

2010 SOUTH DAKOTA SUMMER TEAMS CHAMPIONSHIP MEET
Hosted by Huron Parks & Recreation Wobbegongs (HPRW)
August 6, 7, and 8, 2010
SD062910

SANCTION: This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc.

RULES: 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 Huron shall be free of any liability or claims for damages arising from injuries to athletes, individuals or spectators while traveling to or from or while participating in this meet. 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.

WATER DEPTH: Starting depth 9 feet, mid-point 6 feet, and turn end 4 feet. All starts from the shallow end must be in-water starts only. Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2.3. The competition course has not been certified in accordance with 104.2.2(C)

FORMAT: Events will be swum as timed finals.

START TIMES:	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
12 & Under warm-ups	4:20 pm	6:50 am	6:35 am
13 & Over warm-ups	5:05 pm	7:35 am	7:20 am
Officials Meeting	5:30 pm	8:00 am	7:45 am
Coaches Meeting	5:45 pm	8:15 am	8:00 am
Meet Starts	6:00 pm	8:30 am	8:15 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.

WARM-UPS: There will be 30 minutes of general warm-ups and 15 minutes of specific 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 USA Swimming certified coach must supervise swimmers for the duration of the warm-ups and swim meet. See attached guidelines. Lane assignments will be emailed after entries have been received.

SWIMWEAR RESTRICTIONS: Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Article 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical conditions

SUPERVISION: A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Any swimmer entered 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 is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with

this requirement. Only registered coaches, swimmer and officials will be allowed on the pool deck.

ELIGIBILITY: Age as of the first day of the meet determines the age group for the entire meet. Coaches must be current 2010 registered non-athlete members of USA Swimming and have met current coaching certifications. All athletes **must** hold a 2010 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.

DECK

REGISTRATION: On deck USA Swimming registration will not be permitted. Fines may be imposed if a swimmer participates and is not registered.

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 2010 meets or the 2009 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 4th-8th for relays
Heat ribbons: Winners in individual events
Trophies: 1st-4th place team trophies. High point trophies will be awarded for 1-5th place and medals awarded for 6-8th 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. Also a hard copy along with entry fees should be mailed. A Meet Template will be available on our web site 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
605-350-0762

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 **Saturday, July 31, 2010**. Entries received later than Saturday, July 31, 2010 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	Chad Schroder
Stroke and Turn	Kristie Mattke
Starter	Jennifer Schroder
Head Timer	Don Schonhard
Announcer	Tom Baszler and Dan Moon

Meet Officials will meet the requirements of 202.3.3

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 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.