

RAPID CITY RACERS INDEPENDENCE DAY SWIMVITATIONAL MEET

Hosted by Rapid City Racers Swim Team

July 3, 4 and 5, 2009

SANCTION # 051309

- SANCTION:** This meet is held under the sanction of USA Swimming Inc. and South Dakota Swimming.
- RULES:** The current USA Swimming and SD Swimming rules will govern the conduct of this meet.
- LIABILITY:** In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, the City of Rapid City, and the Rapid City Racers 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 meet. Also, the above-mentioned are not responsible for any lost, stolen or damaged property.
- LOCATION:** Horace Mann Pool, 818 Anamosa Street, Rapid City, SD 57701.
- COURSE:** 50-meter outdoor, 8-lane pool with wave-calming dividers. The competition course has not been certified in accordance with 104.2.2(C). Colorado timing equipment with manual back up will be used. Pool depths: starting 12.5 feet, midpoint 5 feet, turn-end 3.5 feet. Fly-over starts may be used at the discretion of the Meet Referee.
- FORMAT:** Timed finals. Swimmers entered in the 1500 and 800 freestyles must provide their own timers and counters.
- START TIMES & MEETINGS:**
- | <u>Friday Morning</u> | <u>Session I</u> |
|-----------------------|---|
| 10:00 am – 10:30 am | General Warm-ups (Warm-up Period I) |
| 10:30 am – 10:45 am | Specific W-Us/ (Warm-up Period I) Officials Meeting |
| 10:45 am – 10:55 am | Coaches Meeting |
| 11:00 am | Meet Starts |
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- | <u>Friday Afternoon</u> | <u>Session II</u> |
|-------------------------|--|
| 1:15 pm – 1:45 pm | General Warm-ups (Warm-up Period I) |
| 1:45 pm – 2:00 pm | Specific W-Us (Warm-up Period I) |
| 2:00 pm – 2:30 pm | General Warm-ups (Warm-up Period II) |
| 2:30 pm – 2:45 pm | Specific W-Us/ (Warm-up Period II) Officials Meeting |
| 2:45 pm – 3:00 pm | Coaches Meeting |
| 3:05 pm | Meet Starts |
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- | <u>Saturday</u> | <u>Session III</u> |
|-------------------|--|
| 8:00 am – 8:30 am | General Warm-ups (Warm-up Period I) |
| 8:30 am – 8:45 am | Specific W-Us (Warm-up Period I) |
| 8:45 am – 9:15 am | General Warm-ups (Warm-up Period II) |
| 9:15 am – 9:30 am | Specific W-Us/ (Warm-up Period II) Officials Meeting |
| 9:30 am – 9:45 am | Coaches Meeting |
| 9:50 am | Meet Starts |

Sunday Sessions IV

7:15 am – 7:45 am	General Warm-ups (Warm-up Period I)
7:45 am – 8:00 am	Specific W-Us (Warm-up Period I)
8:00 am – 8:30 am	General Warm-ups (Warm-up Period II)
8:30 am – 8:45 am	Specific W-Us/ (Warm-up Period II) Officials Meeting
8:45 am – 9:00 am	Coaches Meeting
9:05 am	Meet Starts

NOTE: The first warm-up session for each day may be eliminated if only one session is needed.

- 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 attached will be followed. 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 2-8, and circle swimming in lane 1. There will also be a 10 minute warm-up before the 400 IM, 400 and 800 free. In the event that a warm-up lane is designated for the entire meet, this lane is to be used for warm-up and cool-down swimming only. Swimmers are not to loiter or play in this lane, and all swimmers must enter and exit this lane from the shallow end of the pool.
- SWIMWEAR RESTRICTIONS:** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Article 102.9.1), 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 pool deck.
- ELIGIBILITY:** All swimmers, coaches, clubs and officials must be currently registered with USA swimming. The age of the swimmers on July 3, 2009 will determine age group for the entire meet.
- DECK REGISTRATION:** On-deck USA swimming registration will not be permitted at this meet
- DECK ENTRIES:** Deck entries will not be allowed.
- SCORING:** There will be no team points or individual points kept in this meet.
- EVENT LIMIT:** Swimmers may enter up to 5 individual events per day and 1 relay per day.
- SEEDING:** Swimmers will be seeded slowest to fastest in heats with NT entries being seeded randomly in available heats.
- TIME TRIALS:** Time trials will not be offered.
- EXHIBITION:** Exhibition swimming will be allowed.
- AWARDS:** Age group awards shall be 8 & under, 9-10, 11-12, 13-14, 15-16, 17-19. Age 20 & over swimmers will be entered as exhibition and will not be scored or awarded. Each

age group will receive ribbons 1st – 8th place. All awards will be determined by the swimmers' final times

ENTRIES: Teams are encouraged to submit their entries by email using Hy-Tek Team Manager software. E-mail to: landjana@rushmore.com. Mail a printed copy of the entries and a check for entry fees payable to Rapid City Racers to:

Rapid City Racers
C/O Lindsay Smith
2618 Arrowhead Drive
Rapid City, SD 57702

FEES: \$3.00 per swimmer SD Head Tax
\$3.00 per individual event
\$5.00 per relay event
\$8.00 per swimmer Pool Fees

There Will Be **NO REFUNDS** Of Fees.

DEADLINE: All entries must be received by Saturday, June 26, 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: Concessions will be available.

OFFICIALS: Meet Director: Lindsay Smith
Meet Referee: Julie Godbe
Head Stroke & Turn: Kelly Gorman
Meet Marshall: David Godbe
Head Starter: Bob Sieve
Head Timer: Jim Smoragiewicz
Announcer: David Godbe

ORDER OF EVENTS:

Session I. Friday Morning

Girls	Division	Distance	Boys
1	11 & Over	1500 Freestyle	2

Session II Friday Afternoon

Girls	Division	Distance	Boys
3	12 & Under	200 Freestyle	4
5	13 & Over	200 Freestyle	6
7	12 & Under	200 IM	8
9	13 & Over	200 IM	10
(10 Minute Warm-up)			
11	11 & Over	800 Freestyle	12

Session III Saturday

Girls	Division	Distance	Boys
13	Mixed 12 & Under	200 Medley Relay	
14	Mixed 13 & Over	400 Medley Relay	
15	12 & Under	50 Freestyle	16
17	13 & Over	50 Freestyle	18
19	12 & Under	50 Butterfly	20
21	13 & Over	100 Butterfly	22
23	12 & Under	100 Backstroke	24
25	13 & Over	200 Backstroke	26
27	12 & Under	100 Breaststroke	28
29	13 & Over	200 Breaststroke	30
(10 Minute Warm-up)			
31	12 & Under	400 Freestyle	32
33	13 & Over	400 Freestyle	34

Session IV Sunday

Girls	Division	Distance	Boys
35	Mixed 12 & Under	200 Freestyle Relay	
36	Mixed 13 & Over	400 Freestyle Relay	
37	12 & Under	100 Freestyle	38
39	13 & Over	100 Freestyle	40
41	12 & Under	100 Butterfly	42
43	13 & Over	200 Butterfly	44
45	12 & Under	50 Backstroke	46
47	13 & Over	100 Backstroke	48
49	12 & Under	50 Breaststroke	50
51	13 & Over	100 Breaststroke	52
(10 Minute Warm-up)			
53	11 & Over	400 IM	54

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.