

2010 SD RAPID CITY RACERS INTER-SQUAD SWIM MEET  
Hosted by Rapid City Racers Swim Team  
July 15, 2010

SANCTION - SD 062310

- 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 event. 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 USAS Rule 104.2.2(C). Colorado timing equipment with manual back up will be used.
- WATER DEPTH:** Pool depths: starting 6.0 feet, midpoint 5.0 feet, turn-end 3.5 feet. Turn end water depth meets USAS minimum requirements for racing starts per Rule 103.2.3. Fly-over starts may be used at the discretion of the Meet Referee.
- FORMAT:** This will be a combined meet. Events will be swum as timed finals.
- STARTING TIMES:** **Warm-up and meet starting times each day are listed below.**

**Thursday Afternoon Session 1**

5:00 pm – 5:30 pm General Warm-ups (Warm-up Period I)  
5:30 pm – 5:45 pm Specific Warm-ups (Warm-up Period I)

**5:50 pm Meet Starts**

**MEETINGS:** **Friday Afternoon**

Officials Meeting	5:15 pm – 5:30 pm	Hospitality Room (East end of pool)
Timers Meeting	5:35 pm – 5:45 pm	Southeast corner of the starting blocks

- 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 will be followed and are attached to this meet invitation (202.2.9). The first 30 minutes of the warm-up session will be for general warm-up; circle swimming with no diving or racing starts. The last 15 minutes of the warm-up will be for specific warm-up; dives and sprints in lanes 1-4. There will also be a 10 minute warm-up/cool-down before the 200 IM. 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, warm-up/cool down, and competition. Any swimmer enter in the meet, unaccompanied by a USA swimming member coach, must be certified by a USA swimming member coach as being proficient in performing a racing start or must start each race from within the water. It's the responsibility of the swimmer's legal guardian to ensure compliance with this requirement. Only registered coaches, swimmers and officials will be allowed on pool deck.
- ELIGIBILITY:** This meet is only open to Rapid City Racer swimmers. All swimmers, coaches, and officials must be currently registered with USA swimming (202.3.3). The age of the swimmers on July 15, 2010 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 swim a maximum of 5 individual events for the meet.
- MEET LENGTH:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours for swimmers 12 years and younger (205.3F). Entries will be input in the order they are received. When the computer generated timeline indicates time limit has been reached, entries from the team(s) received last will not be entered into the meet. Team coaches will be notified if their entries were not accepted, and fees will be refunded. Fees will also be refunded for events or swims not completed if the Meet Referee stops the meet to comply with time limit Rules.
- SEEDING:** Swimmers will be seeded slowest to fastest.
- TIME TRIALS:** Time trials will not be held at this meet.
- AWARDS:** Age group awards shall be 8 & under, 9-10, 11-12, 13-14, 15-16, 17-19. Age 20 & over swimmers will not be scored or awarded. Each age group will receive ribbons 1<sup>st</sup> – 8<sup>th</sup> place. All awards will be determined by the swimmers' final times
- ENTRIES:** RCR is encouraged to submit their entries by email using Hy-Tek Team Manager software. E-mail to: [landjana@rushmore.com](mailto: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
- DEADLINE:** All entries must be received by Wednesday, July 7, 2010.

**PROTESTS:** Protests of any kind must be submitted to the referee in writing and will be 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 open during the entire meet.

**OFFICIALS:** Meet Director: Ryan Nankivel 605.719.9330  
Meet Referee: Julie Godbe  
Head Stroke & Turn: Kelly Gorman  
Meet Marshall: David Godbe  
Head Starter: Bob Sieve  
Head Timer: Sean Krush

Meet Officials will meet the requirement of 202.3.3

### **ORDER OF EVENTS:**

#### **Session 1. Thursday Afternoon**

<b>Girls</b>	<b>Division</b>	<b>Distance</b>	<b>Boys</b>
1	12 & Under	50 Butterfly	2
3	13 & Over	100 Butterfly	4
5	12 & Under	50 Backstroke	6
7	13 & Over	100 Backstroke	8
9	12 & Under	50 Breaststroke	10
11	13 & Over	100 Breaststroke	12
13	12 & Under	50 Freestyle	14
15	13 & Over	100 Freestyle	16
17	12 & Under	200 IM	18
19	13 & Over	200 IM	20

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

- 8.1 The Meet Marshall and Meet Referee (or their special designees) 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 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. Meet planners will strive for a limit of no more than 20 swimmers per lane for Short Course meets and no more than 25 swimmers per lane for Long Course meets.
- 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 to compensate for delays due to weather, equipment/power failure, or emergencies.

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 to compensate for delays due to weather, equipment/power failure, or emergencies.
- (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.

8.7 Mid-Meet Warm-ups/Cool-downs:

- (1) Swimmers must be supervised by a USA Swimming member Coach.
- (2) There will be no diving.
- (3) Circle swimming only.
- (4) Coaches will determine which of their swimmers may participate in these sessions regardless of age group.