

**2009 SOUTH DAKOTA STATE SEASONAL CLUB CHAMPIONSHIPS**  
**Hosted by Huron Parks & Recreation Wobbegongs (HPRW)**  
**August 7, 8, and 9, 2009**  
**Meet Sanction # SD 070909**

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA 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 and agreed that USA Swimming Inc., South Dakota Swimming, Inc., the city of Huron shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event. Also, the above-mentioned are not responsible for any lost, stolen or damaged property
- LOCATION:** Huron Municipal Pool, 25 Jersey Ave NE, Huron, SD 57350
- COURSE:** 50 meters, 8 lanes, with non-turbulent wave breakers. Daktronics timing system with manual back-up. The competition course has not been certified in accordance with 104.2.2(C)
- FORMAT:** Timed Finals
- SESSIONS:** 3 Sessions
- WARM-UPS:** Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. South Dakota LSC Warm-up procedures attached will be followed. A USA Swimming certified coach must supervise swimmers for the duration of the warm-ups and swim meet. See attached guidelines.

	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<b>General Warm-ups:*</b>			
12 and Under	4:45-5:05 pm	7:15-7:35 am	7:00-7:20 am
13 and Over	5:15-5:35 pm	7:45-8:05 am	7:30-7:50 am
<b>Specific Warm-ups:**</b>			
12 and Under	5:05-5:15 pm	7:35-7:45 am	7:20-7:30 am
13 and Over	5:35-5:45 pm	8:05-8:15 am	7:50-8:00 am

- MEETINGS:** There will be an official's meeting behind the announcer's table beginning at 5:30pm on Friday; 8:00am Saturday and 7:45am Sunday. There will be a coaches' meeting behind the announcer's table at 5:45pm Friday; 8:15am Saturday and 8:00am Sunday.

**ELIGIBILITY:** Age as of August 7, 2009 determines the age group for the entire meet. Coaches must be current 2009 registered non-athlete members of USA Swimming and have met current coaching certifications. All athletes **must** hold a 2009 Seasonal USA Swimming membership card issued by South Dakota Swimming. Swimmers who are within the 120-day transfer rule must swim **UNATTACHED**. Any swimmer that appears on the SD LSC exception report without registration must come to the meet prepared to show their current card or they will be deck registered before they can enter the water. The exception report will be given to the host team prior to the meet and the host team shall notify each team who appears on the exception report.

No athlete shall be eligible to compete in the South Dakota State Seasonal Club Championship Meet who is registered as a year round swimmer.

**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 conditions

**DECK ENTRIES:** Deck entries will not be allowed at this meet.

**SCORING:** Individual events: 9-7-6-5-4-3-2-1  
Relay events: 18-14-12-10-8-6-4-2  
The point-scoring age groups shall be 8 & under, 9-10, 11-12, 13-14, 15-16, 17-19.

**EVENT LIMIT:** Swimmers may swim in 5 individual events and 2 relays per day, one relay in their age group and one in the Open events. Open events are for swimmers age 19 and under.

**SEEDING:** All heats will be run as TIMED FINALS. Please enter accurate times for meter events. All times must be from 2009 meets or the 2008 Summer Teams Championship Meet. Qualifying times will not be used for this meet.

**TIME TRIALS:** Time Trials will not be offered at this meet.

**AWARDS:** Custom medals: 1st-3rd place individual events and relays  
Ribbons: 4th-16th place individual events and 4<sup>th</sup>-8<sup>th</sup> for relays  
Heat ribbons: Winners in individual events  
Trophies: 1st-4th place team trophies. High point trophies will be awarded for 1-5<sup>th</sup> place and medals awarded for 6-8<sup>th</sup> in each age group, boy and girl. Points and awards will be given for Open events and these points will be counted towards team trophies.

**ENTRIES:** Teams should submit their entries via e-mail to [thebergs@santel.net](mailto:thebergs@santel.net). Also a hard copy along with entry fees should be mailed. A Meet Template will be available on our web site... [www.huronswimteam.com](http://www.huronswimteam.com). Results will be e-mailed immediately following the meet and results will also be posted on our web site. There will be no refund of entry fees.

**Mail Entries To:** Lesley Berg  
Huron Swim Team  
PO Box 471  
Huron, SD 57350  
[thebergs@santel.net](mailto:thebergs@santel.net)

FEES: \$3.00 South Dakota Head Tax Per Swimmer  
\$3.00 Per Individual Event  
\$6.00 Per Relay Team  
\$3.00 Per Swimmer Pool/Timing Fee

DEADLINE: Entries, accompanied by the necessary fees, must be postmarked or e-mailed no later than Sunday, **August 2, 2009**. Entries received later than August 2, 2009 will not be eligible to participate. NO PHONE ENTRIES WILL BE ALLOWED.

PROTESTS: Protests of any kind will only be accepted by the Referee. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer involved for that event.

CONCESSIONS: A concession stand run by HPRW will be open during the entire meet.

MEET OFFICIALS:

Referee	Bobbi Lucklum
Meet Director	Lesley Berg
Meet Marshall	Wade Berg
Stroke and Turn	Kristie Mattke
Starter	Jennifer Schroder
Head Timer	Joe Skorheim and Randy Olson
Announcer	Tom Baszler and Dan Moon

## 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.
  - (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.

**ORDER OF EVENTS  
2009 SEASONAL CLUB CHAMPIONSHIPS**

Girls	Event	Boys	Girls	Event	Boys		
<b><u>FRIDAY, AUGUST 7, 2009- 6:00 PM</u></b>			<b><u>SUNDAY, AUGUST 9, 2009 - 8:15 AM</u></b>				
1	13-19	200 IM	2	65	Open	100 Backstroke	66
3	11-12	200 IM	4	67	8-U	100 Backstroke	68
5	9-10	200 IM	6	69	9-10	100 Backstroke	70
7	8-U	200 IM	8	71	11-12	100 Backstroke	72
9	Open	200 IM	10	73	13-19	100 Backstroke	74
<b><u>SATURDAY, AUGUST 8, 2009 - 8:30 AM</u></b>							
11	8-U	100 Freestyle	12	75	Open	200 Butterfly	76
13	9-10	100 Freestyle	14	77	8-U	50 Butterfly	78
15	11-12	100 Freestyle	16	79	9-10	50 Butterfly	80
17	13-19	100 Freestyle	18	81	11-12	50 Butterfly	82
19	Open	100 Freestyle	20	83	13-19	50 Butterfly	84
21	8-U	100 Breaststroke	22	85	Open	200 Freestyle	86
23	9-10	100 Breaststroke	24	87	8-U	50 Freestyle	88
25	11-12	100 Breaststroke	26	89	9-10	50 Freestyle	90
27	13-19	100 Breaststroke	28	91	11-12	50 Freestyle	92
29	Open	100 Breaststroke	30	93	13-19	50 Freestyle	94
31	8-U	50 Backstroke	32	95	Open	200 Breaststroke	96
33	9-10	50 Backstroke	34	97	8-U	50 Breaststroke	98
35	11-12	50 Backstroke	36	99	9-10	50 Breaststroke	100
37	13-19	50 Backstroke	38	101	11-12	50 Breaststroke	102
39	Open	200 Backstroke	40	103	13-19	50 Breaststroke	104
			<b>10 MINUTE WARM-UP</b>				
41	8-U	100 Butterfly	42	105	Open	800 Freestyle	106
43	9-10	100 Butterfly	44	107	8-U	200 Free Relay	108
45	11-12	100 Butterfly	46	109	9-10	200 Free Relay	110
47	13-19	100 Butterfly	48	111	11-12	200 Free Relay	112
49	Open	100 Butterfly	50	113	13-14	200 Free Relay	114
				115	15-19	200 Free Relay	116
				117	Open	200 Free Relay	118
51	8-U	200 Medley Relay	52				
53	9-10	200 Medley Relay	54				
55	11-12	200 Medley Relay	56				
57	13-14	200 Medley Relay	58				
59	15-19	200 Medley Relay	60				
61	Open	200 Medley Relay	62				
			<b>10 MINUTE WARM-UP</b>				
63	Open	400 Freestyle	64				

**\* Teams please provide one stroke and turn official for this meet. Also, each team will be responsible for providing timers for one lane. Thank you.**