

2010 SD SNOWFOX 13 & Over IM Tough Challenge

And 12 & Under 400 Free

Hosted by the Snowfox Swim Team

July 9, 2010

Sanction #SD051510

- SANCTION:** This meet is held under the sanction of USA Swimming Inc, and South Dakota Swimming Inc. and SD LSC rules will apply.
- RULES:** The current USA Swimming and SD LSC rules will govern the conduct of the meet.
- LIABILITY:** In granting this sanction, it is understood and agreed that USA Swimming, South Dakota Swimming, Sioux Falls Swim Team (Snowfox Swim Team), the City Of Sioux Falls, and the Sioux Falls Park and Recreation Department 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.
- LOCATION:** Frank Olson Pool, 18th Street and Grandview Avenue
- COURSE:** 50 Meter Pool; 8 lanes; wave calming dividers, Daktronic Electric Timing Equipment with Manual Backup. The competition course has not been certified in accordance with 104.2.2(C).
- WATER DEPTH:** Starting end depth 15', midpoint 6' and turn end 3'6". Turn end water depth does not meet USAS minimum requirements for racing starts per Rule 103.2.3. All shallow end 200-meter relay starts will be in-water starts only. Fly-over starts may be used at the discretion of the Meet Referee.
- FORMAT:** This is a single session meet. Events will be swum as Timed Finals. All heats will be combined gender and seeded by time. The 12 & Under 400 Freestyle will be swum fastest to slowest.
- START TIMES:** This is a single session event for Friday night only. There will be a single session of open warm ups for all teams that will begin at 6:00 p.m. with the meet start time of 7:00 p.m.
- MEETINGS:** A coaches meeting will be held at 6:45 p.m. and an officials meeting will be held at 6:30 p.m. Meeting place will be announced during warm-ups.
- 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.
- SWIMWEAR:** Swimwear worn at South Dakota meets must conform to SD Policy and USA Swimming Rules and Regulations.
- RESTRICTION:** (Art. 102.9.1 and subsequent revisions thereof), it is 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. Only registered coaches, swimmers and officials, timers, and designated volunteers will be allowed on the pool deck in the designated taped areas.
- ELIGIBILITY:** All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. Coaches must be current 2010 registered non-athlete members of USA Swimming and have current certification required to be a coach. The age of the swimmer on July 9th, 2010 determines the age of the swimmer for the entire meet.
- DECK**
- REGISTRATION:** On Deck USA Swimming registration will not be permitted. Fines may be imposed if a swimmer participates and is not registered.
- DECK ENTRIES:** Deck entries will/will not be allowed if space is available at the discretion of the Meet Referee.
- SCORING:** The meet will not be scored.
- EVENT LIMITS:** 13 & Over Swimmers may swim a maximum of 4 individual events for the meet. 12 & under Swimmers may swim a maximum of 1 individual event for the meet. All 13 & Over swimmers are encouraged to enter in all four 50's as the awards are given to the swimmer with the fastest overall combined "200 IM" time. Only 12 & Under swimmers can enter in the 400 Freestyle.
- MEET LENGTH:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 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 the 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: Coaches need to enter times for the 50's based on their 100 seed times.

TIME TRIALS: No Time Trials will be allowed.

AWARDS: The top swimmers in each age group (13-14, 15-16, 17 & Over) and gender will be awarded an "IM Tough Champion" T-Shirt. Winners are selected by adding together the final time of each 50 swum on Friday night, giving them a total 200 IM time. Only the fastest final combined 200 IM time in each age group and gender will be awarded the "IM Tough Champion" T-Shirts. In the 12 & Under 400 Free, medals will be awarded for 1st through 3rd and ribbons will be awarded for 4th through 8th places. Results will be broken down into 6 & Under, 7-8, 9-10, 11-12 and separated by gender for purposes of awarding.

ENTRIES: Teams MUST submit their entries via Email using the Hy-Tek Team Manager Program by Midnight on June 28, 2010. Email entries to snowfoxswim@yahoo.com. There will be a positive check in for the 12 & Under 400 Freestyle on Friday night. Positive check-in closes at the conclusion of warm-ups on Friday night. Administration fee of \$20 will be collected for not using windows version of Hy-Tek.

Mail Checks to: Lisa Ladenburger
2908 S. Bellepine Circle
Sioux Falls, SD 57103
snowfoxswim@yahoo.com Only

FEES: \$3.50 per individual event
\$3.00 per swimmer head tax

THERE WILL BE NO REFUND OF FEES

DEADLINE: Deadline is June 28, 2010 at midnight to snowfoxswim@yahoo.com. Mail entry hard copies and checks for full amount payable to Snowfox Swim Team, Lisa Ladenburger, 2908 S. Bellepine Circle, Sioux Falls, SD 57103.

PROTESTS: Protests of any kind must be submitted to the referee in writing and will only be accepted from the team coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer from the event or meet.

CONCESSIONS: Concessions will be available on Friday night.

OFFICIALS: Meet Director: Lisa Ladenburger, (HOME OR CELL?)
Referee: Russ Miller
Starter: Tom Austin
Head Official: Jon Sommervold
Marshal: Gary Klarenbeek, Peter & Molly Liberko, Jodi Sather, Mark Skadsen
Head Timers: Denise Hibbard, Pat Lawler, Brenda Washenberger, Heidi Pinn

All Registered Officials are welcome and needed to volunteer.
Meet Officials will meet the requirements of 202.3.3.

SCRATCHES: A Scratch box will be located at the Meet Directors Table. Please use the forms for all scratches and deposit in the box. Please have all scratches submitted prior to the start of specifics each session. A scratch form will be included in each coach's packet.

HOSPITALITY: Water and Gatorade will be available to coaches and officials.

MISC. Please Share with your swimmers and families attending the meet:

There will be no camping allowed on deck and that includes swimmers, and no one but swimmers, officials, timers, and coaches in taped off areas.

ORDER OF EVENTS

Friday Warm-Ups @ 6:00 p.m. ~ Meet Starts @ 7:00 p.m.

Friday Night: 13 & Over IM Tough Challenge
And 12 & Under 400 Free

Girls		Boys
1	Mixed 13 & Over 50 Fly	1
2	Mixed 13 & Over 50 Backstroke	2
3	Mixed 13 & Over 50 Breaststroke	3
4	Mixed 13 & Over 50 Freestyle	4
10 Minute Warm-Up		
5	Mixed 12 & Under 400 Free	5

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 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 per 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 failures, 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.