

## 2009 LSC Yankton, SD Swim Team Co-Ed Splash In(vite)

Hosted by: Yankton Swim Team~PO Box 374~Yankton, SD 57078

November 7, 2009

Sanction #: 100509

- Sanction:** This meet is held under the sanction of USA Swimming and South Dakota Swimming, Inc.
- Rules:** The current USA Swimming and SD Swimming rules will govern the conduct of the meet.
- Liability:** In granting this sanction it is understood that USA Swimming, South Dakota Swimming, the city of Yankton and the Yankton 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.
- Location:** Summit Activities Center, 21<sup>st</sup> and Summit Street, Yankton, SD 57078  
605-668-5234
- Course:** 7 Lane, 25 yard indoor pool with wave calming dividers. Starting end depth 12', mid pool depth 5', turning depth 3'6". Timing: Daktronics electric timing system with manual backup. The competition course has not been certified in accordance with 104.2.2C(4)
- Format:** This will be a co-ed meet with one session. Entries limited to the first 200 athletes.
- Starting Times:** If necessary, there will be two sessions of warm-ups. The first session will begin at 7:15 - 8:00, with the second one from at 8:00 - 8:45. Meet will begin at 9:00.
- Meetings:** Officials meeting at 8:30. Coaches meeting at 8:45.
- Warm Ups:** 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 SD Warm Up Procedures).
- Swimwear Restrictions:** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Art. 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmers religious beliefs or medical condition.
- 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.
- Eligibility:** All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on 11/07/09 determines the age of the swimmer for the entire meet.
- Deck Registration:** There will be no on deck registration allowed.
- Deck Entries:** Deck entries will be allowed if space is available and at the discretion of the Meet Referee.

Scoring: This meet will not be scored.

Event Limit: Each swimmer may enter up to five (5) individual events.

Seeding: All events are pre-seeded slowest to fastest. All events are co-ed. Please report scratched 30 minutes prior to the start of the meet

Time Trials: There will be no time trials.

Awards: This meet is not scored. There are no individual awards. Each swimmer will receive a meet memento. Heat winners will be awarded. YST has designed the meet with the intention of providing families with a quick, fun meet which emphasizes swimming against the clock. Therefore, only one day of competition, where athletes, boy or girl, are seeded according to time and not according to their age or sex.

Entries: Entries must be submitted in yard times using Hytek Com-link or Hytek Team Manager by e-mail to:  
DeeRhonda Anderson  
804 East 21<sup>st</sup> Street  
Yankton, SD 57078  
(605) 665-5614  
[deerhonda@vyn.midco.net](mailto:deerhonda@vyn.midco.net). There will be a \$20.00 charge for athlete entries that are not submitted using the Hytek programs.

Fees: SD head tax/swimmer: \$3.00  
Individual events: \$3.00  
Pool Fee/swimmer: \$4.00  
Please make checks payable to the Yankton Swim Team

Deadline: All entries and entry fees must be received no later than 5:00 pm, October 30, 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.

Officials: Meet Director: Jim Kinsley  
Meet Referee: TBD  
Head Stroke & Turn: Susan Kneifl  
Starter: Bill Ellingson  
Head Timer: John Slemp  
Marshal: Sam Geigle and Dana DeWitt  
Meet Director, Referee & Starters must have USA Swimming membership for the current year.

Meet Conduct: No parents, spectators or non-USA registered persons with the exception of timers will be allowed inside the roped off deck area in accordance with USA Swimming Rules and Regulations. Flyover starts will be considered depending upon number of athletes.

Special Consideration: There will be designated "camping" areas. Chairs with metal ends are not allowed on any area of the deck. No food or drink in the pool area please. No climbing or sitting on the waterslide is allowed. No persons should be in the zero depth entry pool. Concessions will be available. Royal Sports will be present selling sporting goods.

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Order of Events  
November 7, 2009

Event #1 - Open 200 Freestyle

Event #2 - 8 and Under 25 Butterfly

Event #3 - 12 and Under 50 Butterfly

Event #4 - 9 and Over 100 Butterfly

Event #5 - 13 and Over 200 Butterfly

Event #6 - Open 100 Freestyle

Event #7 - 8 and Under 25 Backstroke

Event #8 - 12 and Under 50 Backstroke

Event #9 - 9 and Over 100 Backstroke

Event #10 - 13 and Over 200 Backstroke

Event #11 - 12 and Under 100 IM

Event #12 - 9 and Over 200 IM

Event #13 - 8 and Under 25 Freestyle

Event #14 - 12 and Under 50 Freestyle

Event #15 - 8 and Under 25 Breaststroke

Event #16 - 12 and Under 50 Breaststroke

Event #17 - 9 and Over 100 Breaststroke

Event #18 - 13 and Over 50 Freestyle

Event #19 - 13 and Over 100 Breaststroke  
10 minute break

Event #20 - 13 and Over 200 Breaststroke

## **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.