

2010 SD Huron Invitational Swim Meet
Hosted by HPRW
June 25, 26, 27, 2009
Sanction #SD 052510

- 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 Huron, and HPRW shall be free of any liability or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- 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. The competition course has not been certified in accordance with 104.2.2(C)
- Water Depth:** Starting depth 9 feet, mid-point, 6 feet, 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.
- Format:** Split meet. All events are timed finals. Friday all age groups will be run together. Saturday & Sunday morning sessions will be 11 & older girls and boys and the Saturday & Sunday afternoon sessions will be 10 & under girls and boys.
- Start Times:** 5 sessions; Session I, Friday, Warm-ups 4:15pm for Huron and assigned teams and 5:00pm for all other teams. Meet begins at 6:00pm. Session II & IV, Saturday & Sunday, Warm-ups 7:00am, meet begins at 8:00am; Session III & V, Saturday & Sunday, Warm-ups, immediately following the morning session but no earlier than 11:00am. The meet will begin 15 minutes following the completion of warm-ups. Warm-ups will be split into 2 sessions if necessary.
- Meetings:** There will be an official's meeting starting approximately ½ hour prior to the start of the meet each day. Please meet behind the announcer's table. There will be a coaches' meeting behind the announcer's table immediately following the completion of the last session of warm-ups of each session of the meet. There will be a timer's meeting prior to each session.
- 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 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 for the duration of the warm-ups and swim meet. Only registered coaches, swimmers and officials will be allowed on the pool deck.

Eligibility: Age as of June 25, 2010 determines the age group for the entire meet. Only current 2010 registered USA Athlete members may participate in this competition. Coaches must be current 2010 registered non-athlete members of USA Swimming and have current certification required to be a coach.

Deck Registration: On Deck USA registration will be permitted with appropriate documentation. The application must be given to the meet director and appropriate fees to the Meet Referee who will forward the fees to the LSC Registration Chair. A \$10 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: The meet will be scored as follows: 8&U, 9-10, 11-12, 13-14, 15-16, 17-19.

Event Limit: Swimmers may swim a maximum of 12 individual events for the meet, but no more than 5 per day. Swimmers may swim 2 relays for the entire 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: Meet will be seeded using Hy-Tek Meet Manager.

Time Trials: There will be no time trials.

Awards: Ribbons will be awarded for 1st-8th place. No individual high point awards or team points.

Entries: Teams must e-mail their entries to thebergs@santel.net. Also, a hard copy should be mailed. Results will be e-mailed to each team and entire meet results will be posted to the team's website immediately following meet completion.

Mail Entries To: HPRW, PO Box 471, Huron, SD 57350

Fees: \$3.00 South Dakota Head Tax Per Swimmer
\$3.00 Per Individual Event
\$6.00 Per Relay Team
\$4.00 Per Swimmer Pool/Timing Fee

Deadline: All entries and entry fees must be received no later than **Wednesday, June 16, 2010**.

Protests: Protests of any kind will only be accepted by the referee 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: A concession stand will be open during the entire meet.

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| Officials: | Meet Director | Lesley Berg (cell 605-350-0762) |
| | Referee | Bobbi Lucklum |
| | Marshall | Wade Berg |
| | Starter | Jennifer Schroder |
| | Stroke & Turn | Kristi Matke |
| | Head Timer | Joe Skorheim |

Meet Officials will meet the requirement of 202.3.3

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| Session I – Friday, June 25, 2010 | | | |
| Warm-ups 5:00 pm – 6:00 pm Start | | | |
| GIRLS | | BOYS | |
| 1 | 13&Over | 200 IM | 2 |
| 3 | 12&Under | 200 IM | 4 |
| ***** 10 Minute Warm-Up***** | | | |
| 5 | 13&Over | 800 Freestyle | 6 |

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| Session II – Saturday, June 26, 2010 | | | |
| Warm-Ups 7:00 am – 8:00 am Start | | | |
| GIRLS | | BOYS | |
| 7 | 11&Over | 400 IM | 8 |
| 9 | 11-12 | Freestyle Relay | 10 |
| 11 | 13&Over | Freestyle Relay | 12 |
| 13 | 11&Over | 200 Butterfly | 14 |
| 15 | 11-12 | 50 Butterfly | 16 |
| 17 | 13&Over | 50 Butterfly | 18 |
| 19 | 11-12 | 100 Breaststroke | 20 |
| 21 | 13&Over | 100 Breaststroke | 22 |
| 23 | 11&Over | 200 Freestyle | 24 |
| 25 | 11-12 | 50 Freestyle | 26 |
| 27 | 13&Over | 50 Freestyle | 28 |
| 29 | 11-12 | 100 Backstroke | 30 |
| 31 | 13&Over | 100 Backstroke | 32 |

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| Session III – Saturday, June 26, 2010 | | | |
| Warm-Ups 11:00am – Noon Start | | | |
| GIRLS | | BOYS | |
| 33 | 9-10 | 200 Freestyle | 34 |
| 35 | 8&Under | 200 Freestyle Relay | 36 |
| 37 | 9-10 | 200 Freestyle Relay | 38 |
| 39 | 8&Under | 50 Butterfly | 40 |
| 41 | 9-10 | 50 Butterfly | 42 |
| 43 | 8&Under | 100 Breaststroke | 44 |
| 45 | 9-10 | 100 Breaststroke | 46 |
| 47 | 8&Under | 50 Freestyle | 48 |
| 49 | 9-10 | 50 Freestyle | 50 |
| 51 | 8&Under | 100 Backstroke | 52 |
| 53 | 9-10 | 100 Backstroke | 54 |

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| Session IV – Sunday, June 27, 2010 | | | |
| Warm-Ups 7:00 am – 8:00 am Start | | | |
| GIRLS | | BOYS | |
| 55 | 11&Over | 200 Backstroke | 56 |
| 57 | 11-12 | 200 Medley Relay | 58 |
| 59 | 13&Over | 200 Medley Relay | 60 |
| 61 | 11&Over | 200 Breaststroke | 62 |
| 63 | 11-12 | 50 Breaststroke | 64 |
| 65 | 13&Over | 50 Breaststroke | 66 |
| 67 | 11-12 | 100 Fly | 68 |
| 69 | 13&Over | 100 Fly | 70 |
| 71 | 11-12 | 100 Freestyle | 72 |
| 73 | 13&Over | 100 Freestyle | 74 |
| 75 | 11-12 | 50 Backstroke | 76 |
| 77 | 13&Over | 50 Backstroke | 78 |
| ***** 10 Minute Warm-Up***** | | | |
| 79 | 11&Over | 400 Freestyle | 80 |

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| Session V – Sunday, June 27, 2010 | | | |
| Warm-Ups 11:00 am – Noon Start | | | |
| GIRLS | | BOYS | |
| 81 | 8&Under | 200 Medley Relay | 82 |
| 83 | 9-10 | 200 Medley Relay | 84 |
| 85 | 8&Under | 50 Breaststroke | 86 |
| 87 | 9-10 | 50 Breaststroke | 88 |
| 89 | 8&Under | 100 Butterfly | 90 |
| 91 | 9-10 | 100 Butterfly | 92 |
| 93 | 8&Under | 100 Freestyle | 94 |
| 95 | 9-10 | 100 Freestyle | 96 |
| 97 | 8&Under | 50 Backstroke | 98 |
| 99 | 9-10 | 50 Backstroke | 100 |

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.