

2009 SD Ghouls in the Pool Swim Meet
Hosted by Watertown Area Swim Club
October 31, 2009
Sanction #SD092409

- Sanction:** This meet is held under the sanction of and USA Swimming, Inc. and South Dakota Swimming Inc. Current USA rules apply. Subject to change.
- Liability:** In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, Watertown Area Swim Club, Watertown Community Recreation Center, and the City of Watertown 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
Also, the above mentioned entities are not responsible for any lost, stolen or damaged property.
- Location:** The Watertown Community Recreation Center
200 9th Street NE, Watertown, SD
Phone: (605)882-6250
Parking is available on the north and west sides of the Boys & Girls Club. Please enter the facility at the north doors.
- Course:** 25 Meter, 8 lane pool with wave breaker lane markers. Starting depth is 12'9 mid-pool is 5'0, and the turn end is 3'6". Daktronics® timing equipment will be used with manual back-up. The competition course has not been certified in accordance with 104.2.2C(4).
- Format:** All events are timed finals. Session 1: All ages will swim together. Seeding will be by time. Slowest to Fastest.
- Sessions:** Session I: Saturday , October 31st: Warm-ups 8 a.m., Meet starts at 9 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. A USA Swimming certified coach must supervise swimmers for the duration of the warm-ups and swim meet. See attached guidelines.
- Officials Meeting:** All officials are needed and welcomed. There will be an officials' meeting near the end of warm-ups.
- Coaches Meeting:** There will be a coaches' meeting following warm-ups.
- Eligibility:** Only currently registered USA Athlete members may participate in this competition, membership cards must be shown on request. Coaches must be current registered non-athlete members of USA Swimming and have current certification required to be a coach. Age as of October 31st, 2009 will determine age group.
- Deck Registration:** On Deck USA registration will be permitted with appropriate documentation. The application must be given to the meet director and appropriate fees to the Meet Referee who will forward the fees to the LSC Registration Chair.

A swimmer may register on deck for USA Swimming. The Meet Referee must verify the application and the SD Registrar must receive payment within 5 days or a \$100.00 fine will be levied against the swimmer's team.

Deck Entries: Deck entries will be allowed at the Referee's discretion and as space permits.

Scoring: There will be no team scores or individual high point scores kept.

Event Limit: Swimmers may swim a total of 4 events.

Time Trials: There will not be time trials at this meet.

Exhibition: Exhibition swimming will be at the discretion of the Referee.

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

Awards: Individual events will be awarded as follows: 6 & U, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. Ribbons will be awarded for 1-16th places. No awards will be given for 19 and over.

Entries: Coaches are encouraged to submit their entries by email using the Hy-Tek Team Manager program. An administrative fee of \$20 per swimmer will be collected for not using Windows version of Hy-Tek & Comlink. Deadline for entries will be Monday, October 26, 2009.

Mail Entries to: WASC
 PO Box 601
 Watertown, SD 57201 Or email: watertownswim@watertownswim.org

Fees: \$3.00 South Dakota Head Tax per Swimmer
 \$4.00 Pool Fee per Swimmer
 \$3.00 per individual event
 Make checks out to Watertown Area Swim Club (WASC). There will be no refund of fees.

Swimwear: Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.

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 involved in the event or meet.

Programs and Results: Programs will be available for \$5.00 each.

Concessions: Concessions WILL NOT be available during the meet.

Meet Officials: *Meet Director* Donna Bierschbach
Referee Amy Hofmeister
Head Stroke & Turn Tammy LaFramboise
Meet Marshall Tim Cummings
Starter Tammy LaFramboise
Head Timer Sarah Reiffenberger

Coaches should keep in mind that swimmers do not have to swim in 4 events. Events will come quickly and swimmers will not always have a lot of rest in between races. Event 2 and event 8 (25 free and 25 back) for 9 and 10 year old swimmers is meant to be for swimmers who are participating for the first season on a swim team.

The meet will conclude by noon.

Order Of Events

Event #	Session – Saturday
1.	Mixed 100 freestyle
2.	Mixed 10 and under 25 backstroke (9 and 10 year olds – first season only)
3.	Mixed 12 and under 50 butterfly
4.	Mixed 11 and over 100 butterfly
5.	Mixed 8 and under 25 butterfly
6.	Mixed 12 and under 50 backstroke
7.	Mixed 8 and under 25 breaststroke
8.	Mixed 9 and over 100 backstroke
9.	Mixed 10 and under 25 freestyle (9 and 10 year olds – first season only)
10.	Mixed 12 and under 50 breaststroke
11.	Mixed 9 and over 100 breaststroke
12.	Mixed 50 freestyle

SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

1. The Meet Marshall and Meet Referee shall monitor and enforce warm-up procedures.
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.
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.
4. Every reasonable effort shall be made to equalize swimmers/lane during warm-ups.

General Warm-ups:

- A. 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.
- B. All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
- C. 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.

Specific Warm-ups:

- A. 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.
- B. 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.
- C. 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.
- D. 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.