

2009 SD BROOKINGS Winter INVITATIONAL
November 21-22, 2009
BROOKINGS, SD
SANCTION #: 092809

SANCTION: This meet is held under the sanction of USA Swimming Inc. and South Dakota Swimming Inc. Current USA Swimming Rules will apply.

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 of 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

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 *with manual back-up*. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

SCHEDULE:

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: immediately following the conclusion of morning session
Warm-up B: 45 minutes after conclusion of the morning session

Meet starts 1 hour 45 minutes 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: Swimwear at 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.

ELIGIBILITY: All swimmers must be a currently registered USA swimmer. The age of the swimmers on November 21, 2009 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.

Event 33* and 34* will only be swum if the meet is nearing the four hours for the afternoon session on Saturday. The 11-12 year old swimmers entered into events 35 and 36 500 freestyle will be reseeded into events 33* and 34* Then event 35 will become Girls 13 and over 500 freestyle and event 36 will become Boys 13 and over 500 freestyle.

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
\$4.00 Facility/Timing Fee per Swimmer
\$3.50 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 12, 2009. Please email entries and mail a hard copy.**

MAIL ENTRIES TO: Wendy Ahrendsen
951 Broken Bow Trail
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 \$8.00 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 will be no clerk of course. Swimmers will be responsible for reporting to the correct lane and heat for their events.

MEET OFFICIALS: Meet Director: Wendy Ahrendsen
Deck Referee: Edie Mueller
Head Stroke & Turn: Rhonda Young/John Sterbis
Meet Marshall: Joel Young
Head Starter: Amy Dunkle
Head Timers: Pam Larson/ 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.

SD 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.

BSC Winter Invite 2009 Schedule of Events

Event #	Event Name	Event	Event Name
	Saturday Morning		Sunday Morning
1	Girls 8&U 100 Freestyle	37	Girls 10&U 100 IM
2	Boys 8&U 100 Freestyle	38	Boys 10&U 100 IM
3	Girls 9-10 200 IM	39	Girls 8&U 25 Butterfly
4	Boys 9-10 200 IM	40	Boys 8&U 25 Butterfly
5	Girls 10&U 50 Butterfly	41	Girls 10&U 100 Butterfly
6	Boys 10&U 50 Butterfly	42	Boys 10&U 100 Butterfly
7	Girls 8&U 25 Backstroke	43	Girls 10&U 50 Backstroke
8	Boys 8&U 25 Backstroke	44	Boys 10&U 50 Backstroke
9	Girls 10&U 100 Backstroke	45	Girls 9-10 200 Freestyle
10	Boys 10&U 100 Backstroke	46	Boys 9-10 200 Freestyle
11	Girls 10&U 50 Breaststroke	47	Girls 8&U 25 Breaststroke
12	Boys 10&U 50 Breaststroke	48	Boys 8&U 25 Breaststroke
13	Girls 8&U 25 Freestyle	49	Girls 10&U100 Breaststroke
14	Boys 8&U 25 Freestyle	50	Boys 10&U 100 Breaststroke
15	Girls 9-10 100 Freestyle	51	Girls 10&U 50 Freestyle
16	Boys 9-10 100 Freestyle	52	Boys 10&U 50 Freestyle
	Saturday Afternoon		Sunday Afternoon
17	Girls 11-12 100 IM	53	Girls 11&O 200 IM
18	Boys 11-12 100 IM	54	Boys 11&O 200 IM
19	Girls 13&O 400 IM	55	Girls 11&O 100 Butterfly
20	Boys 13&O 400 IM	56	Boys 11&O 100 Butterfly
21	Girls 11-12 50 Butterfly	57	Girls 11-12 50 Backstroke
22	Boys 11-12 50 Butterfly	58	Boys 11-12 50 Backstroke
23	Girls 13&O 200 Butterfly	59	Girls 13&O 200 Backstroke
24	Boys 13&O 200 Butterfly	60	Boys 13&O 200 Backstroke
25	Girls 11&O 100 Backstroke	61	Girls 11&O 200 Freestyle
26	Boys 11&O 100 Backstroke	62	Boys 11&O 200 Freestyle
27	Girls 11-12 50 Breaststroke	63	Girls 11&O 100 Breaststroke
28	Boys 11-12 50 Breaststroke	64	Boys 11&O 100 Breaststroke
29	Girls 13&O 200 Breaststroke	65	Girls 11&O 50 Freestyle
30	Boys 13&O 200 Breaststroke	66	Boys 11&O 50 Freestyle
31	Girls 11&O 100 Freestyle	67	Girls 13&O1650 Freestyle
32	Boys 11&O 100 Freestyle	68	Boys 13&O 1650 Freestyle
*33	*Girls 11-12 500 Freestyle		
*34	*Boys 11-12 500 Freestyle		
35	Girls 11&over 500 Freestyle (unless we are nearing the 4- hour rule, then it will be 13&over 500 freeseyle)		
36	Boys 11& over 500 freestyle (or Boys 13 and over 500 Freestyle)		

***We reserve the right to reseed the 11-12 year old swimmers entered in the 500 freestyle into events 33* and 34* only if the meet is nearing the four-hours for the afternoon session on Saturday. Then event 35 will become Girls 13 and over 500 freestyle and event 36 will become Boys 13 and over 500 freestyle.**