



Eldon Dolphins Swim Team Parent & Swimmer Information

The Eldon Dolphins Swim Club is a member of the Mid-Missouri Swim Conference, which consists of teams from Boonville, California, Centralia, Eldon, Fulton, Jefferson City YMCA, Marshall, Mexico, and Sedalia. The conference purpose is to advance the enjoyment of swimming in our clubs and to maintain a competitive swimming program in this area. Please see the conference website for more information, <http://www.midmoswimming.org/>

The Eldon Dolphins Swim Club operates under the following participation guidelines:



1. Membership dues are \$45 for the first swimmer and \$35 for each additional swimmer in the same family.
2. Each swimmer must pay a \$10.00 pool usage fee that goes to the City of Eldon for costs associated with using the pool. Our fee increased from \$500.00 to \$750.00 per season in 2019 and is scheduled to increase to \$1000.00 in 2020.
3. Each swimmer is required to have an official team swimsuit. Parents are required to pay for the suit when they register their child to swim. In the event the team suit selected is not available in a large or small enough size that fits the swimmer appropriately, an alternate, coordinating suit may be used upon approval of the Board.
4. Minimum ability requirements for swimmer participation are as follows:
 - A. Age 10 and under **must** be able to swim the freestyle stroke unassisted and without stopping for a distance of 25 meters. (25 meters is the length of the Eldon pool)
 - B. Age 11 and up must be able to swim freestyle correctly for 50 meters.
 - C. The swimmer's age as of June 1st is the age at which swimmers will compete for the entire swim season.
 - D. Swimmers may be required to take a swim test in order to verify safety and ability. This determination will be made by the coaches in conjunction with team president/vice president.
5. Parent Participation Requirements are as follows:
 - A. **Help with team practices.** This includes signing up for set-up or break-down. You will be asked to volunteer for 4-6 nights. Your time will correspond to your child's practice time.
 - B. **Help during Home Swim Meets.** *Each family should be prepared to provide a parent volunteer for a minimum of 1/2 of the evening's events.* It may become necessary to volunteer for more than half of the meet if the visiting teams have low parent participation. Whenever possible, if two parents are available, each should plan on taking one shift. Volunteers are also needed to set-up and break-down home meets.
 - C. **Help with Away Swim Meets.** At each away meet, visiting teams are required to supply volunteers to time and 2 stroke judges per team for the duration of the meet. Eldon Dolphins Swim team usually has enough families to staff 3 shifts, lessening the time anyone has to be working. This will be determined on a year by year basis.

6. Practice times
 - A. Swimmers 10 and under will practice from **7:30 PM – 8:30 PM on Tues, Wed, Thurs and 8:00am-9:00am** on Saturday's
 - B. Swimmers 11 years and up will practice from **8:30 PM – 9:30 PM on Tues, Wed, Thurs and 7:00am-8:00am** on Saturday's
 - C. **In the event of inclement weather, the coach will determine whether to cancel practice or use the time to show and work with instructional swim and safety videos.** In the event of lightning, practice will be postponed or canceled based on weather conditions at the Eldon Aquatics Center.
 - D. **Severe Weather cancelations**
 1. Cancelations will be posted as soon as possible to Eldon Dolphins Swim Team Facebook page (*see section 14 below*).
 2. Additionally, a mass communication will be sent out using the group messaging system Remind. If you are not signed up for the Remind notifications please do so now by texting **@bd63gc** to the number **81010** or follow this link <https://www.remind.com/join/bd63gc>
 3. You may also contact one of the Board members the evening of practice to be certain.
 1. PLEASE NOTE THAT A MISSED PRACTICE WILL BE COUNTED AS AN ABSENCE AND MAY AFFECT YOUR CHILD'S OPPORTUNITY TO RECEIVE AN ATTENDANCE AWARD AT THE END OF THE SWIM SEASON. BE CERTAIN BEFORE YOU MISS A PRACTICE!!!!
 4. NOTE: We are all aware that severe weather comes and goes quickly in Missouri. Because we run a short season, practices and meets will only be cancelled if absolutely necessary and will rarely be cancelled very far in advance of the event. You should make the choices that are the best for your family concerning severe weather travel.
 - E. Practice times are subject to change as determined by a collaborative decision between the coach and board members along with city officials in order to best meet the needs of the swimmers.
7. Parents are highly encouraged to stay for their child's practice time. However, **ONLY** the swimmers and coach(es) are allowed on the swim deck. *No children, friends or siblings, are allowed in the baby pool area at any time during swim team practice.*
8. The Mid-Missouri Swim Conference requires swimmers to compete in at least two (2) meets during the regular season, to be eligible for participation in the Championship Meet.
9. The Coach(es) will have final authority over discipline matters.
10. Parents are encouraged to attend out-of-town meets with their children. However, we realize work schedules may necessitate your child ride to the meet with another parent, to get there in time for warm-ups/check-in. Therefore, we also encourage you to get to know the swim families that live in your area in order to help facilitate any carpool needs you may have. We remind you to be considerate and help out with gas. Directions to out-of-town facilities are included in this handbook and can also be found on the conference website, at <http://www.midmoswimming.org>. Links provided for Google Maps.

11. Concessions: Membership dues provide only a small portion of the funding required to operate a swim season. The balance of funding for the Eldon Dolphins comes primarily from our concession stands, which are operated at home swim meets.
 - A. To continue this success, each family is asked to provide concession items for each home meet. There is a sample sign-up list of items needed on page 14 of this handbook (this is only a sample and is always in a state of adjustment).
 - B. Occasionally, as the need arises, the team will ask the families to participate in other fund raising events.

12. Awards: The following awards will be given to swimmers who qualify in each category:
 - A. **Attendance Award** – Given to all swimmers who: Attend at least 75% of scheduled practices; Participate in four regular-season meets, in which all assigned events are completed.
 - B. **Perfect Attendance Award** – Given to swimmers who attend **ALL** scheduled practices, participate in **ALL** scheduled meets, and swim in **ALL** assigned events.
 - C. **Dolphins Medalist Award** – Given to all swimmers who achieve a specified time in at least one event in a *metered* pool. Times achieved in a yard pool, will be converted to meters for the purposes of the medalist award. (See medalist time sheet, included on page 9).
 - D. **Eldon Dolphins Record Holder** – Given to all swimmers who break an Eldon Dolphins team record. (page 10)
 - E. **Record Holder Award** – Given to all swimmers who set a conference record at the Championship Meet. www.midmoswimming.org

13. The Eldon Dolphins Swim Club has an election of officers annually, at which time a President, Vice President, Secretary, Treasurer, and Members-At-Large are elected. *This election will take place at the season end awards party and the duties of said board members will transfer to the newly elected board members at the next regularly scheduled board meeting.*

14. Communications
 - A.  : <http://www.midmoswimming.org>
 - B.  : Search for “Eldon Dolphin Swim Team” or type
(<https://www.facebook.com/groups/463936517022490/>)
 - C. Remind notifications: text @bd63gc to the number 81010 or follow this link
<https://www.remind.com/join/bd63gc>

Eldon Dolphins Officers

Officers for the 2015 season are:

| | | <i>Home</i> | <i>Cell</i> |
|-------------------------|-----------------|-------------|---------------|
| President | Chelley Pollett | 392-3062 | (573)280-2317 |
| Vice President | Position Open | | |
| Treasurer | Andrea Stafford | | |
| Meet Coordinator | Brad Harbison | | (573)619-3455 |
| Secretary | Position Open | | |
| City Liaison | Chelley Pollett | 392-3062 | (573)280-2317 |

**** Duties of open positions will be met by the president until these positions are filled by volunteers.

Members-At-Large:

Steve Martonfi
Robin Martonfi
Ashley Hanks
Tim Pollett

Coach

Dale Rosenthal (573)746-0537

Assistant Coach

Carrie Rassmussen (573)664-2933

Job Descriptions for Eldon Home Meets

All swimmers and parents are asked to help set up for meets and stay after meets to clean up the pool and surrounding park area. With everyone's help, this only takes a few minutes.

Listed below are the descriptions of volunteer jobs necessary to fill during a home meet. Depending upon parent participation, job shifts are usually for 1/2 of a meet's scheduled events. If we have enough families we can schedule 1/3 shifts. If both parents are available, it is desirable for them to alternate and each take a shift during home meets. Please be on time to take over at shift changes.

ALL parents are expected to help with home swim meets. Nearly all swim team parents work outside the home and/or are responsible for younger children, but we need your help. *Please make arrangements accordingly.* It is very important that EVERY parent helps with home meets, so no one group of parents becomes overwhelmed. If every parent helps, the meets run very smoothly.

SHIFTS ARE GENERALLY 1/2 OF A MEET'S SCHEDULED EVENTS.
THE LENGTH OF SHIFTS WILL BE BASED UPON PARENT PARTICIPATION.

| | |
|-------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| ANNOUNCER: | Announces over PA system, all info for running of meet. (e.g. calling swimmers/event #'s to the bull pen.) This is often in conjunction with the Bull Pen position. (1 per shift) |
| CLERK OF COURSE: | Receives and organizes swimmers cards into events and heat, then passes cards to the bull pen (1-2 per meet). |
| BULL PEN: | Receives cards by event and heat, from Clerk-of-Course. Places swimmers in event order and sits them on the bench. This requires keeping swimmers under control. (2 per shift) |
| RUNNERS: | Picks up cards and swimmers from the Bull Pen and delivers them to the Timers/start blocks. Then runners pick up completed cards from Timers and delivers to Results Table. Runners are responsible for making sure the younger swimmers are at the appropriate lane for relays. (2 per shift) |
| STARTER: | Announce event/heat number to timers and swimmers. Makes sure timers are ready. Start the races. (1 per shift) |
| TIMERS: | Time events and record times on swimmer's cards. Makes sure swimmer's name matches name on card and all cards get to the runners (6 per shift- min) |
| RESULTS: | Cards are brought to your table by Runners. You arrange them in order by lane entry in each event, enter them into the computer, which assigns overall placement (i.e. 1 st , 2 nd , 3 rd , etc.). Then print off labels for ribbons and pass the labels to Ribbon Table. (2-3 per shift) This duty is generally completed by Meet Coordinator. |
| RIBBONS: | Receive event results from Results Table. Affix event result label to appropriate heat ribbons &/or overall ribbons. Place in team boxes. (2-3 per shift) |
| CONCESSIONS: | Selling of snacks and drinks. (2-4 per shift) |

Pool Opening Check List

- Remind swimmers to go to and stay in warm up area until coach has instructed them otherwise.
- Unlock restrooms for swimmers.
- Unlock storage room to begin putting in lane ropes.
 - ^ Wrench for tightening ropes is in clear box with white lid in storage room on swim team shelf.
 - ^ Monday and Wednesday, lane ropes can be put in as early as 7:00pm if all other groups have vacated the pool.
 - ^ Tuesday and Thursday, lane ropes can be put in starting at 7:15pm.
- Retrieve starting blocks and put in receptacles.
 - ^ The tools for removing receptacle plugs are in clear the supplies box swim team shelf.
 - ^ Check with the coach to see if (s)he will be using starting blocks prior to setting them up.
- Place backstroke poles and flags for practice. Supplies in closet.
- When it becomes necessary turn on lights.
 - ^ Switches are in the maintenance room and will need to be unlocked only when the lights are needed.
 - ^ The maintenance room is to be locked at all times.
 - ^ Only team members/parents who have been specifically trained should do this task. Alarm codes will be provided to trained volunteers.
- The floating animals in the pool should be taken out by a lifeguard. This is typically done prior to us getting to the pool but if it is not please ask one of the lifeguards (preferably one that is a swim team member) to remove them.
- There is always something that needs to be done, so feel free to jump in and help even if you're not signed up or feel free to ask if there's anything that can be done. A helping hand is always most appreciated and usually in short supply.
- Parents are welcome and encouraged to watch practices but should sit on decks closest to the entrance and not on practice deck.

Pool Closing Check List

- Remove lane ropes after the coach dismisses the swimmers and put back in the storage room.
 - ^ When rolling up the lane ropes it is important to try and wind them neatly and in a single line weaving back and forth so as not to tangle them up.
 - ^ It is very difficult to put them in the pool if they are a tangled mess.
- Place all tools back in the plastic storage box and return to the swim team shelf in the storage room.
- Remove starting blocks and place up against the wall of the maintenance and storage building.
- Remove and replace backstroke flags and poles
- Check restrooms for cleanliness and lost and found items. The restrooms should be left better than we found them. Make sure they are locked.
- Check the pool area for lost and found items. Put chairs and loungers back in the place where they were found. Pick up trash if necessary. Leave the area neat.
- Turn off lights and lock the maintenance room.
- Lock and double check storage room after all swim team equipment has been returned to it.
- Verify Pool Manager's office is locked.
- Lock the gate upon leaving the pool for the night. **PLEASE DOUBLE CHECK IT!**

Event List by Event Number for 2016

- 1 Boys 100 Butterfly
- 2 Girls 100 Butterfly
- 3 Mixed 8 & Under 100 Freestyle Relay
- 4 Girls 8 & Under 100 Freestyle Relay
- 5 Mixed 9-10 100 Freestyle Relay
- 6 Girls 9-10 100 Freestyle Relay
- 7 Mixed 11-13 200 Freestyle Relay
- 8 Girls 11-13 200 Freestyle Relay
- 9 Mixed 14-18 200 Freestyle Relay
- 10 Women 14-18 200 Freestyle Relay
- 11 Boys 10 & Under 100 IM
- 12 Girls 10 & Under 100 IM
- 13 Boys 11-12 100 IM
- 14 Girls 11-12 100 IM
- 15 Boys 13-14 100 IM
- 16 Girls 13-14 100 IM
- 17 Men 15-18 100 IM
- 18 Women 15-18 100 IM
- 19 Boys 100 Backstroke
- 20 Girls 100 Backstroke
- 21 Boys 6 & Under 25 Backstroke
- 22 Girls 6 & Under 25 Backstroke
- 23 Boys 7-8 25 Backstroke
- 24 Girls 7-8 25 Backstroke
- 25 Boys 9-10 25 Backstroke
- 26 Girls 9-10 25 Backstroke
- 27 Boys 11-12 50 Backstroke
- 28 Girls 11-12 50 Backstroke
- 29 Boys 13-14 50 Backstroke
- 30 Girls 13-14 50 Backstroke
- 31 Men 15-18 50 Backstroke
- 32 Women 15-18 50 Backstroke
- 33 Boys 6 & Under 25 Freestyle
- 34 Girls 6 & Under 25 Freestyle
- 35 Boys 7-8 25 Freestyle
- 36 Girls 7-8 25 Freestyle
- 37 Boys 9-10 25 Freestyle
- 38 Girls 9-10 25 Freestyle
- 39 Boys 11-12 50 Freestyle
- 40 Girls 11-12 50 Freestyle
- 41 Boys 13-14 50 Freestyle
- 42 Girls 13-14 50 Freestyle
- 43 Men 15-18 50 Freestyle
- 44 Women 15-18 50 Freestyle
- 45 Boys 100 Breaststroke
- 46 Girls 100 Breaststroke
- 47 Boys 6 & Under 25 Butterfly
- 48 Girls 6 & Under 25 Butterfly
- 49 Boys 7-8 25 Butterfly
- 50 Girls 7-8 25 Butterfly
- 51 Boys 9-10 25 Butterfly
- 52 Girls 9-10 25 Butterfly
- 53 Boys 11-12 50 Butterfly
- 54 Girls 11-12 50 Butterfly
- 55 Boys 13-14 50 Butterfly
- 56 Girls 13-14 50 Butterfly
- 57 Men 15-18 50 Butterfly
- 58 Women 15-18 50 Butterfly
- 59 Boys 100 Freestyle
- 60 Girls 100 Freestyle
- 61 Boys 6 & Under 25 Breaststroke
- 62 Girls 6 & Under 25 Breaststroke
- 63 Boys 7-8 25 Breaststroke
- 64 Girls 7-8 25 Breaststroke
- 65 Boys 9-10 25 Breaststroke
- 66 Girls 9-10 25 Breaststroke
- 67 Boys 11-12 50 Breaststroke
- 68 Girls 11-12 50 Breaststroke
- 69 Boys 13-14 50 Breaststroke
- 70 Girls 13-14 50 Breaststroke
- 71 Men 15-18 50 Breaststroke
- 72 Women 15-18 50 Breaststroke
- 73 Mixed 8 & Under 100 Medley Relay
- 74 Girls 8 & Under 100 Medley Relay
- 75 Mixed 9-10 100 Medley Relay
- 76 Girls 9-10 100 Medley Relay
- 77 Mixed 11-13 200 Medley Relay
- 78 Girls 11-13 200 Medley Relay
- 79 Mixed 14-18 200 Medley Relay
- 80 Women 14-18 200 Medley Relay
- 81 Boys 200 Freestyle
- 82 Girls 200 Freestyle

Dolphins Swim Team Medalist Times

| BOYS: | | GIRLS: | |
|-----------------------|----------------|-----------------------|----------------|
| 8 & Under | | 8 & Under | |
| FREE | 25.00 | FREE | 29.00 |
| BACK | 35.00 | BACK | 34.00 |
| BREAST | 35.00 | BREAST | 34.00 |
| FLY | 30.00 | FLY | 35.00 |
| 9 & 10 | | 9 & 10 | |
| FREE | 21.00 | FREE | 22.00 |
| BACK | 29.00 | BACK | 28.00 |
| BREAST | 30.00 | BREAST | 30.00 |
| FLY | 28.00 | FLY | 28.00 |
| IM | 2:00.00 | IM | 2:00.00 |
| 11 & 12 | | 11 & 12 | |
| FREE | 41.00 | FREE | 45.00 |
| BACK | 52.00 | BACK | 57.00 |
| BREAST | 58.00 | BREAST | 58.00 |
| FLY | 54.00 | FLY | 55.00 |
| IM | 1:41.00 | IM | 1:37.00 |
| 13 & 14 | | 13 & 14 | |
| FREE | 36.00 | FREE | 38.00 |
| BACK | 47.00 | BACK | 50.00 |
| BREAST | 46.00 | BREAST | 51.00 |
| FLY | 54.00 | FLY | 50.00 |
| IM | 1:41.00 | IM | 1:37.00 |
| 15 – 18 | | 15 – 18 | |
| FREE | 32.00 | FREE | 36.00 |
| BACK | 45.00 | BACK | 45.00 |
| BREAST | 43.00 | BREAST | 43.00 |
| FLY | 40.00 | FLY | 43.00 |
| IM | 1:30.00 | IM | 1:32.00 |
| 100 METER OPEN | | 100 METER OPEN | |
| FREE | 1:29.00 | FREE | 1:31.00 |
| BACK | 1:38.00 | BACK | 1:41.00 |
| BREAST | 1:47.00 | BREAST | 1:47.00 |
| FLY | 1:50.00 | FLY | 1:50.00 |
| 200 METER FREE | 3:16.00 | 200 METER FREE | 3:20.00 |

Eldon Team Records (updated as of January 2016)

| Event # | Event Name | Record Time | Year | Dolphins Swimmer(s) |
|---------|----------------------------|-------------|------|-----------------------------------------------------------------|
| 1 | Boys Open 100 Fly | 1:12.48 | | Kyle Smith |
| 2 | Girls Open 100 Fly | 1:17.82 | | Jennifer Pittrich |
| 3 | Boys 8&U 100 Free Relay | 1:39.54 | 2006 | Chad Pollett Bryce Opie, Bailey Dunham, Morgan Anderson |
| 4 | Girls 8&U 100 Free Relay | 1:42.38 | 2007 | Annali K. Metz, Bailey Farris, Kinzie Tieman, Jordyn Bartlett |
| 5 | Boys 9-10 100 Free Relay | 1:11.94 | 2009 | Jordyn Bartlett, Morgan Anderson, Bailey Farris, Chad Pollett |
| 6 | Girls 9-10 100 Free Relay | 1:11:17 | 2014 | Eric Wersching, Marley Corpe, Haden Stafford, Tatum Frank |
| 7 | Boys 11-13 200 Free Relay | 1:54:84 | 2012 | Dalton R. Thomas, Grace Baucom, Bailey Farris, Chad Pollett |
| 8 | Girls 11-13 200 Free Relay | 2:25.85 | 2014 | Sara Wolf, Rachel Hanks, Nicole Reynolds, Libby Cochran |
| 9 | Boys 14-18 200 Free Relay | 1:59.10 | | Lance Marriott, Brian Riddle, Justin Stark, Derek Priest |
| 10 | Girls 14-18 200 Free Relay | 2:21.57 | 1990 | Holly Griswold, Raegan Oswald, Jennifer Pittrich, Robin Feltner |
| 11 | Boys 10&U 100 IM | 1:39.06 | 2010 | Dalton Thomas |
| 12 | Girls 10&U 100 IM | 1:33.09 | | Caitlin Llewellyn |
| 13 | Boys 11-12 100 IM | 1:28.38 | 2012 | Dalton Thomas |
| 14 | Girls 11-12 100 IM | 1:24.88 | | Jessica Caine |
| 15 | Boys 13-14 100 IM | 1:19.45 | | Lance Marriott |
| 16 | Girls 13-14 100 IM | 1:23.08* | | Jodi Pittrich (*11-14 100 IM) |
| 17 | Boys 15-18 100 IM | 1:10.93 | | Lance Marriott |
| 18 | Girls 15-18 100 IM | 1:26.57 | | Giulia Zanuttini |
| 19 | Boys Open 100 Back | 1:22.26 | | Adam Caine |
| 20 | Girls Open 100 Back | 1:27.91 | 2017 | Rachel Hanks |
| 21 | Boys 6&U 25 Back | 31.53 | 2012 | Sam DeMott |
| 22 | Girls 6&U 25 Back | 31.93 | | Maddie Scrivner |
| 23 | Boys 7&8 25 Back | 25.78 | | Christopher Ingle |
| 24 | Girls 7&8 25 Back | 23.4 | 2008 | Bailey Farris |
| 25 | Boys 9&10 25 Back | 20.32 | 2010 | Dalton Thomas |
| 26 | Girls 9& 10 25 Back | 20.2 | | Caitlin Llewellyn |
| 27 | Boys 11-12 50 Back | 33.90 | 2011 | Dalton Thomas |
| 28 | Girls 11-12 50 Back | 41.69 | | Deanna Boardman |
| 29 | Boys 13-14 50 Back | 32.29 | 2008 | Derek Overby |
| 30 | Girls 13-14 50 Back | 40.90 | 2015 | Rachel Hanks |
| 31 | Boys 15-18 50 Back | 35.46 | | Adam Caine |
| 32 | Girls 15-18 50 Back | 39.53 | 2016 | Rachel Hanks |
| 33 | Boys 6&U 25 Free | 24.34 | 2012 | Sam DeMott |
| 34 | Girls 6&U 25 Free | 26.26 | 2013 | Zoe Martonfi |
| 35 | Boys 7-8 25 Free | 20.83 | 2013 | Matthew Pollett |
| 36 | Girls 7-8 25 Free | 20.31 | 2008 | Bailey Farris |
| 37 | Boys 9-10 25 Free | 16.81 | 2009 | Morgan Anderson |
| 38 | Girls 9-10 25 Free | 16.72 | 2017 | Zoe Martonfi |
| 39 | Boys 11-12 50 Free | 32.78 | 2012 | Dalton Thomas |
| 40 | Girls 11-12 50 Free | 34.42 | 2012 | Bailey Farris |
| 41 | Boys 13-14 50 Free | 29 | 2008 | Derek Overby |

| | | | | |
|----|------------------------------|---------|------|------------------------------------------------------------------------------------------|
| 42 | Girls 13-14 50 Free | 34.32 | | Natalie Caine |
| 43 | Boys 15-18 50 Free | 27.5 | | Kyle Smith |
| 44 | Girls 15-18 50 Free | 32.69 | | Brittany Wilhelm |
| 45 | Boys Open 100 Breast | 1.24.59 | 2006 | AJ Sutton |
| 46 | Girls Open 100 Breast | 1.26.32 | | Robin Feltner |
| 47 | Boys 6&U 25 Fly | 36.15 | 2013 | Luke Wolf |
| 48 | Girls 6&U 25 Fly | 40.50 | 2011 | Mikaella Stipanitz |
| 49 | Boys 7-8 25 Fly | 27.31 | 2012 | Nicholas Martonfi |
| 50 | Girls 7-8 25 Fly | 25.75 | | Bailey Duhnam |
| 51 | Boys 9-10 25 Fly | 21.39 | 1989 | Chris Boardman |
| 52 | Girls 9-10 25 Fly | 17.97 | | Caitlin Llewellyn |
| 53 | Boys 11-12 50 Fly | 43.14 | 2012 | Dalton Thomas |
| 54 | Girls 11-12 50 Fly | 38.81 | 2013 | Libby Cochran |
| 55 | Boys 13-14 50 Fly | 36.66 | | Lance Marriott |
| 56 | Girls 13-14 50 Fly | 35.21 | 2015 | Libby Cochran |
| 57 | Boys 15-18 50 Fly | 30.78 | 2012 | Drew Pollett |
| 58 | Girls 15-18 50 Fly | 36.81 | 2016 | Libby Cochran |
| 59 | Boys Open 100 Free | 1.05.62 | 2008 | Derek Overby |
| 60 | Girls Open 100 Free | 1.18.94 | 2007 | Amanda Caine |
| 61 | Boys 6&U 25 Breast | 33.53 | 2012 | Sam DeMott |
| 62 | Girls 6&U 25 Breast | 41.94 | 2013 | Zoe Martonfi |
| 63 | Boys 7-8 25 Breast | 27.17 | 2014 | Sam DeMott |
| 64 | Girls 7-8 25 Breast | 24.4 | 1992 | Jessica Caine |
| 65 | Boys 9-10 25 Breast | 21.93 | 1991 | Joe Parkins |
| 66 | Girls 9-10 25 Breast | 21.56 | | Jessica Caine |
| 67 | Boys 11-12 50 Breast | 44.57 | 2012 | Chad Pollett |
| 68 | Girls 11-12 50 Breast | 40.38 | | Jessica Caine |
| 69 | Boys 13-14 50 Breast | 39.58 | 2013 | Chad Pollett |
| 70 | Girls 13-14 50 Breast | 40.4 | | Jodi Pittrich |
| 71 | Boys 15-18 50 Breast | 37.03 | 2016 | Chad Pollett |
| 72 | Girls 15-18 50 Breast | 38.57 | 1991 | Robin Feltner |
| 73 | Boys 8&U 100 Medley Relay | 2.03.90 | 2006 | Morgan Anderson, Bryce Opie, Bailey Dunham, Chad Pollett |
| 74 | Girls 8&U 100 Medley Relay | 2.05.34 | | Lauren Graves, Danielle Brooks, Danielle Reynolds, Alexis Keeney |
| 75 | Boys 9-10 100 Medley Relay | 1:33.60 | 2009 | Bailey Farris, Morgan Anderson, Chad Pollett, Jordyn Bartlett |
| 76 | Girls 9-10 100 Medley Relay | 1.37.06 | 2006 | Emilee Klocke, Daniele Opie, Maddie Scrivner, Kirsten Kliethermes |
| 77 | Boys 11-13 200 Medley Relay | 2.46.78 | 2012 | Dalton Thomas, Chad Pollett, Bailey Farris, Grace Baucom |
| 78 | Girls 11-13 200 Medley Relay | 2:46.48 | 2014 | Rachel Hanks, Nicole Reynolds, Libby Cochran, Sara Wolf |
| 79 | Boys 14-18 200 Medley Relay | 2.18.98 | | Derek Priest, Lance Marriott, Justin Stark, Brian Riddle |
| 80 | Girls 14-18 200 Medley Relay | 2.38.41 | | Jamie Koerner, Nicole Fenton, Jessica Caine, Stefanie Webery |
| 81 | Boys Open 200 Free | 2.30.84 | | TIE -- Deanna Boardman, Jessica Caine, Brittany Wilhelm, Natalie Caine Lance Marriott |
| 82 | Girls Open 200 Free | 3.00.19 | | Brittany Wilhelm |

Home Meet Sign-Up Sheet (Example Only)

| Events | <i>1 - 41</i> | <i>42 - 82</i> |
|--------------|---------------|----------------|
| Announcer | | |
| Bull Pen | | |
| | | |
| | | |
| Runners | | |
| | | |
| | | |
| Starter | | |
| Timers | | |
| | | |
| | | |
| Stroke Judge | | |
| | | |
| Concessions | | |
| | | |
| | | |
| | | |

Concession Signup Sheet (Example Only)

For each home meet, everyone should sign up to bring a minimum of two food items, to be provided in the quantities listed. If possible, please consider that these food items vary in price and try to sign up for one lower priced item and one higher priced item

| | | |
|------------------------------------------|--------------------------------------|---------------------------------------|
| Hot dogs (2 packs) | Hot Dog Buns (2 packs) | Nacho Cheese (1 gal. Can) |
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | |
| 4. _____ | 4. _____ | Tortilla Chips (2 bags ea) |
| 5. _____ | 5. _____ | 1. _____ |
| 6. _____ | 6. _____ | 2. _____ |
| | | 3. _____ |
| Fruit (10 baggies) | Veggies (10 baggies) | 4. _____ |
| 1. _____ | 1. _____ | 5. _____ |
| 2. _____ | 2. _____ | |
| 3. _____ | 3. _____ | Cookies (10 baggies/2 ea) |
| 4. _____ | 4. _____ | 1. _____ |
| 5. _____ | 5. _____ | 2. _____ |
| 6. _____ | 6. _____ | 3. _____ |
| | | 4. _____ |
| RiceKrispie Treats (10 – 2 ea) | Brownies (10 baggies/2 ea) | 5. _____ |
| 1. _____ | 1. _____ | 6. _____ |
| 2. _____ | 2. _____ | |
| 3. _____ | 3. _____ | Soda (1 case) |
| 4. _____ | 4. _____ | 1. _____ |
| 5. _____ | 5. _____ | 2. _____ |
| 6. _____ | 6. _____ | 3. _____ |
| | | 4. _____ |
| Hamburger (\$5 donation) | Hamburger Buns (2 packs) | Bottled water (1 case) |
| 1. _____ | 1. _____ | 1. _____ |
| 2. _____ | 2. _____ | 2. _____ |
| 3. _____ | 3. _____ | |
| 4. _____ | 4. _____ | Ranch Dressing (1 bottle) |
| 5. _____ | 5. _____ | 1. _____ |
| 6. _____ | 6. _____ | 2. _____ |
| | | 3. _____ |
| Ketchup – 1 JUMBO bottle | Cheese Slices (24 pack) | Foil (1)/Plastic Spoons (1 pk) |
| 1. _____ | 1. _____ | 1. _____ |
| | 2. _____ | 2. _____ |
| Onion (2 Cup chopped) | Mustard – 1 JUMBO bottle | |
| 1. _____ | 1. _____ | |
| | | |
| Sliced Dill Pickles (1 large jar) | Tea (dry or conc. For 5 gal) | Paper Towels (2 rolls) |
| 1. _____ | 1. _____ | 1. _____ |
| | | |
| Pickle Relish (1 large jar) | Whole Dill Pickles (1 lg jar) | Napkins (2 packs) |
| 1. _____ | 1. _____ | 1. _____ |

Boonville:

Boonville Municipal Pool,
1207 11th St,
Boonville, MO 65233
(660) 882-4019

1. Head **south** on **Franklin Ave** toward **E Brockman** 0.2 mi
2. Turn **left** at **E High St** 0.2 mi
3. Take the 2nd **left** onto **MO-87 N/US-54 BUS** 0.5 mi
4. Slight **left** at **MO-87 N** 20.9 mi
5. Turn **left** at **W Main St** 387 ft
6. Take the 1st **right** onto **N Owen St** 0.3 mi
7. Continue onto **Hwy O/N Boonville Rd/State Hwy O**
Continue to follow Hwy O/State Hwy O 3.2 mi
8. Turn **right** at **N D** 0.2 mi
9. Continue onto **State Hwy D** 11.0 mi
10. Turn **left** at **MO-87 N** 14.1 mi
11. Turn **right** at **11th St**; Destination will be on the left 0.2 mi

California:

California City Pool,
W. Stella St.,
California, MO 65018,
(573) 796-8310

1. Head **south** on **Franklin Ave** toward **E Brockman** 0.2 mi
2. Turn **left** at **E High St** 0.2 mi
3. Take the 2nd **left** onto **MO-87 N/US-54 BUS** 0.5 mi
4. Slight **left** at **MO-87 N** 20.7 mi
5. Turn **left** at **W Stella St** 0.2 mi

Centralia:

Centralia Pool;
1189 E. Booth St;
Centralia, MO 65240;
(573) 682-2201

1. Head **south** on **Franklin Ave** toward **E Brockman** 0.3 mi
2. Turn **left** at **E North St** 1.1 mi
3. Continue onto **MO-87 S** 0.3 mi
4. Turn **right** to merge onto **US-54 E** toward **Jefferson City** 30.6 mi
5. Exit onto **MO-94 W/US-63 N** toward **Columbia**
Continue to follow US-63 N 30.3 mi
6. Take the **Missouri B** exit toward **Hallsville/Centralia** 0.2 mi
7. Turn **right** at **Paris Rd/N Rte B** Continue to follow N Rte B 8.6 mi
8. Continue onto **State Hwy B** 0.2 mi
9. Continue onto **Rte B** 1.1 mi
10. Continue onto **MO-124 E** 7.9 mi
11. Turn **right** at **W Singleton St** 0.7 mi
12. Turn **right** at **N Jefferson St** 0.2 mi
13. Turn **left** at **E Booth St**. Destination will be on the left 0.5 mi

Fulton:

1 Hornet Drive;
Fulton, MO 65251

1. Head **south** on **Franklin Ave** toward **E Brockman** 0.3 mi
2. Turn **left** at **E North St** 1.1 mi
3. Continue onto **MO-87 S** 0.3 mi
4. Turn **right** to merge onto **US-54 E** toward **Jefferson City** 51.3 mi
5. Take the exit toward **Missouri F/Millersburg/Fulton** 0.2 mi
6. Turn **right** at **Martin Luther King Jr Blvd/State Rd F** 0.9 mi
7. Continue onto **W 4th St** 0.4 mi
8. Turn **left** at **Market St/US-54 BUS E**
Continue to follow US-54 BUS E 0.4 mi
9. Turn **left** at **N Bluff St/US-54 BUS E** 1.5 mi
10. Turn **right** at **Hornet Dr**. Destination will be on the left 16 ft

Jefferson City:

Knowles YMCA Pool;
424 Stadium Blvd; J
Jefferson City, MO 65110;
(573) 761-9015

1. Head **south** on **Franklin Ave** toward **E Brockman** 0.3 mi
2. Turn **left** at **E North St** 1.1 mi
3. Continue onto **MO-87 S** 0.3 mi
4. Turn **right** to merge onto **US-54 E** toward **Jefferson City** 27.5 mi
5. Take the **Tanner Bridge Rd** exit toward **Stadium Dr** 404 ft
6. Slight **left** at **Tanner Bridge Rd** 0.1 mi
7. Turn **right** at **Stadium Blvd**.
Destination will be on the right 0.2 mi

Mexico:

Mexico YMCA Pool;
1127 Adams St;
Mexico, MO 65265;
(573) 581-1540

1. Head **south** on **Franklin Ave** toward **E Brockman** 0.3 mi
2. Turn **left** at **E North St** 1.1 mi
3. Continue onto **MO-87 S** 0.3 mi
4. Turn **right** to merge onto **US-54 E** toward **Jefferson City** 72.2 mi
5. Take the **MO-22/MO-15** exit toward **US-54/Missouri D/Mexico** 0.2 mi
6. Turn **left** at **Aud Rd 9822/MO-15 N/MO-22 W**
Continue to follow **MO-15 N/MO-22 W** 2.8 mi
7. Turn **left** at **Lakeview Rd** 0.5 mi
8. Turn **right** at **S Morris St** 0.3 mi
9. Take the 1st **left** onto **Adams St**. Destination will be on the right 85 ft

Sedalia:

Joseph W. Arbisi Memorial Pool
2205 South Ingram Ave
Sedalia, MO 65301

1. Start out going west on E Newton St toward N Mill St. Then 0.06 miles
2. Take the 1st left onto N Mill St. Then 0.41 miles
3. Turn right onto E 4th St/US-54 Bus W. Continue to follow E 4th St. Then 0.68 miles
4. E 4th St becomes Highway 52/MO-52. Then 14.74 miles
5. Turn right onto Highway 5/MO-5. Continue to follow MO-5. Then 14.48 miles
6. Turn left onto US Highway 50 W/US-50 W/MO-5. Continue to follow US-50 W. Then 24.79 miles
7. Turn left onto S Ingram Ave/MO-U. Then 0.77 miles
8. 2205 S INGRAM AVE. , Sedalia, MO approximately 56 Miles.

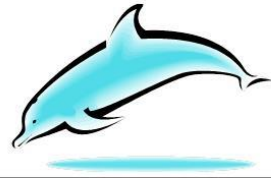
Eldon Dolphins 2019 Meet Schedule:

Registration Night April 30th, 2019, 5:30pm --- First Baptist Church, Eldon MO
First Practice May 20, 2019 – 7:30-8:30pm (10 and under) 8:30-9:30pm (11



and up)

Meets

| Date | Place | Attending |
|--------------------------------------|------------------------------------------------|---------------------------------------------------|
| Sat – June 1 (12:00pm-4:00pm) | Jefferson City | Sedalia, Eldon, Mexico, California & Boonville |
| Mon – June 3 (6:00pm – 9:00pm) | Home | Mexico & Centralia |
| Wed – June 5 (6:00pm – 9:00pm) | California | Jefferson City, Fulton, Eldon, & Sedalia |
| Tues – June 11 (6:00pm-9:00pm) | Centralia | Mexico, Eldon, Boonville |
| Thurs – June 13 (6:00pm – 9:00pm) | HOME | Sedalia |
| Wed – June 19 (6:00pm – 9:00pm) | California | Eldon |
| Mon- June 24 (6:00pm – 9:00pm) | HOME | Jefferson City, Mexico, Centralia & California |
| Wed – June 26 (6:00pm – 9:00pm) | Sedalia | Boonville, Centralia, Eldon & Fulton |
| Wed – July 10 (6:00pm – 9:00pm) | California | Mexico & Sedalia |
| Sat – July 13 (6:00pm – 9:00pm) | <i>Jefferson City – Hosts at Boonville</i> | Championship meet |

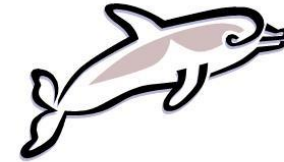






May 2019

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|---------------------------------------------------------------------------------------------------------------------------------|------------------|-----|-----|-----|---------------------------------------------------------------------------------------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 First Practice | 21 | 22 | 23 | 24 | 25 |
| | Evening Practice 7:30 (10&U) 8:30(11&up) | | | | | |
| 26 | 27 Memorial Day  NO PRACTICE | 28 | 29 | 30 | 31 |  |
| | | Evening Practice | | | | |



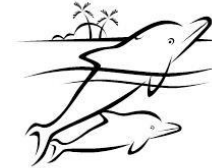
June 2019





| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|----------------------------------------------------------------------------------------------------------|--------------------------------------|----------------------------------------|------------------------------------|---------------------------------|----------------|--------------------------------------------------------------------------------------------------------------|
| | | | | | | 1 Away Meet @ Jefferson City |
| 2 | 3 Home Meet Mexico/Centralia | 4 Evening Practice | 5 Away Meet @ California | 6 Evening Practice | 7 | 8  Morning Practice |
| 9  | 10 No Practice | 11 Away Meet @ Centralia | 12 Evening Practice | 13 Home Meet @ Sedalia | 14 Flag Day | 15 Morning Practice |
| 16 Father's Day  | 17 No Practice | 18 TEAM PICTURES 7:15 PM | 19 Away Meet @ California | 20 Evening Practice | 21 | 22 Morning Practice |
| 23 | 24 Home Meet JC, Mex, Cent, CA | 25 Evening Practice | 26 Away Meet @ Centralia | 27 Evening Practice | 28 | 29 Morning Practice |
| 30 | | | | | |  |



July 2019



| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--------------------------------|----------------------------------|------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------|--------------------------------|
| | 1 No Practice City Usage | 2 Away Meet @ Centralia | 3 Evening Practice | 4 Independence Day  | 5 No Practice — Happy Independence Day | 6 |
| 7 | 8 No Practice City Usage | 9 Evening Practice | 10 Away Meet @ California | 11 Evening Practice | 12 | 13 Championship @ Fulton |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 |  | | |

My Personal Swim Record

My Name: _____

| Meet and Date | 25 Free | 25 Back | 25 Breast | 25 Fly | 50 Free | 50 Back | 50 Breast | 50 Fly | 100 IM | 100 Free | 100 Back | 100 Breast | 100 Fly | 200 Free |
|---------------|---------|---------|-----------|--------|---------|---------|-----------|--------|--------|----------|----------|------------|---------|----------|
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