

*Watertown Outdoor Invitational*  
*Hosted by: Watertown Area Swim Club*  
*June 13, 2009*  
*Sanction SD*

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, the city of Watertown, Watertown Park and Rec, and Watertown Area Swim Club shall be free of any liability or claims for damages arising from injuries to any athletes, individuals or spectators while traveling to or from or while participating in the meet.

Location: Watertown Aquatic Center – 118 9<sup>th</sup> Ave SW (West Hwy 212)

Course: 25 meter outdoor pool, 6 lanes, *Wave-calming dividers; Daktronics timing system and touch pads on one end of pool. Manual back-up with stopwatches. Scoreboard.*

Format: This will be a *timed finals meet with no time trials allowed.*

Starting Times:

*General Warm-ups will begin at 7:15 a.m.*

*Second set of warm-ups can be added at discretion of the referee. Coaches will be informed by email by Monday, June 9 if this is needed.*

*Meet will begin at 8:00 a.m*

Meetings: Coaches meetings will be held at 7:45 a.m.

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

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 in certain areas of the pool deck.

Eligibility: All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on June 13, 2009 determines the age of the swimmer for the entire meet.

Deck Registration:

On Deck USA Swimming registration will be permitted with 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 participates and is not registered.

Deck Entries: Deck entries *will* be allowed if space is available and at the discretion of the Meet Referee.

Scoring: Individual scoring for ribbons only. No points will be kept for high points..

Awards: Ribbons will be awarded to the top 16 in each age group category. (6 and under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18)

Event Limit: Swimmers may swim a total of 5 events per day. Coaches should watch event selection for their swimmers – we will not slow the meet down to allow for breaks between events.

Seeding: All swimmers eligible to compete in an event will be seeded together by times regardless of age or gender. Results will be broken down by age groups for awards as described above.

Time Trials: Time Trials will not be allowed at this meet.

Entries: *Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software.  
E-mail entries to: [Watertownswim@watertownswim.org](mailto:Watertownswim@watertownswim.org)  
Mail a printed copy of the entries and a check for entry fees payable to Watertown Area Swim Club (WASC)  
to: Watertown Area Swim Club  
P. O. Box 601  
Watertown, SD 57201*

Fees: *SD Head Tax: \$3.00 per swimmer  
Individual Events: \$3.50  
Pool Fee Per Swimmer: \$6.00*

Deadline: *All entries and entry fees must be received no later than noon, Thursday June 4, 2009 so that we have an approximate count and can figure a timeline. Late entries will be allowed if the timeline allows additional swimmers. (We must conclude the meet by 1:30 p.m.)*

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:	<i>Meet Director</i>	<i>Donna Bierschbach</i>
	<i>Referee</i>	<i>Amy Hofmeister</i>
	<i>Marshall</i>	<i>Tim Cummings</i>
	<i>Starter</i>	<i>Tammy LaFramboise</i>
	<i>Head Timer</i>	<i>Donna Bierschbach</i>

Notice: Each team will be responsible to provide timers at the meet.  
 Officials will be needed. Please help if you are at the meet.

Meet Conclusion: The swim meet must conclude by 1:30 p.m. So there will not be many breaks if time does not allow. Also if all events can not be swum by 1:30 pm – the remaining events will not be swum or rescheduled.

Order of Events:  
 Session 1 – Saturday June 13, 2009

Event Number	Age	Event
1	Open	50 meter freestyle
2	Open	200 meter IM
3	9-12	50 meter backstroke
4	8 and under	25 meter backstroke
5	9 and over	100 meter breaststroke
6	8 and under	25 meter breaststroke
7	9 and over	100 meter butterfly
8	8 and under	25 meter butterfly
9	9 and over	200 meter freestyle
10	8 and under	25 meter freestyle
11	9 and over	100 meter backstroke
12	8 and under	50 meter backstroke
13	13 and over	200 meter breaststroke
14	12 and under	50 meter breaststroke
15	9 and over	100 meter freestyle
16	12 and under	50 meter butterfly
17	13 and over	200 meter backstroke
18	13 and over	200 meter butterfly

(Attach SD Warm up Procedures)  
 (Swimwear restrictions)

Timeline will be strictly observed. The meet must conclude at 1:30 p.m. at the latest. Events that have not been swum by 1:30 will be cancelled.

## SD SWIMMING

### WARM-UP

#### PROCEDURES: 8.1 procedures.

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

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.

#### **Specific Warm-ups:**

(1) There will be diving in all the lanes

(2) Diving and backstroke starts will be allowed from the starting end of the all lanes. In the case of backstroke starts, no swimmer shall be on the starting block until the backstroker has completed his/her start. Swimmers 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.