

2009 SD ABERDEEN SUMMER HIGH POINT SWIM MEET
HOSTED BY ABERDEEN SWIM CLUB
JUNE 19-21, 2009
Sanction #051809

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc. Current SD Swimming and USA rules will govern the conduct of the meet.
- LIABILITY:** In granting this approval it is understood and agreed that USA Swimming, South Dakota Swimming, Aberdeen Swim Club, and the City of Aberdeen shall be free and held harmless of any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Aberdeen Aquatic Center 1029 S. Dakota St., Aberdeen, SD
- COURSE:** 50 Meter, 8 Lane, 6" Wave-calming dividers, Daktronic timing system with manual back-up. Starting depth 7'0"-14'0" and turn end 4'0".
- FORMAT:** Split meet: swam as timed finals.
- SESSIONS:** 5 Sessions: Friday all age groups will run together. Saturday and Sunday morning sessions will be 11-12 girls and 13 & over girls & boys. Afternoon sessions will be 11-12 boys and 10 & under girls & boys. The meet start time will be **6:00 PM** Friday for session 1 and **8:30 AM** on Saturday and Sunday for sessions 2 and 4. Approximate start times, will be announced after the meet is seeded for the 3rd and 5th sessions, but not before **11:00 AM** both Saturday and Sunday.
- 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. See attached guidelines. Lane assignments and times will be sent out after the meet is seeded.
- SWIMSUIT RESTRICTION:** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Article 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's 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.
- MEETINGS:** There will be a coaches meeting directly after each session of warm-ups. An officials and timers meeting will be before the start of each session if needed.

ELIGIBILITY: All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. Age as of June 19, 2009 will determine age group for the entire meet.

DECK

REGISTRATION: On deck USA Registration will be allowed with the 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 is not registered.

DECK ENTRIES: Deck entries will not be allowed except for exhibition swimming only. Note: If a swimmer misses his/her event and is seeded in the meet, it will be up to the discretion of the referee to place the swimmer in a later heat. This is not considered deck seeding.

SCORING: Individual scoring will be, 9-7-6-5-4-3-2-1.

EVENT LIMIT: Each swimmer may enter a maximum of 8 individual events for the meet with no more than 5 per day. Relays are limited to 2 per meet.

SEEDING: This meet will be seeded as timed finals.

TIME TRIALS: Time trials will not be held.

EXHIBITION: Exhibition swimming will be allowed at the discretion of the meet referee, as space permits. Exhibition swimming will not be awarded or scored. College swimmers will only be able to swim exhibition.

AWARDS: Ribbons will be awarded 1-16th place in all age group events, and 1-5th in all relay events. High point trophies will be awarded for 1st-5th and medals 6th-8th place in each age group. Age group to be scored as follows: 6 & under, 7-8 (8 and under events will be swam together), 9-10, 11-12, 13-14, 15-16, 17-19 (13 and over will be swam together).

ENTRIES: Teams are encouraged to submit there entries by e-mail using Hy-Tek Team Manager. Entries may also be mailed. Each team needs to mail a check, entry fee report, and a hard copy of entries to the address below. Entries are to be submitted in actual time.

MAIL ENTRIES: Joel Mann 1722 Spruce Dr. Aberdeen, SD 57401 or e-mail to ascstingrays@abe.midco.net

FEES:
\$3.00 South Dakota head tax per swimmer
\$3.00 per individual event
\$6.00 per relay event
\$7.00 per individual timing and use fee (\$1.00 timing fund & \$6.00 facility fee)
There will be no refund on fees

DEADLINE: All entries **must** be received by **9:00 PM on 6-12-2008**. Any additions or changes will be accepted until **11:00 AM on 6-13-2008**. **After this time there will be no more changes except for errors on our part. Make sure to check your e-mail if we need to get a hold of any teams that might have an exception that we need to take care of before we seed the meet on Sunday.**

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 meet.

Pure Blue will be at the meet selling swimming apparel

OFFICIALS:

Meet Director:	Sarah Hogg (cell phone – (605) 380-9195)
Referee:	Janice Pereboom
Starter:	Adolf Renner
Stroke & Turn:	Sarah Mann
Marshall:	Mike Hogg, Tracey Maine
Head Timer:	Connie Maine, Mark Comstock, Steve Waiflen

SCRATCHES: Scratches should be handed to the referee before the start of each session warm-up.

PROGRAMS & RESULTS: Programs will be available for \$6.00 and each coach will receive 1 complimentary copy and each team will receive 1 copy of the results.

SPECIAL NOTE: If the meet exceeds the 4 hour rule, the relays will be removed from the meet. Also to conserve time, the 800 and 1500 boys & girls events may be combined. Swimmers for the 800 and 1500 must provide their own counters. Fly-Over starts may be used at the discretion of the head referee.

Camping will be allowed in the grass area around the competition pool. Tent stakes are prohibited because of the irrigation system. All personal belongings including tents must be removed from the pool at the end of each day. No pets or glass containers allowed in the aquatic center.

	Session 1				
1	11 & Over 200 IM	2			
3	10 & Under 200 IM	4			
	*** 15 Minute Warm-Up***				
5	13 & Over 800 Freestyle	6			
	Saturday June 20, 2009				
	Session 2			Session 3	
7	13 & Over 400 IM	8	26	8 & Under 200 Medley Relay	27
9	11-12 200 Medley Relay		28	9-10 200 Medley Relay	29
10	13 & Over 400 Medley Relay	11		11-12 200 Medley Relay	30
	*** 5 Minute Break ***			*** 5 Minute Break ***	
12	11-12 50 Butterfly		31	8 & Under 50 Butterfly	32
13	13 & Over 100 Butterfly	14	33	9-10 50 Butterfly	34
15	11-12 100 Backstroke			11-12 50 Butterfly	35
16	13 & Over 200 Backstroke	17	36	8 & Under 100 Backstroke	37
18	11-12 50 Breaststroke		38	9-10 100 Backstroke	39
19	13 & Over 100 Breaststroke	20		11-12 100 Backstroke	40
21	11-12 100 Freestyle		41	8 & Under 50 Breaststroke	42
22	13 & Over 100 Freestyle	23	43	9-10 50 Breaststroke	44
	*** 10 Minute Warm-Up***			11-12 50 Breaststroke	45
24	11 & Over 400 Freestyle		46	8 & Under 100 Freestyle	47
	13 & Over 400 Freestyle	25	48	9-10 100 Freestyle	49
				11-12 100 Freestyle	50
				*** 10 Minute Warm-Up***	
				11-12 400 Freestyle	51
	Sunday June 21, 2009				
	Session 4			Session 5	
52	11-12 200 Freestyle		72	10 & Under 200 Freestyle	73
53	13 & Over 200 Freestyle	54		11-12 200 Freestyle	74
55	11-12 200 Free Relay		75	8 & Under 200 Free Relay	76
56	13 & Over 400 Free Relay	57	77	9-10 200 Free Relay	78
	*** 5 Minute Break ***			11-12 200 Free Relay	79
58	11-12 100 Butterfly			*** 5 Minute Break ***	
59	13 & Over 200 Butterfly	60	80	8 & Under 100 Butterfly	81
61	11-12 50 Backstroke		82	9-10 100 Butterfly	83
62	13 & Over 100 Backstroke	63		11-12 100 Butterfly	84
64	11-12 100 Breaststroke		85	8 & Under 50 Backstroke	86
65	13 & Over 200 Breaststroke	66	87	9-10 50 Backstroke	88
67	11-12 50 Freestyle			11-12 50 Backstroke	89
68	13 & Over 50 Freestyle	69	90	8 & Under 100 Breaststroke	91
	*** 15 Minute Warm-Up***		92	9-10 100 Breaststroke	93
70	13 & Over 1500 Free	71		11-12 100 Breaststroke	94
			95	8 & Under 50 Freestyle	96
			97	9-10 50 Freestyle	98
				11-12 50 Freestyle	99

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.