

ABERDEEN WINTER HIGH POINT SWIM MEET
HOSTED BY ABERDEEN SWIM CLUB
JANUARY 10-11, 2009
Sanction # 120308

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc. Current South Dakota Swimming and USA Swimming rules will govern the conduct of the meet.
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming, South Dakota Swimming, Aberdeen Swim Club, Aberdeen YMCA, and the City of Aberdeen shall be free of any liability or claims for damages arising from injuries to any athletes, individuals or spectators while traveling to or from or while at the meet.
- LOCATION:** Aberdeen YMCA, 5 S. State St.
- COURSE:** 25 Yard, 8 Lanes, 6" Wave-calming dividers, Daktronic timing system with manual back-up. Starting depth 12 ft. midpoint 5 ft. turn is 3.5 ft. Daktronics timing equipment with an 8 place score board will be used.
- FORMAT:** Split meet: swam as timed finals. (See order of events for age group split for sessions.)
- SESSIONS:** 4 Sessions: Sessions 1 & 2 Saturday and 3 & 4 Sunday. If 1 warm-up session is needed, it will be 45 minutes in length and start at 8:00 AM for Sessions 1 & 3. If 2 sessions are needed, then they will start at 7:15 A.M. and 8:00 A.M. Afternoon sessions will follow the same format. Saturday and Sunday warm-ups will start after the end of the morning sessions but not before 11:30 A.M. The meet will begin at **9:00 A.M.** for Sessions 1 & 3.
- WARM-UPS:** South Dakota LSC Procedures will be followed. Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. A USA Swimming certified coach must supervise swimmers during warm-ups, competition, and warm-down. See attached guidelines. Only registered coaches, swimmers, and officials will be allowed on the pool deck. Lane assignments and approximate warm-up and start times for session 2 & 4 will be sent out after the meet is seeded.
- SWIMSUIT RESTRICTION:** **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.**
- MEETINGS:** There will be a coaches meeting directly after each session of warm-ups. An officials and timers meeting will be before the start of each session, if needed.
- ELIGIBILITY:** All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. The age of the swimmer on January 10, 2009 determines the age of the swimmer for the entire meet.
- DECK REGISTRATION:** On deck USA Registration will be allowed with the 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.
- DECK ENTRIES:** Deck entries will not be allowed except for exhibition swimming only. Note: If a swimmer misses his/her event and is seeded in the meet, it will be up to the discretion of the referee to place the swimmer in a later heat. This is not considered deck seeding.
- SCORING:** Individual scoring will be, 9-7-6-5-4-3-2-1.

- EVENT LIMIT:** Each swimmer may enter a maximum of 8 individual events for the meet with no more than 5 per day. Relays are limited to 2 per meet. The meet will be limited to 375 swimmers. If the last team to register goes over the limit, all of these swimmers will be allowed to register.
- SEEDING:** This meet will be seeded as timed finals.
- TIME TRIALS:** Time trials will not be held.
- EXHIBITION:** Exhibition swimming will be allowed at the discretion of the meet referee, as space permits. Exhibition swimming will not be awarded or scored.
- AWARDS:** Ribbons will be awarded 1-16th place in all age group events, and 1-5th in all relay events. High point trophies will be awarded for 1st-5th and medals 6th-8th place in each age group. Age group to be scored as follows: 6 & under, 7-8 (8 and under events will be swam together), 9-10, 11-12, 13-14, 15-16, 17-18 (13 and over will be swam together).
- ENTRIES:** Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager. Each team needs to mail a check, entry fee report, and a hard copy of entries to the address below. Entries are to be submitted in actual time.
- MAIL ENTRIES:** Joel Mann 1722 Spruce Dr. Aberdeen, SD 57401 or e-mail to ascstingrays@abe.midco.net
- FEES:**
\$3.00 South Dakota head tax per swimmer
\$3.50 per individual event
\$6.00 per relay event
\$5.00 per individual timing and use fee (\$1.00 timing fund & \$4.00 facility fee)
There will be no refund on fees
- DEADLINE:** All entries must be received by 11:00 PM on 1-2-2009. Any additions or changes will be accepted until 11:00 AM on 1-3-2009. After this time there will be no more changes except for errors on our part. Make sure to check your e-mail if we need to get a hold of any teams that might have an exception that we need to take care of before we seed the meet on Sunday.
- 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 result in disqualification of the swimmer from the event or meet.
- CONCESSIONS:** A concession stand will be open during the meet.
- OFFICIALS:**
Meet Director: Sarah Hogg (email: sarahogg@midco.net cell: 380-9195)
Referee: Janice Pereboom
Starter: Adolph Renner
Stroke & Turn: Sarah Mann
Marshal: Mike Hogg, Steve Waiflein
Head Timers: Camille Kaul, Connie Maine, Sherri Campbell
- SCRATCHES:** Scratches should be handed to the referee before the start of each session warm-up.
- PROGRAMS & RESULTS:** Programs will be available for \$6.00 and each coach will receive 1 complimentary copy and each team will receive 1 copy of the results.
- SPECIAL NOTE:** If the meet exceeds the 4 hour rule the relays will be removed from the meet. Also the boy & girls 1650 events may be combined in order to save time. Fly-Over Starts may be used at the discretion of the referee. Swimmers for the 500 and 1650 must provide their own counters. There will be no Clerk of Course.

Pure Blue will be at the meet selling swimming apparel

**Order of Events
ASC Winter Swim Meet
January 10-11, 2008**

Girls	Event	Boys		Girls	Event	Boys	
	January 10, 2008				January 11, 2008		
	Session 1				Session 3		
1	11-12 100 IM			53	11-12 200 IM		
2	13 & Over 200 IM	3		54	13 & Over 400 IM	55	
4	11-12 200 Medley Relay			56	11-12 200 Freestyle		
5	13 & Over 400 Medley Relay	6		57	13 & Over 200 Freestyle	58	
7	11-12 100 Butterfly			59	11-12 50 Butterfly		
8	13 & Over 200 Butterfly	9		60	13 & Over 100 Butterfly	61	
10	11-12 100 Backstroke			62	11-12 50 Backstroke		
11	13 & Over 200 Backstroke	12		63	13 & Over 100 Backstroke	64	
13	11-12 50 Backstroke			65	11-12 100 Breaststroke		
14	13 & Over 100 Breaststroke	15		66	13 & Over 200 Breaststroke	67	
16	11-12 100 Freestyle			68	11-12 50 Freestyle		
17	13 & Over 100 Freestyle	18		69	13 & Over 50 Freestyle	70	
	** 10 Minute Warm Up **			71	11-12 200 Freestyle Relay		
19	11 & Over 500 Freestyle			72	13 & Over 400 Freestyle Relay	73	
	13 & Over 500 Freestyle	20			** 10 Minute Warm Up **		
				74	13 & Over 1650 Freestyle	75	
	Session 2				Session 4		
21	8 & U 100 IM	22		76	9-10 200 IM	77	
23	9-10 100 IM	24			11-12 200 IM	78	
	11-12 100 IM	25		79	8 & U 100 Freestyle	80	
26	8 & U 100 Medley Relay	27		81	9-10 200 Freestyle	82	
28	9-10 200 Medley Relay	29			11-12 200 Freestyle	83	
	11-12 200 Medley Relay	30		84	8 & U 25 Butterfly	85	
31	8 & U 50 Butterfly	32		86	9-10 50 Butterfly	87	
33	9-10 100 Butterfly	34			11-12 50 Butterfly	88	
	11-12 100 Butterfly	35		89	8 & U 25 Backstroke	90	
36	8 & U 50 Backstroke	37		91	9-10 50 Backstroke	92	
38	9-10 100 Backstroke	39			11-12 50 Backstroke	93	
	11-12 100 Backstroke	40		94	8 & U 50 Breaststroke	95	
41	8 & U 25 Breaststroke	42		96	9-10 100 Breaststroke	97	
43	9-10 50 Breaststroke	44			11-12 100 Breaststroke	98	
	11-12 50 Breaststroke	45		99	8 & U 50 Freestyle	100	
46	8 & U 25 Freestyle	47		101	9-10 50 Freestyle	102	
48	9-10 100 Freestyle	49			11-12 50 Freestyle	103	
	11-12 100 Freestyle	50		104	8 & U 100 Freestyle Relay	105	
	** 10 Minute Warm Up**			106	9-10 200 Freestyle Relay	107	
51	9-10 500 Freestyle				11-12 200 Freestyle Relay	108	
	9-12 500 Freestyle	52					

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.
 - (2) 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.
 - (3) 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.
 - (4) 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.

NORTHEAST REGIONAL HEALTH & FITNESS CENTER YMCA FACILITY USE POLICY

South Dakota Swimming and its member clubs are guests of the fitness center. Any behavior that might jeopardize the working relationship between the YMCA and the Aberdeen Swim Club will be dealt with immediately. ASC and the YMCA reserve the right to remove any offending individuals or groups from the premises.

FACILITY USE GUIDELINES:

1. Swimmers and spectators will be allowed in these designated areas only:
 - A. Aquatics area, community room, boys & girls locker rooms, designated gym area, upstairs viewing area, and restrooms in front lobby. All other areas of the facility are off limits.
 - B. Bathroom facilities in front lobby and the boys and girls locker rooms will be the designated restrooms. The men's, women's, and family locker facilities will be off limits during the meet.
 - C. Camping will only be allowed in east gym and south west end of aquatics area by leisure pool. Camping will not be allowed in bleachers located on west end of competition pool or the upstairs viewing area. **The bleachers will be for spectators only.** Swimmers will not be allowed to sit in bleachers between there events.
2. Water Bottles can be in the aquatics and gym area. Glass containers are not allowed anywhere in the facility.
3. No pets.

PARKING FOR THE SWIM MEET WILL BE IN THE WEST LOT ACROSS THE STREET FROM THE YMCA AND IN THE STREET SOUTH OF THE POOL. DO NOT PARK IN MAIN LOT AROUND FITNESS CENTER OR CLINIC LOT ACROSS THE STREET SOUTH OF THE YMCA.

First Floor of YMCA

