

# 2009 SD SNOWFOX Summer Invitational

Hosted by the Snowfox Swim Team

July 10, 11, 12, 2009

Sanctions # SD 061509

- SANCTION:** This meet is held under the sanction of USA Swimming Inc., and South Dakota Swimming Inc. and SD LSC rules will apply.
- LIABILITY:** In granting this sanction, it is understood and agreed that USA Swimming, South Dakota Swimming, Sioux Falls Swim Team (Snowfox Swim Team), the City Of Sioux Falls, and the Sioux Falls Park and Recreation Department shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Frank Olson Pool, 18<sup>th</sup> Street and Grandview Avenue
- COURSE:** 50 Meter Pool; 8 lanes; wave calming dividers, Daktronic Electric Timing Equipment with Manual Backup. Starting end depth 15', midpoint 6' and turn end 3'6". All shallow end 200 meter relay starts will be in-water starts only. The competition course has not been certified in accordance with 104.2.2(C). Fly-over starts may be used at the discretion of the Meet Referee.
- FORMAT:** This will be a split, timed finals meet. The morning sessions will be designated for 12 & Under . The afternoon sessions will be for 13 & Over Only.
- Sessions:** There will be a total of 4 sessions, beginning Friday with the first warm ups beginning at 5:45 p.m. The Specific Times will not be known until all entries have been received and entered to know the exact time line. Teams will be notified of warm- up times and lane assignments as soon as possible. Start times listed below on the Order of Events is tentative and may change based on the number of entries received.
- Eligibility:** Only current 2009 registered USA Swimming Athlete members may participate in this competition. Coaches must be current 2009 registered non-athlete members of USA Swimming and have current certification required to be a coach. On deck USA Swimming Registration will not be permitted.
- Open Lane Swims:** The Snowfox "Open Lane Swim" procedures will be available at the meet only to swimmers that are registered in the swim meet. The splash fee is \$5.00 and **MUST** be paid at the time of the entry request or the entry will not be allowed. Sign-up is on a first come basis at the Meet Director table in the administration area. Open lane forms must be used and filled out properly with fees included. Sign up for open lane swims will CLOSE AT THE START OF SPECIFIC WARM UPS for each session, to allow appropriate seeding and notification of officials. All open lane swims must be paid for, approved by the deck official, and approved by the Meet Director prior to the event being swum. If the open lane swim entry process is not 100% completed as described, the swimmer will not be allowed to swim. Swimmers may not exceed the event limit listed in this meet information (as previously stated) including Open Lane Swims. Swimmers may scratch an event in order to swim an Open Lane Swim to stay within the entry limit. No refunds will be given for scratched events.
- Entry Limits:** Each swimmer may enter a maximum of eight (8) individual events for the meet, and two relays . However, they may only swim a maximum of Five (5) events (individual and exhibition) per day. Exhibition swims (13 & Over 50 Fly, Breaststroke, Backstroke) do not count towards a swimmer's (8) entry limit, only their (5) limit per day. **Exhibition swims (13) & over 50 fly, breaststroke, backstroke) do not count towards a swimmer's (8) entry limit, only their (5) limit per day.**
- Meetings:** A coaches meeting will be held each day at the conclusion of the warm up session, if necessary. An Officials meeting will be held 30 minutes prior to the beginning of the meet and 30 minutes prior to the afternoon session start time.

- Rules:** Warm-ups will be conducted in accordance with the guidelines established by SD LSC. Please read the attached so you are familiar with the procedure.
- Time Trials:** No Time Trials will be allowed.
- Scoring:** The meet will not be scored.
- Awards:** Medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> and ribbons will be awarded for 4<sup>th</sup> through 8<sup>th</sup> places in each. Results will be broken down into 6 & Under, 7-8, 9-10, 11-12, 13-14, and 15-19 for purposes of awarding. There will be no high point awards.
- Protests:** Protests of any kind must be in writing and will only be accepted by the referee from the team's coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer involved in that event.
- Scratches:** A Scratch box will be located at the Meet Directors Table. Please use the forms for all scratches and deposit in the box. Please have all scratches submitted prior to the start of specifics each session. A scratch form will be included in each coach's packet.
- Concessions:** A Concessions Stand will be available.
- Swimwear:** Swimsuits worn for all 12 & Under age group defined competition shall not cover the neck, extend past the shoulder, nor past the knee. Swimsuits worn for competition must be non-transparent and conform to the current concept of the appropriate. 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.
- Supervision:** A USA Swimming member coach MUST supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers, officials, timers, and designated volunteers will be allowed in the designated taped areas.
- Entries:** Teams are encouraged to submit their entries on via Email using the Hy-Tek Team Manager Program. Positive check-in will be required for the 400 freestyle event. Check-in deadline will be at the beginning of event 51.

Mail Entries to

Lisa Ladenburger  
2908 S. Bellepine Circle  
Sioux Falls, SD 57103  
[Snowfoxswim@yahoo.com](mailto:Snowfoxswim@yahoo.com) Only

- Fees:**
- \$3.50 per individual event
  - \$3.00 per swimmer head tax
  - \$7.00 per individual timing fee and use fee
  - \$6.00 per relay
  - \$5.00 Open Lane Swim

**THERE WILL BE NO REFUND OF FEES**

Administration fee of \$20 will be collected for not using windows version of Hy-Tek.

Deadline: **Due to the Holiday weekend, all entries and entry fees must be received by 12 noon on Thursday, July 2, 2009.** Email is preferred, [snowfoxswim@yahoo.com](mailto:snowfoxswim@yahoo.com). Mail entry hard copies and checks for full amount payable to Snowfox Swim Team.

Lisa Ladenburger  
Meet Director  
2908 S. Bellepine Circle  
Sioux Falls, SD 57103.

Officials: Meet Director: Lisa Ladenburger, Dominique Hurley (available during the 10 & U sessions)  
Referee: Russ Miller  
Starter: Tom Austin  
Head Official: Mark Nelson  
Marshal: Gary Klarenbeek, Peter & Molly Liberko, Jodi Sather, Mark Skadsen  
Head Timers: Denise Hibbard, Pat Lawler, Brenda Washenberger, Heidi Pinn, Wayne Mellick

All Registered Officials are welcome and needed to volunteer.

Clothing: Pure Blue will provide clothing and swim gear for sale, they will be located right inside the pool on the pool deck.

Hospitality: Coaches and Officials Hospitality will be provided.

Misc. Please Share with your swimmers and families attending the meet:

There will be no camping allowed on deck and that includes swimmers, and no one but swimmers, officials, timers, and coaches in taped off areas.

Session 1: Warm-ups: 5:45pm-6:30pm **Approx\*** Meet Begins: 6:45pm **Approx\***

<b>Girls</b>	<b>Friday PM Session ( 1 )</b>	<b>Boys</b>
1	10 & U Mixed 200 Free Relay	1
2	11 & 12 Mixed 400 Free Relay	2
3	13 & Over Mixed 400 Free Relay	3
4	Open 100 Backstroke	5
6	11 & Over 200 Breaststroke	7
8	Mixed 12 & Under 50 Fly	8
9	Mixed 13 & Over Exhibition 50 Fly	9

Session 2: Warm-ups: 8:00am-8:45am **Approx\*** Meet Begins: 9:00am **Approx\***

<b>Girls</b>	<b>Saturday AM Session ( 2 )</b>	<b>Boys</b>
10	10 & U Mixed 200 IM Relay	10
11	11 & 12 Mixed 400 IM Relay	11
12	12 & Under 100 Free	13
14	11 & 12 200 Backstroke	15
16	12 & Under 50 Backstroke	17
18	12 & Under 100 Breaststroke	19
20	12 & Under 200 Free	21
22	12 & Under 100 Fly	23

Session 3: Warm-ups: No earlier than **Approx \*** 12:00pm. Meet will begin 1 hour later \*

<b>Girls</b>	<b>Saturday PM Session ( 3 )</b>	<b>Boys</b>
24	13 & Over Mixed 400 IM Relay	24
25	13 & Over 100 Free	26
27	13 & Over 200 Back	28
29	13 & Over 100 Breaststroke	30
31	Mixed 13 & Over 400 IM	31
32	13 & Over 200 Free	33
34	Mixed 13 & Over Exhibition 50 Back	34
35	13 & Over 100 Fly	36

Session 4: Warm-ups: 7:00am-7:45am **Approx \*** Meet Begins: 8:00am **Approx\***

<b>Girls</b>	<b>Sunday AM Session ( 4 )</b>	<b>Boys</b>
37	11 & Over 200 Fly	38
39	Mixed Open 50 Free	39
40	Open 200 IM	41
42	Mixed 12 & Under 50 Breaststroke	42
43	Mixed 13 & Over Exhibition 50 Breaststroke	43
44	Mixed 11 & Over 400 Free	44

**\*Times are approximate. An Exact Time line will be sent to all teams once entries are received and an exact Time line can be determined.**

## 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.