



Durham Dolphins Swim Team (DDUR)

Short Course Invitational June 23-25, 2023

Enter online at:

<https://ome.swimconnection.com>

SANCTION: Held under USA Swimming/Sierra Nevada Swimming Sanction # SNS23-63

In accordance with USA Swimming Rule (USA-S Rule) 202.4.10, "In granting this sanction, it is understood and agreed that USA Swimming shall be free and held harmless 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.

SAFE SPORT:

Pursuant to USA-S Rule 202.4.11H use of audio or visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms.

Sierra Nevada Swimming and the Durham Dolphin Swim Team would like to further state that, "The use of audio or visual recording devices, including a cell phone, is not permitted behind the starting end of the pool at any time." The use of flash devices at the start is also prohibited. Pursuant to USA-S Rule 202.4.11I deck changes are prohibited. According to 202.4.11J, the 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. Exceptions may be granted with prior written approval by the Program & Events Committee Coordinator (or his/her designee).

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 the MAAPP policy is a condition of participation in the conduct of this competition.

ATTENTION SWIMMERS:

All adult athletes (age 18+) are required to complete and keep current their Athlete Protection Training, before they are allowed to enter the meet.

According to 202.4.11N, a lifeguard will be on duty during the entirety of the meet and an AED is available on site,

According to 102.10, there shall now be a minimum of two Marshals present, one female and one male, at all swim meets and time trials.

USA SWIMMING COVID LANGUAGE: 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 COVID19 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 sierra nevada 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 with exposure, infection, and/or spread of covid-19 related to participation in this competition.

LOCATION: DWIGHT BRINSON SWIM CENTER: 9447 Midway, Durham, CA 95938

From Hwy 99 take the Durham exit and travel west 4.5 miles on Durham Dayton Highway to Midway (first stop sign). Turn

right and the pool is on the left. Parking is available by continuing straight (west) at the stop sign and turning right onto Goodspeed Street (Post Office on corner) or right onto Putney for parking at the school campus. All parking areas are easy walking distance to the pool. A parking map is available at www.durhamdolphins.swimtopia.com. You cannot park on the Midway. **PARKING LOT IN FRONT OF THE POOL IS RESERVED FOR DESIGNATED MEET OFFICIALS ONLY.**

FACILITIES:

The Dwight Brinson Swim Center facility has an outdoor, heated, 25-YARD pool with up to 6 lanes available for competition. Warm up/Cool down will be in the diving section of the pool after the start of the meet and throughout the competition.

CERTIFICATION:

USA-S certification is on file in accordance with USA-S Rule 104.2.2C(4). In accordance with USA-S Rule 202.4.11C, the competition course has a pool depth of 11'8" at 3'3.5" and 12'8" at 16' 5" at the start end. At the turn end it is 4'8" at 3' 3.5" and 4'8" at 16'5". The warm-up/cool-down will be in the diving section of the pool after the start of the meet.

RULES:

Current USA-S and Sierra Nevada Swimming rules will govern the meet. Sierra Nevada warm-up procedures will be in effect and a copy of the procedures will be posted at the meet. The four-hour rule will be enforced in accordance with USA-S Rule 205.3.1F

NT (No Time) entries are accepted however estimated times are preferred and will help seed the heats properly.

Swimmers are limited to a **maximum of TWO (2) Individual events on Friday and FOUR (4) individual events per day on Saturday and Sunday, for a total maximum of TEN (10) individual events during the meet.** Those entries which are in excess of the above limitations will not be refunded. All events are SHORT COURSE YARDS and timed finals.

Properly registered 19-over swimmers may enter, but they will not be scored or awarded.

In accordance with USA-S Rule 102.2.9, if a swimmer has no official time in the entered event an estimated appropriate seed time will be accepted.

Any swimmer entered in the meet must be represented by a certificated USA Swimming Member-Coach as being proficient in performing a racing start, both for forward starts and backstroke starts including backstroke starts using a ledge or they must start each race from within the water.

In accordance with USA-S Rule 202.4.11D when unaccompanied by a Member-Coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. Swimmers that are observed being warmed-up or being started by anyone other than a registered Coach, will be removed from all events for the day.

All USA Swimming athlete members entered in the meet must be under the supervision of a USA Swimming Member Coach during warm-up, competition, and warm-down. Any swimmer without a Coach in attendance must report to the Meet Director or Meet Referee who may assist the swimmer in making arrangements for such supervision. It is the swimmer's responsibility to make such arrangements prior to the start of the meet.

The Meet Referee, Meet Director, or a designee may remove a swimmer, Coach, and/or Team from the deck for violations of these rules.

All heats for all events will be **seeded fastest to slowest**. Fly over starts may be used at the discretion of the Meet Referee. If so, swimmers are reminded to stay in the water at the completion of their heats and stay close to the pool edge.

No Team tents or pop-ups on the pool deck and No overnight camping.

WARM UP RULES:

The following rules apply to the warm-up period before each session, and warm-up/ cool-down during the meet:

Swimmers shall enter the water feet first while maintaining at least one hand on the pool deck until both feet touch the water (3-point entry), except for starts, which are limited to specified lanes.

If used, Lifeguards shall be on the pool deck during the entire warm up period.

Up to 2 lanes can be used for pace 50s (usually lanes 1&6) and up to 2 lanes for one-way sprints (usually lanes 2&5). Specified center lanes are for circle swimming (2 lengths of the pool beginning at the starting end of the pool). Coaches shall stand at the starting end of the pool and verbally start swimmers for sprint or pace work.

The use of hand-paddles, kickboards, fins and other devices are not allowed during general warmup. The use of hand-paddles at any time during which touch pads are installed is forbidden.

The diving well of the pool is to be used for warm-up and cool-down only. **A three-point entry is required!!!**

TIME:

<i>Warmups: Friday</i>	3:00 PM
<i>Meet Begins: Friday</i>	4:00 PM
<i>Officials' Meeting: Friday</i>	30 minutes before the start of the meet.
<i>Warmups: Saturday & Sunday</i>	9:00 AM
<i>Meet Begins: Saturday & Sunday</i>	10:00 AM
<i>Officials' Meeting: Saturday & Sunday</i>	30 minutes before the start of each session.

ELIGIBILITY:

All swimmers must have a current USA Swimming Membership. The SNS Registrar will verify all swimmers' memberships prior to the meet and, if valid, will be allowed to check-in and compete. Note that SNS does not allow swimmers to register for a USA Swimming Membership at the meet.

According to 302.3 in the 2023 Rulebook and in effect now — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.

ENTRY LIMITS & SCRATCH DOWN:

It is up to the Meet Director and Meet Referee to ensure that no sessions with swimmers 12 & under last longer than 4 hours under USA-S Rule 205.3.1F The meet will be capped at 350 swimmers or when it is estimated sessions with swimmers 12 & under will exceed 4 hours.

ENTRY FEES:

\$5.00 per individual event for all entries plus an \$10.00 per swimmer splash fee surcharge. Entry fees are non-refundable, except in the event of a required scratch down.

ONLINE ENTRIES: Online entries will be accepted through 11:59 PM. Wednesday, June 21, 2023.

Enter at: <http://ome.swimconnection.com> to receive an immediate entry confirmation of acceptance via email. The "Billing Info" e-mail should be brought to the meet as proof of entry. Online entry requires payment by credit card using a secure website. Swim Connection LLC charges a processing fee for this service, equal to \$1.00 per swimmer plus 5% of the total Entry Fees. Please note that the processing fee is a separate fee from the Entry Fees described below.

DECK ENTRIES:

Deck entries will not be accepted.

CHECK-IN: THIS MEET IS PRE-SEEDED.

All swimmers are automatically checked in to the events that they are registered for.

AWARDS:

Medals for 1st – 6th place

Ribbons for 7th – 12th place

Ages 5/6, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18 will be awarded separately for individual events.

All entry times will be verified by the Administrative Official. In keeping with our theme, an awards ceremony will be held to recognize all high point male and female swimmers placing 1st through 3rd in each of the age groups 5-6, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. The Teams placing 1st through 3rd high point will receive an award. The relay events are for fun and will not be scored or awarded individual or team points. All awards must be picked-up during the meet.

SCORING: Scoring for all individual events will be 16-13-12-11-10-9-7-5-4-3-2-1.

ADMISSION: Free.

SNACK BAR & HOSPITALITY:

A snack bar will be available, serving breakfast items, BBQ lunch, and snack food.

Snacks and refreshments will be served to working Officials and Coaches. Light refreshments will be served to all Timers.

OFFICIALS:

All working Officials must have passed the background check, athlete protection training and concussion course mandated by USA Swimming, as well as the California required Mandatory Reporting: Understanding Your Responsibility. Before the beginning of the meet, the Meet Referee will verify that these conditions have been met. Please have the USA Swimming App on your phone so that you can pull up your Membership Card or have a printed copy available.

OFFICIAL’S DRESS:

Official attire at this meet will be white tennis shoes, white socks, white polo shirts, and navy-blue pants/shorts/skirts. There will be a mandatory Officials meeting 30 minutes before the meet each session.

COACHES:

All Coaches must have evidence of their USA Swimming Certification and will be required to check in with the Computer Operator or Check-in table at the meet to show proof. Upon such proof, Coaches will receive any necessary meet paperwork and identifying mark (wrist band, etc.) of clearance that must be displayed while on deck. Coaches unable to present evidence of certification will not be allowed to coach on the Pool Deck and the Coach and Club will each be fined \$100. Coaches without evidence of certification will be removed from the deck.

TIMERS:

We will use semi automatic button timing in conjunction with the Colorado system and a stop watch timer as backup, This will require 3 timers per lane. Club timing assignments are based on the SN Timing Policy. Number of timing chairs per Team is based on the formula – (number of swimmers on a team in the session [divided by] total number of swimmers in the session) which is then [multiplied by] NUMBER OF timing chairs. This number will be rounded to the nearest whole number. Host Team supplies Timers in the same ratio as the visiting Teams and is responsible for filling unassigned chairs. Assignments will be sent to participating Teams the day before each contest.

MINIMUM OFFICIALS RULE:

Each Team shall, by the entry deadline, provide to the Meet Director or designee a list of Officials who have agreed to represent their Team during the meet, in accordance with the following table:

<u># of swimmers the Team entered in meet:</u>	<u># of carded Officials required:</u>
0-10	0
11-25	1
26-50	2
51-75	3
76-100	4
>100	5

One half-hour before the scheduled start of each session, the Meet Referee shall conduct an inventory of Officials, and shall compare the number of entries against the number of Officials present representing each Team. Teams who have not provided sufficient Officials shall have all their swimmers treated as "time-only swimmers" in all aspects of that session and awards will not be earned.

MEET OFFICIALS:

Meet Referee: Kevin Tokunaga
Head Starter: Sean Kochems
Admin Official: Michelle Owen
Meet Director: Holly Rowe durhamdolphins1@gmail.com
Computer Operator: Tami Thomas durhamdolphins1@gmail.com

RESTRICTIONS:

Smoking, vaping, and the use of any other marijuana or tobacco products are prohibited at the Dwight Brinson Swim Center facility and all areas of the meet venue. Anyone desiring to smoke, vape, or use any other marijuana or tobacco products must leave the facility, including parking areas, to do so.

- The sale and use of alcoholic beverages is prohibited at this venue.
- No pets are allowed.
- Glass containers are not allowed in the pool area.

12 & UNDER RESTRICTIONS: 102.8.1.F SWIMWEAR (USA Swimming Rulebook)

"No Technical Suits Shall be worn by any 12 & under USA Swimming athlete member in competition at any sanctioned, approved or observed meet. A Technical Suit is one that has the following components:

(Note: WOVEN FABRIC – a suit with woven fabric and sewn seams that does not extend below the hips is permitted.)
(Note: KNIT FABRIC – a suit with knit fabric and sewn seams not extending below the knee is permitted.)

Friday			
Event #	Age Group		Event
G	B		
1	2	13-18	500 Free
3	4	9-12	200 Free
5	6	8 & under	100 Free
7	8	13-18	200 IM
9	10	9-12	100 Breast
11	12	8 & under	50 Fly
13	14	13-18	100 Fly
15	16	9-12	100 Fly

Swim Entry Limits:
 2 events on Friday
 4 events Saturday
 4 events Sunday

EVENTS:

Saturday				Sunday			
Event #		Age Group	Event	Event #		Age Group	Event
G	B			G	B		
17	18	13-18	200 Free	43	44	9-12	100 IM
19	20	9-12	100 Free	45	46	8 under	100 IM
21	22	8 under	50 Free	47	48	13-18	100 IM
23	24	13-18	50 Breast	49	50	9-12	100 Back
25	26	9-12	50 Breast	51	52	8 under	50 Back
27	28	8 under	25 Breast	53	54	13-18	100 Free
29	30	13-18	100 Back	55	56	9-12	50 Free
31	32	9-12	100 Back	57	58	8 under	50 Breast
33	34	8 under	25 Back	59	60	13-18	100 Breast
35	36	13-18	50 Fly	61	62	9-12	50 Back
37	38	9-12	50 Fly	63	64	13-18	50 Back
39	40	8 under	25 Fly	65	66	8 under	25 Free
				67	68	13-18	50 Free
41	42	Pool Noodle Relay Mixed Age ok and unscored	200 Relay	69		Mixed Parent/Coach/ Swimmer Relay 2-8 Swimmers Mixed Age ok and unscored	200 Free or Any 4 Strokes Medley Relay
Group of either 4 girls or 4 boys mixed age groups ok. Use any stroke to swim your 50 with the noodle and pass it on to the next swimmer.				The swimmers may be any age mixed genders and can be a team of any combination of swimmers, parents, or coaches. You can swim a 25 or 50 but the total distance swam per team must equal 200.			

	8-under	9-12	13-18
Friday	100 Free 50 Fly	200 Free 100 Breast 100 Fly	500 Free 200 IM 100 Fly
Saturday	50 Free 25 Breast 25 Back 25 Fly	100 Free 50 Breast 100 Back 50 Fly	200 Free 50 Breast 100 Back 50 Fly

Sunday	100 IM 50 Back 50 Breast 25 Free	100 IM 100 Back 50 Free 50 Back	100 IM 100 Free 100 Breast 50 Back 50 Free
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Relay events on All Days are fun relays and will not be paid events or awarded individual or Team points.

SUMMARY OF EVENTS BY AGE GROUP: