

2008 BROOKINGS Winter INVITATIONAL
November 22-23, 2008
BROOKINGS, SD
SANCTION #: 102608

- SANCTION:** This meet is held under the sanction of USA Swimming Inc. and South Dakota Swimming Inc. Current USA Swimming Rules will apply. No recall rules will be enforced.
- RULES:** The current USA Swimming and SD Swimming rules will govern the conduct of the meet.
- LIABILITY:** In granting this sanction, it is understood and agreed that USA swimming Inc, South Dakota Swimming, the City of Brookings, Brookings Swim Club and Brookings High School will not accept liability for injuries sustained by any individuals, athlete or spectator, while traveling to and from, or while participating in this meet. Also, the above-mentioned are not responsible for any lost, stolen or damage property.
- LOCATION:** Brookings High School Pool, 530 Elm Ave., Brookings, SD
- FACILITY:** Brand New 25 yard pool, 5 lanes with wave-calming dividers: complete with state-of-the-art starting blocks and air and chemical filtration, and a gutter that is flush with the deck; starting depth 9', mid-point 5' and turning end 4'. The pool also features new and improved lighting, acoustics and air quality. Daktronics timing equipment will be used.
- SCHEDULE:**
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| WARM-UPS – Saturday and Sunday Morning Sessions: | Warm-up A : 7:15-8:00AM
Warm-up B: 8:00-8:45 AM | Meet starts at 9:00AM |
| WARM-UPS – Saturday and Sunday afternoon sessions: | Warm-up A: 15 minutes after conclusion of morning session
Warm-up B: 1 hour after conclusion of the morning session | Meet starts 2 hours after the conclusion of the morning session. |
- WARM-UPS:** Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. During warm-ups, a USA Swimming coach must supervise swimmers. The first 30 minutes of each warm-up session will be for general warm-up; circle swim with no diving or racing starts. The last 15 minutes of each warm-up will be for specific warm-up; **dives and sprints in lanes 2-5, and circle swimming in lane 1.** There will also be a 10 minute warm-up before the 500 free and 1650 free.
- Swimwear Restrictions:** **Girls must wear a one-piece suit that exposes the thigh. Boys may not wear a suit above the shoulder or below the knee. Swimmers wearing a nonconforming suit will be asked to change. If unwilling to change, he/she will be disqualified from all events for the day/session.**
- ELIGIBILITY:** All swimmers must be a currently registered USA swimmer. The age of the swimmers on November 22, 2008 will determine age group for the entire meet. On deck registration and exhibition swimming will be allowed at the discretion of the referee as space permits. On Deck USA Swimming registration will be permitted with appropriate documentation. Swimmers must show verification of their membership to the Meet Referee or be deck registered. A \$10.00 deck registration fee will be charged in addition to the current registration fee. Fines may be imposed if a swimmer participates and is not registered. No time trials will be allowed. Each swimmer may enter a maximum of 8 individual events for the meet with no more than 5 individual events per day. Age groups will be 8&U, 9-10, 11-12, 13-14, 15-18, 19&over. Swimmers entered in the 500 freestyle and 1650 freestyle must provide their own timers and counters. The events will be seeded slowest to fastest, with the exception of the 1650 freestyle which will be seeded from fastest to slowest. All events will be timed finals. All 25's will start from the shallow end (from the deck) and swim into the touch pads.

All entries are to be submitted via email or disk sent through the mail compatible with Hy-tek Meet Manager. Please include a hard copy of entries by event number, entry fee report, and a check for the total amount of fees due. Times are to be submitted in actual times.

COACHES MEETING: There will be a coaches' meeting following specific warm-ups by the office.

Supervision: A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers and officials will be allowed on the pool deck.

SCORING: No team scores or individual high point scores will be kept.

AWARDS: Ribbons will be awarded for 1st through 8th place for individual events. No awards will be given for 19 and over.

ENTRY FEES: \$3.00 per Swimmer SD Head Tax
\$3.00 Facility/Timing Fee per Swimmer
\$3.00 per Individual Event
\$8.00 per Relay Entry
Make checks out to Brookings Swim Club (BSC). There will be no refund of fees.

ENTRY DEADLINE: **All entries must be received no later than November 13, 2008. Please email entries and mail a hard copy.**

MAIL ENTRIES TO: Wendy Ahrendsen
127 12th Ave. S #3
Brookings, SD 57006

CONTACT PERSON: Wendy Ahrendsen Email: BSC4meets@yahoo.com Phone: 605-692-5767

SCRATCHES: Scratches must be handed to the referee prior to the beginning of warm-ups each day.

PROGRAMS & RESULTS: Programs will be available for \$5.00 each and copies of results will be available for \$5.00. Each team will receive one complimentary copy of the program and the results.

CLERK: There may clerk of course if logistics deem it necessary. Swimmers will be responsible for reporting to either clerk of course or the correct lane and heat for their events.

MEET OFFICIALS: Meet Director: Wendy Ahrendsen
Deck Referee: Jon Arneson
Head Stroke & Turn: Rhonda Young
Meet Marshall: Joel Young
Head Starter: Amy Dunkle
Head Timers: Bernie & Julie Hendricks

OFFICIALS: **All officials are needed and welcome.** We may also need lane timers during the meet. There will be an officials' meeting 30 minutes before the start of each session.

PROTESTS: Protests of any kind will only be accepted by the referee and only from the team coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer involved in that event.

CONCESSIONS: There will be a concession stand open throughout the meet.

CAMPING: Camping will be available during the meet.

BSC Winter Invite 2008 Schedule of Events

Event #	Event Name	Event	Event Name
	Saturday Morning		Sunday Morning
1	Girls 8&U 100 Freestyle	33	Girls 10&U 100 IM
2	Boys 8&U 100 Freestyle	34	Boys 10&U 100 IM
3	Girls 9-10 200 IM	35	Girls 8&U 25 Butterfly
4	Boys 9-10 200 IM	36	Boys 8&U 25 Butterfly
5	Girls 10&U 50 Butterfly	37	Girls 10&U 100 Butterfly
6	Boys 10&U 50 Butterfly	38	Boys 10&U 100 Butterfly
7	Girls 8&U 25 Backstroke	39	Girls 10&U 50 Backstroke
8	Boys 8&U 25 Backstroke	40	Boys 10&U 50 Backstroke
9	Girls 10&U 100 Backstroke	41	Girls 9-10 200 Freestyle
10	Boys 10&U 100 Backstroke	42	Boys 9-10 200 Freestyle
11	Girls 10&U 50 Breaststroke	43	Girls 8&U 25 Breaststroke
12	Boys 10&U 50 Breaststroke	44	Boys 8&U 25 Breaststroke
13	Girls 8&U 25 Freestyle	45	Girls 10&U100 Breaststroke
14	Boys 8&U 25 Freestyle	46	Boys 10&U 100 Breaststroke
15	Girls 9-10 100 Freestyle	47	Girls 10&U 50 Freestyle
16	Boys 9-10 100 Freestyle	48	Boys 10&U 50 Freestyle
	Saturday Afternoon		Sunday Afternoon
17	Girls 11&Over 200 IM	49	Girls 11-12 100 IM
18	Boys 11&O 200 IM	50	Boys 11-12 100 IM
19	Girls 11-12 50 Butterfly	51	Girls 13&O 400 IM
20	Boys 11-12 50 Butterfly	52	Boys 13&O 400 IM
21	Girls 13&O 200 Butterfly	53	Girls 11&O 100 Butterfly
22	Boys 13&O 200 Butterfly	54	Boys11&O 100 Butterfly
23	Girls 11&O 100 Backstroke	55	Girls 11-12 50 Backstroke
24	Boys 11&O 100 Backstroke	56	Boys 11-12 50 Backstroke
25	Girls 11-12 50 Breaststroke	57	Girls 13&O 200 Backstroke
26	Boys 11-12 50 Breaststroke	58	Boys 13&O 200 Backstroke
27	Girls 13&O 200 Breaststroke	59	Girls 11&O 200 Freestyle
28	Boys 13&O 200 Breaststroke	60	Boys 11&O 200 Freestyle
29	Girls 11&O 100 Freestyle	61	Girls 11&O 100 Breaststroke
30	Boys 11&O 100 Freestyle	62	Boys 11&O 100 Breaststroke
31	Girls 11&O 500 Freestyle	63	Girls 11&O 50 Freestyle
32	Boys 11&O 500 Freestyle	64	Boys 11&O 50 Freestyle
		65	Girls 13&O1650 Freestyle
		66	Boys 13&O 1650 Freestyle

SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

- 8.1 The Meet Marshall and Meet Referee shall monitor and enforce warm-up procedures.
- 8.2 No team or unattached swimmer may warm-up unless supervised by a USA swimming member coach. Coaches and supervisors shall remain at the starting end of the pool and shall maintain verbal and visual contact with their swimmers throughout warm-ups.
- 8.3 Warm-ups shall be divided into a general warm-up period and a specific warm-up period. At the LSC Long Course and Short Course Championship Meets, the latter period may include a period for relay take-off practice.
- 8.4 Every reasonable effort shall be made to equalize swimmers/lane during warm-ups.
- 8.5 **General Warm-ups:**
- (1) There will be no diving. Any swimmer who dives in during general warm-ups will be scratched automatically from his/her first individual event of the session.
 - (2) All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
 - (3) General warm-ups should last a minimum of 30 minutes, unless the Meet Referee determines that a shorter period is necessary due to time and/or space constraints.
- 8.6 **Specific Warm-ups:**
- (1) There will be no diving in the two outside lanes. Again, any swimmer who dives in one of the outside lanes during specifics will be scratched from his/her first individual event of the session. The outside lanes shall be used for circle swimming or for pace work.
 - (3) Diving and backstroke starts will be allowed from the starting end of the all lanes except the outside lanes of the pool. In the case of backstroke starts, no swimmer shall be on the starting block until the backstroker has completed his/her start. Swimmers in the inside lanes shall complete one length and walk back to the starting end.
 - (4) Specific warm-ups shall last a minimum of 15 minutes, unless the Meet Referee determines that a shorter period is necessary due to time and/or space constraints.
 - (5) Relay take-offs – During the LSC Championship Meets, the Referee may permit a 5-minute relay take-off practice period, during which the take-off lanes shall be clearly designated and shall be used for nothing other than relay take-off practice at the starting end of the pool. Coaches shall insure that there are no swimmers in the lane other than those involved in the particular relay take-off practice.