Photography and video recording from behind or beside 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. Flash photography during the start of a race is prohibited in any location.

**MEET PERSONNEL:**     **Meet Referee: Diana Cosman**  
                              **Chief Judge: Valerie Rudd**  
                              **Meet Marshal: Malia O'Brien**

**Head Starter: Jim Morefield**  
**Admin Official: Kelly Schott**  
**Meet Director: Kelly Rowlett 805-501-2609**  
[ddstmeetchief@gmail.com](mailto:ddstmeetchief@gmail.com)

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

**DIRECTIONS:** 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>. 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 with up to 6 lanes available for competition. Warm-up/warm-down area will be available. Fully electronic timing system with touch pads and an 8-line scoreboard will be provided. The minimum water depth as measured in accordance with article 103.2.3 is 10' at the starting end and 3'10" at the turn end. All events will start at a minimum depth of 10 feet. The meet host shall ensure the required course dimensions.

**TIME:** **Friday evening session** will begin promptly at 5:00 PM, with warm-ups from 3:45 – 4:45 PM.

**Saturday and Sunday morning sessions (13 & Over Athletes)** will begin at 9:00 AM, with warm-ups from 7:45 – 8:45 AM.

**Saturday and Sunday afternoon sessions (12 & Under Athletes)** will begin no earlier than 12:00 Noon, with warm-ups beginning not before 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.

- The local facilities guidelines, restrictions and interpretation of the local public health guidelines shall be followed at this meet.
- All applicable 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, and will be seeded 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.**
- Entries for the Friday afternoon session will close before the entry deadline if and when the estimated session timeline for 12-under athletes reaches 4 hours.
- Entries for the Saturday or Sunday morning (13-over) session will close before the entry deadline if and when the estimated combined session timelines for that day reach 8.5 hours.
- Entries for the Saturday or Sunday afternoon (12-under) session will close before the entry deadline if and when the estimated session timeline reaches 4 hours, or when the combined session timelines for that day reach 8.5 hours, 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 at all times while on deck. 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)

**DISTANCE:** • Per Zone-4 policy, to be eligible to enter the 1000 Freestyle or 1650 freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.

- All athletes entered in the 500, 1000, or 1650 must positively check in by the stated deadlines, otherwise they will be considered scratched from those events.
- The 500, 1000 and 1650 Free will be swum alternating women’s and men’s heats, which may be combined at the Referee’s discretion.
- All athletes in the 500 Free must provide their own lap counters. All athletes in the 1000 and 1650 Free must provide their own timers and lap counters.

**ATTENTION HIGH SCHOOL ATHLETES:** If you are a California (CIF) high school athlete in season, you need to be Unattached from this meet. It is the athlete’s responsibility to be Unattached from this meet. You can un-attach at the meet if necessary. This does not apply to California or Nevada athletes swimming under the rules of the Nevada Interscholastic Activities Association (NIAA).

**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, standing areas, and all areas used by athletes during the meet and during warm-up periods.

- No smoking, "vaping," or use of other tobacco products.
- No sale and/or use of alcoholic beverages, or recognition of alcoholic 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.
- 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 any special accommodations on entry times and seeding per Pacific Swimming policy.**
- Athletes 19 years of age and over may compete 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 (converted times allowed). All entry times must be in yards. **Entries with "NO TIME" (NT) will be accepted (Exception: 1000 and 1650 freestyles, see rules).**

**ENTRY FEES:** \$4.50 per event plus an \$11.00 per athlete participation fee. **NO REFUNDS** will be given except in the case of mandatory scratch-down. Entries will be rejected if not accompanied by the required fees.

**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 <http://ome.fastswims.com> for session open or closed status.

**ONLINE ENTRIES:** To enter online go to <http://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, January 29, 2025.**

**HYTEK ENTRIES:** Clubs wishing to submit their team's entries via HyTek entry file should contact [ddstswimming@gmail.com](mailto:ddstswimming@gmail.com) as soon as possible to coordinate. **HYTEK Entries will not be accepted after 11:59 PM, Wednesday, January 22, 2025. Only a single entry file submission will be accepted from any one club, and must be accompanied by payment in full.** After acceptance, additional entries will need to use one of the other entry methods, and scratches will need to follow the scratch procedures for the meet. **Entries will be rejected if and when one or more sessions are already too full to accommodate.**

**MAILED OR HAND DELIVERED ENTRIES:** Entries must be on the attached consolidated entry form. Forms must be filled out completely and printed clearly with the athlete's best yards time. Entries must be **postmarked no later than 11:59 pm Monday, January 27, 2025 or hand delivered to a DDST coach no later than 5:00 pm Wednesday, January 29, 2025, and may be rejected if a session is already full.** Requests for confirmation of receipt of mailed entries should include a self-addressed envelope.

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

**Mail Entries to:** Douglas Dolphins Swim Team  
 Meet Entries Chair  
 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 500, 1000 and 1650 freestyle events, the meet shall be pre-seeded and athletes will *not* be required to check-in (see scratch deadlines below). Participants in the 500 Free must do a positive check-in prior to 5:00 pm on Friday evening. Participants in the 1000 Free and the 1650 Free must do a positive check-in by 9:00 am Saturday or Sunday 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:

- o **Friday session** - deadline 7:00 pm Thursday (email only)
- o **Saturday AM session** - deadline 6:00 pm Friday
- o **Saturday PM session** - deadline at start of Saturday AM 1000 Free (event 29)
- o **Sunday AM session** - deadline at end of Saturday PM session
- o **Sunday PM session** - deadline at start of Sunday AM 1650 Free (event 83)

- 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 sessions. A third timer will be needed for each lane for the 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.

**SCORING:** Age group events will be scored for 1st through 6th place as follows: 7-5-4-3-2-1

**ADMISSION:** Free to the meet venue.

**HOSPITALITY AND SNACK BAR:** A limited snack bar will be available throughout the competition in the front lobby. Hospitality will be offered to officials and coaches. Waters will be provided for the 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, apprentice officials are also welcome to train with working officials for education and/or mentoring. **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 requested 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			
9-10	11-12	11 & O	8 & U	9-10	11-12	13 & O	8 & U	9-10	11-12	13 & O
200 IM	200 BK	400 IM	100 IM	100 IM	100 IM	200 FR	100 FR	200 FR	200 FR	200 IM
		500 FR	50 BK	50 BK	50 BK	100 BK	25 BK	100 BK	100 BK	200 BK
			25 BR	100 BR	100 BR	200 BR	25 FL	100 FL	100 FL	100 FR
			50 FL	50 FL	50 FL	100 FL	50 BR	50 BR	50 BR	100 IM
			25 FR	100 FR	100 FR	50 FR	50 FR	50 FR	50 FR	100 BR
					200 BR	1000 FR*			200 IM	1650 FR*

**SCHEDULE OF EVENTS**

Girls #	Friday, February 7, 2025	Boys #
1	9-10 200 IM	2
3	11 & O 400 IM	4
5	11-12 200 Back	6
7	11 & O 500 Free	8

Girls #	Saturday, February 8, 2025	Boys #		Girls #	Sunday, February 9, 2025	Boys #
	<b>AM SESSION (13 &amp; OVER ATHLETES)</b>				<b>AM SESSION (13 &amp; OVER ATHLETES)</b>	
9	13-14 200 FREE	10		63	13-14 200 IM	64
11	15 & O 200 FREE	12		65	15 & O 200 IM	66
13	13-14 100 BACK	14		67	13-14 200 BACK	68
15	15 & O 100 BACK	16		69	15 & O 200 BACK	70
17	13-14 200 BREAST	18		71	13-14 100 FREE	72
19	15 & O 200 BREAST	20		73	15 & O 100 FREE	74
21	13-14 100 FLY	22		75	13-14 100 IM**	76
23	15 & O 100 FLY	24		77	15 & O 100 IM**	78
25	13-14 50 FREE	26		79	13-14 100 BREAST	80
27	15 & O 50 FREE	28		81	15 & O 100 BREAST	82
29	13 & O 1000 FREE*	30		83	13 & O 1650 FREE*	84

Girls #	Saturday, February 8, 2025	Boys #		Girls #	Sunday, February 9, 2025	Boys #
	<b>PM SESSION (12 &amp; UNDER ATHLETES)</b>				<b>PM SESSION (12 &amp; UNDER ATHLETES)</b>	
31	11-12 100 IM	32		85	11-12 200 FREE	86
33	9-10 100 IM	34		87	9-10 200 FREE	88
35	8 & U 100 IM	36		89	8 & U 100 FREE	90
37	11-12 50 BACK	38		91	11-12 100 BACK	92
39	9-10 50 BACK	40		93	9-10 100 BACK	94
41	8 & U 50 BACK	42		95	8 & U 25 BACK	96
43	11-12 100 BREAST	44		97	11-12 100 FLY	98
45	9-10 100 BREAST	46		99	9-10 100 FLY	100
47	8 & U 25 BREAST	48		101	8 & U 25 FLY	102
49	11-12 50 FLY	50		103	11-12 50 BREAST	104
51	9-10 50 FLY	52		105	9-10 50 BREAST	106
53	8 & U 50 FLY	54		107	8 & U 50 BREAST	108
55	11-12 100 FREE	56		109	11-12 50 FREE	110
57	9-10 100 FREE	58		111	9-10 50 FREE	112
59	8 & U 25 FREE	60		113	8 & U 50 FREE	114
61	11-12 200 BREAST	62		115	11-12 200 IM	116

\*Per Zone 4 Policy, to be eligible to enter the 1000 Freestyle and 1650 Freestyle, an athlete must have previously established an official time in an event of 400y/400m or longer.

\*\*The 100 IM is not a USA Swimming recognized event for 13-over ages and is offered for participation and scoring only.

**DOUGLAS DOLPHINS SWIM TEAM  
VALENTINES DAY AGE GROUP OPEN  
February 7-9, 2025  
CONSOLIDATED ENTRY CARD**

Name: Last First Initial

Club Abbr.

If Unattached, Team Name

**LSC**  
(PC, SN, etc.)

Club Name:

AGE

Date of Birth

Age Group

USA-S Reg. #:

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

Event #

Distance / Stroke

Entry Time (yds)

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# of Entries X **\$4.50** =

\$ Participation Fee: + **\$ 11.00**

**Total Amount Paid:**

\$ (payable

to Douglas Dolphins Swim Team)

Coach name:

Athlete's Address

e-mail:

Phone # ( ) -

Team e-mail:

**OFFICE USE ONLY:**

Cash Amt.: \$

Check #

Check Amt.: \$

Date entered:

Entered by: