

**2009 SD Pierre Invitational Swim Meet**  
Hosted by the Pierre Swim Team  
November 14-15, 2009  
USA and SD Swimming Sanction #: 093009  
United States Masters Swimming Sanction #: 549-002

**Sanction:** This meet is held under the sanction of South Dakota Swimming, USA Swimming Inc., and United States Masters Swimming. Current USA and South Dakota Swimming rules apply.

**Liability:** In granting this sanction it is understood and agreed that USA Swimming Inc., United States Masters Swimming, South Dakota Swimming, the city of Pierre and the Pierre YMCA 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:** Pierre Aquatics Center, 900 East Church Street, Pierre South Dakota

**Course:** Indoor 25 yards, 8 lane pool with wave-calming lane dividers, Daktronics electronic timing system with touch pads on both ends with manual back up, Spectrum starting blocks, 12' starting depth, and 4' turning end depth. The competition course has not been certified in accordance with 104.2.2C(4).

**Format:** The meet is an interwoven USA Swimming and Masters meet. All events will be timed finals. The meet will be pre-seeded and swimmers are responsible for reporting to the correct lane and heat as indicated in the program. All events will start from the deep end. Masters events and warm ups will be swam separately from age-group events.

**Sessions:** **Session 1 – Saturday, November 14, 2009**

10:30 a.m. – Warm-up A

11:10 a.m. – Warm-up B

12:00 p.m. – Meet starts

**Session 2 – Sunday, November 15, 2009**

7:30 a.m. – Warm-up A

8:10 a.m. – Warm-up B

9:00 a.m. – Meet starts

Team warm-up times will be communicated to the Coaches prior to the meet.

**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 separate lane for Masters' warm-ups will be provided.

Each warm-up session will be 35 minutes in length. The first 25 minutes will be general warms, circle swim only, and no diving. The last ten minutes of the each warm-up session will be specific warm-ups (starts) in lanes 2 through 7, with circle swimming allowed in lanes 1 and 8. Specific warm-ups may not begin until announced and only when the lane has been cleared of swimmers.

**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.

**Swimwear Restrictions:** 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.

**Meetings:** Officials and Timers will meet daily one-half hour before the Meet start time. A Coaches' meeting will be held both days at the conclusion of the second warm-ups.

**Eligibility:** This is a separate but concurrent interwoven USA/SD Swimming and US Masters meet. Only current 2009 registered USA Athlete members or 2009 registered Masters swimmers may participate in this competition. Coaches must be current 2009 registered non-athlete members of USA Swimming and have current certification required to be a coach. The age of the swimmer on November 14, 2009 determines the age of the swimmer for the entire meet.

**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 if space is available and at the discretion of the Meet Referee

**Scoring:** No team or individual scores will be kept.

**Event Limit:** Swimmers may swim a total of 8 individual events with no more than 5 individual events per day. Swimmers may swim only 1 relay per day. Relays are coed and may be any combination of boys and girls including only one gender.

**Seeding:** Swimmers will be seeded fastest to slowest as follows: Lane 4, 5, 3, 6, 2, 7, 1, 8. Events and heats may be combined and may be reseeded at the discretion of the Meet Referee.

**Time Trials:** There will be no time trials.

**Awards:** Ribbons will be awarded for 1<sup>st</sup> through 12<sup>th</sup> place for individual events in the following age groups: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19. No awards will be given for Masters' events. Relay events ribbons will be awarded for first through fourth place in the following age groups: 8 & under, 9-10, 11-12, 13 -19.

**Entries:** Teams are encouraged to submit their entries via email or on an IBM-compatible disk (along with one hard copy of the entries) using the Hy-Tek Team Manager program. Teams submitting their entries on disk will receive a back-up copy of the results on the disk for their records.

Submit entries to: Kevin McLain at the following email address: [pierreswim@msn.com](mailto:pierreswim@msn.com)  
Mail a hard copy of the entries (and disk if entries not submitted via email) and a check for the appropriate amount to:

Pierre Swim Team  
PO Box 815  
Pierre, SD 57501

In hosting the Meet, it is the primary intention of the Pierre Swim Teams to accommodate a timed-finals USA Swimming Age Group meet. In order to comply with USA Swimming's "four-hour rule" for swimmers 12 & under, the Pierre Swim Team

reserves the right to limit the number of swimmers and teams entered in the meet. USA Swimming Athletes and their respective teams will receive priority over Master Swimmers. Teams comprised of Registered USA Swimming Athletes will be entered first as the entries were received. Should the integrity of the "four-hour rule" allow additional swimmers, the Masters Swimmers will be entered based upon receipt of entry. If, the "four-hour limit" for swimmers 12 & under is exceeded, the last team or teams comprised of registered USA Swimming Athletes received will not be entered in the meet; the team(s) will be notified; and, their meet fees will be returned. Accordingly, no entries associated with Master Swimmers would be allowed and meet fees would be returned.

Fees: The following fees apply:

\$3.00 South Dakota Head Tax Per Swimmer

\$4.00 per swimmer facility fee

\$3.00 per individual entry

\$5.00 per relay entry

Make checks out to Pierre Swim Team and turn in with entries. There will be no refund of fees other than those teams not entered in the meet due to the need to comply with the four-hour time limit for 12 & under swimmer.

Deadline: All entries and entry fees must be received no later than 5:00 PM (CDT) on Friday, November 6, 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 Directors:	L. Ann Christianson and Kevin McLain
	Referee:	Russ Miller
	Head Stroke & Turn:	Kay McLain
	Marshall:	Tanya Krietlow and Rob Fines
	Starter:	Dallan Hoefener
	Head Timers:	Bob Christianson and Rob Green

PROGRAMS: Programs will be sold at the meet for \$6.00. Each team will receive one program and one copy of the results.

NOTICE: Teams and swimmers will be held responsible for any damage to the facility. Swimmers may only be in the Aquatics Center and may not enter the YMCA. Swimmers may be disqualified from the meet if found in areas not designated for swimmers. **NO GLASS WILL BE ALLOWED INSIDE THE AQUATICS CENTER. SMOKING OR ALCOHOL ARE NOT ALLOWED AT THE MEET OR IN THE AQUATICS CENTER.**

**PLEASE DO NOT PARK IN THE LIBRARY PARKING LOT.**

CONCESSIONS: Will be available at the meet.

OFFICIALS AND TIMERS: Officials are needed for the meet. Please identify Officials who are willing to assist with the meet. Each team may be asked to provide a Timer throughout the meet. Swimmers must provide their own timers and lane counters for the 1000 and 500 free.

**Pierre Invitational**  
**November 14-15, 2009**  
**City of Pierre Aquatics Center**

<b>November 14, 2009</b>			<b>November 9, 2009</b>		
<b>Saturday</b>			<b>Sunday</b>		
<b>Warm-ups = 10:30 AM, 11:10 AM</b>			<b>Warm-ups = 7:30AM, 8:10AM</b>		
<b>Meet Starts = 12:00 PM</b>			<b>Meet Starts = 9:00 AM</b>		
<b>SESSION 1</b>			<b>SESSION 2</b>		
<b>Girls</b>		<b>Boys</b>	<b>Girls</b>		<b>Boys</b>
1	8 & Under 100 IM	2	53	8 & Under 100 Free	54
3	9-10 100 IM	4	55	9-10 200 Free	56
5	11-12 100 IM	6	57	11-12 200 Free	58
7	13-19 200 IM	8	59	13 -19 200 Free	60
9	Coed Masters 100 IM		61	Coed Masters 100 Free	
<b>Coed *</b>			<b>Coed *</b>		
10	8 & Under 100 Medley Relay		63	8 & Under 100 Free Relay	
11	9-10 200 Medley Relay		64	9-10 200 Free Relay	
12	11-12 200 Medley Relay		65	11-12 200 Free Relay	
13	13 -19 200 Medley Relay		66	13 -19 200 Free Relay	
<b>Girls</b>		<b>Boys</b>	<b>Girls</b>		<b>Boys</b>
15	8 & U 50 Fly	16	67	8 & Under 25 Fly	68
17	9-10 100 Fly	18	69	9-10 50 Fly	70
19	11-12 100 Fly	20	71	11-12 50 Fly	72
21	13 and Over 200 Fly	22	73	13 -19 100 Fly	74
			75	Coed Masters 50 Fly	
23	8 & Under 25 Back	24	77	8 & Under 50 Back	78
25	9-10 50 Back	26	79	9-10 100 Back	80
27	11-12 50 Back	28	81	11-12 100 Back	82
29	13 -19 100 Back	30	83	13 -19 200 Back	84
31	Coed Masters 50 Back				
33	8 & Under 50 Breast	34	85	8 & Under 25 Breast	86
35	9-10 100 Breast	36	87	9-10 50 Breast	88
37	11-12 100 Breast	38	89	11-12 50 Breast	90
39	13 -19 200 Breast	40	91	13-19 100 Breast	92
			93	Coed Masters 50 Breast	
41	8 & Under 25 Free	42	95	8 & Under 50 Free	96
43	9-10 100 Free	44	97	9-10 50 Free	98
45	11-12 100 Free	46	99	11-12 50 Free	100
47	13-19 100 Free	48	101	13-19 50 Free	102
49	Coed Masters 50 Free				
<b>Co-ed</b>	<b>15 minute warm-up</b>		<b>Co-ed</b>	<b>15 minute warm-up</b>	
51	13 -19 1000 Free		103	11 -12 500 Free	
			104	13 -19 500 Free	

- All relays are coed and may include any combination of boys and girls, including a single gender.

## **SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES**

The Meet Marshall and Meet Referee shall monitor and enforce warm-up procedures.

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.

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.

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.

Note: A separate lane for Masters' warm-ups will be provided.