

2009 SD Black Hills Gold Pentathlon
Hosted by Black Hills Gold Swimming
November 21, 2009
Sanction #SD 100109

- Sanction: This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc.
- Rules: Current USA Swimming and SD Swimming rules will govern the conduct of this meet.
- Liability: In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, the Donald E Young Center, the city of Spearfish, and the Black Hills Gold Swimming Swim Team shall be free of any liability or claims for damages arising from injuries arising by reason of injuries to anyone during the conduct of the event .202.7
- Location: Donald E Young Center Pool, Black Hills State University, 1200 University St., Spearfish, SD
- Course: 25 Meters; 6 lanes; Wave-calming dividers; Daktronics Timing System with manual back-up. The competition course has not been certified in accordance with 104.2.2C(4).
- Format: Timed finals
- Starting Times: One Session. Warm ups will begin at 8:30 a.m. and the meet begins at 10:15 a.m. Warm ups will be divided depending on the number of swimmers and will be communicated to the coaches prior to the meet.
- Meetings: Officials meeting at 9:45 a.m. in coach's room. Coach's meeting at 10:00 a.m. in coach's room. Meet begins at 10:15 a.m.
- 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. South Dakota Swimming warm-up procedures will be followed (see attached).
- Swimwear Restrictions:
Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.9.0 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
- Supervision: A USA Swimming certified coach must supervise swimmers for the duration of the warm-ups, competition and warm-down. Only registered coaches, swimmers and officials will be allowed on the pool deck.
- Eligibility: All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on November 21, 2009 determines the age of the swimmer for the entire meet.
- Deck Registration:
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. The application must be given to the meet director with appropriate fees who will forward the fees to the LSC Registration Chair.

Deck Entries: Deck entries will be allowed if space is available and at the discretion of the Meet Referee.

Scoring: The swimmer completing all five events in his or her age group in the least amount of time shall place first, the swimmer completing all five events in the second fastest time shall place second, etc. In view of the fact that we must have times for all five events for each swimmer to determine final awards, if a swimmer disqualifies in an event, he/she will be given the time achieved for that event plus 10% of that time in determining the total time for all events. If the disqualification is intentional in the opinion of the meet referee, the swimmer will be penalized by giving him/her the slowest time swum for that event. Age groups to be scored are as follows: 8 & under, 9-10, 11-12. For purposes of scoring, seniors will be broken down into age groups, 14 and under, 15-18, and 19 and over with no points awarded for 19 and over.

Event Limit: Swimmers may swim a total of 5 events with no more than 5 per day.

Seeding: Swimmers will be seeded slowest to fastest in timed final format.

Time Trials: There will be no time trials at this event.

Exhibition: Exhibition Swimming will be at the discretion of the Meet Director.

Awards: Awards will be given to individual swimmers in each age group. Trophies will be given for 1st through 5th place. First place will go to the swimmer completing all 5 events in the least time, second place to the swimmer completing all 5 in the second least time, etc. Awards will not be given for individual events. There will not be team awards.

Entries: Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. You may email your entries to thuber@rushmore.com. Mail a printed copy of the entries and a check for entry fees payable to Black Hills Gold Swimming to:

Teena Huber
810 S. 33rd Street
Spearfish, SD 57783

Fees: \$20.00 flat entry fee per individual enters the swimmer in all five events which includes the \$3.00 SD Head Tax per swimmer and facility fee.

Deadline: All entries and entry fees must be received no later Thursday, November 12, 2009.

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 entire meet. The Young Center does not allow coolers to be brought into the building.

Officials:	Meet Director:	Teena Huber
	Meet Referee:	Troy Rommen
	Meet Marshall:	Dianna Rommen
	Head Stroke & Turn:	Greg Hartman
	Head Starter:	Glen Lewis
	Head Timer:	Roxanne Lewis

Black Hills Gold Pentathlon
 Order of events
 Saturday November 21st

	Warm-up begins at 8:30 Meet begins at 10:15	
Female	Event	Male
1	8 and under 25 Free	2
3	9-10 50 free	4
5	11-12 50 free	6
7	13 and over 100 free	8
9	8 and under 25 breast	10
11	9-10 50 breast	12
13	11-12 50 breast	14
15	13 and over 100 breast	16
17	8 and under 25 back	18
19	9-10 50 back	20
21	11-12 50 back	22
23	13 and over 100 back	24
25	8 and under 25 fly	26
27	9-10 50 fly	28
29	11-12 50 fly	30
31	13 and over 100 fly	32
33	8 and under 100 IM	34
35	9-10 100 IM	36
37	11-12 100 IM	38
39	13 and over 200 IM	40

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.

Only registered coaches, swimmers and officials will be allowed on deck.

EXHIBIT #8 (Rev. 4-26-08)