

**2010 SD BROOKINGS SUMMER INVITATIONAL**  
Hosted by Brookings Swim Club, BROOKINGS, SD  
July 16-18, 2010  
SANCTION #: 060210

- SANCTION:** This meet is held under the sanction of USA Swimming Inc. and South Dakota 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 Brookings, Brookings Swim Club and the Hillcrest Pool shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Hillcrest Pool, 1450 6<sup>th</sup> street, Brookings, SD
- COURSE:** 50 meter pool, 8 lanes with wave-calming dividers. Daktronics timing equipment will be used. The competition course has not been certified in accordance with 104.2.2C(4).
- WATER DEPTH:** Starting depth 12', mid-point 5' and turning end 3'6". All starts from the shallow end must be in-water starts. Turn end water depth does not meet USAS minimum requirement for racing starts per Rule 103.2.3.
- FORMAT:** All events will be swum as timed finals with different age groups combined into 12 & under, 13 & over, and open. The 400 Free, 400 IM, 800 free, and 1500 free will be swum as mixed events seeded by time.
- STARTING TIMES:** 4 Sessions: Friday and Sunday all age groups will run together. Saturday morning session will be all 12&under swimmers and afternoon session will be 13&over swimmers. The meet start time will be 5:15 PM Friday for session 1, 9:30 AM on Saturday for sessions 2. Approximate start times, will be announced after the meet is seeded for the 3rd session, but not before 11:00 AM on Saturday, 8:15 AM on Sunday.
- MEETINGS:** There will be a short coaches' meeting following specific warm-ups by the office. There will be an officials' meeting at 9:00 AM on Saturday and 8:00 AM on Sunday.
- WARM-UPS:** Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. If necessary, a second session of warm-ups will be added prior to those listed above. South Dakota Swimming Warm-up Procedures attached will be followed
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| Friday:   | Session 1: 4:15 PM   | Meet Starts at 5:15 PM                            |
| Saturday: | Session 2: 8:30 AM   | Meet starts at 9:30AM                             |
|           | Session 3: Immediately following the conclusion of session 2 | Meet Starts 1 hour after conclusion of session 2. |
|           |  | Not before noon                                   |
| Sunday:   | Session 4 – 6:30 AM or 7:15AM                                | Meet starts at 8:15AM                             |
- SWIMWEAR RESTRICTIONS:** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art. 102.9.1 and subsequent revisions thereof), 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 the pool deck.
- ELIGIBILITY:** All swimmers, coaches, clubs and officials must be currently registered with USA Swimming. The age of the swimmer on July 16th, 2010 will determine age group for the entire meet.
- DECK REGISTRATION:** On deck 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 participated and is not registered.
- DECK ENTRIES:** Deck entries will be allowed if space is available and at the discretion of the Meet Referee.

- SCORING:** Team scores and individual high point scores will be kept. Points: 9-7-6-5-4-3-2-1
- EVENT LIMIT:** Swimmers may swim a maximum of 8 individual events for the meet, but no more than 3 individual events per day.
- 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:** All swimmers eligible to compete in an event will be seeded together by times regardless of age. Results will be broken down by age groups for awards as listed below. All events will be seeded slowest to fastest, with the exception of the 800 and 1500 meter freestyle, which will be seeded fastest to slowest. Age groups will be 8&U, 9-10, 11-12, 13-14, 15-18, 19&over. Swimmers entered in the 800 freestyle and 1500 freestyle must provide their own counters.
- TIME TRIALS:** Time trials will be allowed per discretion of the referee. The following limitations shall apply::
1. The swimmer must be entered in the meet
  2. Time trials will not change awards or scores
  3. The swimmer may only swim a total of 5 individual events per day
  4. There will be no additional cost for time trials.
  5. Coaches are responsible to turn in time trial requests to the Meet Director as soon as possible.
  6. Time trials should be limited to those swimmers who have a reasonable chance to make their goal time.
- AWARDS:** Ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place for individual events. No awards will be given for 19 and over. Trophies will be awarded to individual age group high point awards 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. Team award (high point) 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>.
- ENTRIES:** Teams are encouraged to submit their entries by e-mail using Hy-Tec Team Manager. Entries may also be mailed. Mail a printed copy of the entries and a check for the entry fees payable to Brookings Swim Club (BSC). Mail to: Wendy Ahrendsen, 951 Broken Bow Trail, Brookings, SD 57006. Entries are to be submitted in actual time. Contact Wendy Ahrendsen, email: [BSC4meets@yahoo.com](mailto:BSC4meets@yahoo.com), Phone: 605-692-5767
- FEES:** \$3.00 Swimmer SD Head Tax per swimmer  
\$4.00 Facility/Timing Fee Per Swimmer  
\$3.50 Per Individual Event  
**There will be no refund of fees.**
- DEADLINE:** All entries must be received no later than July 8th, 2010. Please email entries and a hard copy.
- PROTESTS:** Protests of any kind must be submitted to the referee in writing and will only be from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.
- CONCESSIONS:** There will be a concession stand open during the meet.
- OFFICIALS:** Meet Director: Wendy Ahrendsen/Keli Books 605-692-5767  
Referee: Edie Mueller  
Stroke & Turn: John Sterbis  
Meet Marshall: Joel Young  
Starter: Amy Dunkle  
Head Timers: Pam Larson  
All officials are needed and welcome. We may also need lane timers during the meet.
- Meet Officials will meet the requirement of 202.3.3**
- SCRATCHES:** Scratches must be handed to the referee prior to the beginning of warm-ups each day.

PROGRAMS & RESULTS: Programs will be available for \$8.00 each and copies of results will be available for \$5.00. Each team will receive one complimentary copy of the program and the results.

NOTICE: The shallow end of the pool, east of the turning end will be open to swimmers 11 and older for the purpose of warming up and cooling down only. Swimmers are to stay out of the water park during the swim meet. There will be temporary barricades but the temptation of swimmers to go over during times they are not swimming will be great. Please tell swimmers to stay in the lap pool area or they will be asked to leave the pool and scratched from their events.

## Order of Events

2010 SD Brookings Invitational Swim Meet  
July 16-18, 2010

Session 1: Friday, July 16<sup>th</sup> Warm-ups: 4:15-5:00 PM Meet Begins: 5:15 PM

Girls		Boys
1	Open 200 IM	2
3	Open 100 Breast	4
5	Mixed Open 1500 Free	5

Session 2: Saturday, July 17<sup>th</sup> Warm-ups: 8:30-9:15 AM Meet Begins: 9:30 AM

Girls		Boys
6	12 & under 200 Free	7
8	12 & under 50 Back	9
10	12 & under 100 free	11
12	12 & under 100 Fly	13
14	Mixed 12 & under 400 free	14

Session 3: Warm-ups: immediately following the conclusion of session 2 Meet Begins 1 hour later

Girls		Boys
15	13 & over 200 free	16
17	13 & over 200 back	18
19	13 & over 100 free	20
21	Mixed 13 & over 400 IM	21
22	13 & over 100 fly	23
24	Mixed 13 & over 400 Free	24

Session 4: Sunday, July 18<sup>th</sup>: Warm-ups: 6:30-7:15 AM or 7:15-8:00 AM Meet Begins: 8:15 AM

Girls		Boys
25	Open 50 Free	26
27	12 & under 50 Fly	28
29	13 & over 200 Fly	30
31	Open 100 Back	32
33	12 & under 50 Breast	34
35	13 & over 200 breast	36
37	Mixed 13 & over 800 Free	37

## 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.
  - (3) 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.
  - (4) 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.
  - (5) 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.