



# 2010, SD MILBANK INVITATIONAL SWIM MEET

Sanction #SD042010

June 4-5, 2010

HOST CLUB: Milbank Area Lions Swim Team (MLST)

SANCTION: This meet is held under the sanction of USA Swimming, Inc and SD Swimming, Inc. Current USA Swimming and SD Swimming rules will govern the conduct of the meet.

LIABILITY: In granting this approval, it is understood and agreed that USA Swimming, South Dakota Swimming the city of Milbank, Unity Square, and MALST 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: Unity Square Pool, 902 East 4<sup>th</sup> Avenue, Milbank, South Dakota

COURSE: 25 Yard indoor pool with six lanes with wave breakers. Minimum water depth measured from a distance of 3'3.5" to 16'5" from the wall is 5' at the starting end and 3'8" at the turning end. Turn end water depth does not meet USAS minimum requirements for racing starts per Rule 103.2.3. Timing will consist of three times: one semi-automatic time (electronic start and manual stop) displayed on a scoreboard and two handheld watches per lane. This competition course has not been certified in accordance with 104.2.2(4).

FORMAT: All races will be swam as timed finals

WARM-UPS:	<b>General Warm-ups</b>	10 & Under	<b>Friday</b>	<b>Saturday</b>
		11 & Over	5:30 – 5:50 PM	7:45 – 8:05 AM
			6:00 – 6:20 PM	8:15 – 8:35 AM
	<b>Specific Warm-ups</b>	10 & Under	<b>Friday</b>	<b>Saturday</b>
		11 & Over	5:50 – 6:00 PM	8:05 – 8:15 AM
			6:20 – 6:30 PM	8:35 – 8:45 AM

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.

SCHEDULE:	<b>Meetings will be held in the lobby of Unity Square:</b>		
	Officials Meeting	6:15 PM	8:30 AM
	Coaches Meeting	6:30 PM	8:45 AM
	Meet Begins	6:45 PM	9:00 AM

SWIMWEAR: Swimwear worn at SD meets must conform to USA Swimming Rules & Regulations (Article 102.9.1 and subsequent revisions thereof), its interpretation and provisions 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 June 4, 2010 will determine the age of the swimmer for the entire meet.
- EVENT LIMIT:** Each swimmer may swim a maximum of 7 individual events with no more than 5 events in one day. Swimmers may also compete in 2 relays. Scratches **MUST** be turned in to the referee 30 minutes before the coaches meeting.
- SEEDING:** This meet will be seeded as timed finals.
- TIME TRIALS:** Time trials will not be held.
- ENTRIES:** Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager Software to **milbankswim@hotmail.com**.
- Mail a printed copy of the entries and a check for entry fees payable to "Milbank Area Lions Swim Team (MALST)" to: **Danny Spors, 3335 121<sup>st</sup> Avenue, Bellingham, MN 56212**
- DEADLINE:** Entries must be received by 12:00 Noon on Friday, May 28, 2010
- ENTRY FEES:** \$5.00 - Surcharge (\$3.00 SD Head Tax + \$2.00 Pool Fee)  
\$2.50 - Per individual Event  
\$5.00 - Per Relay  
**There will be no refunds**
- DECK REGISTRATION:** On Deck USA Swimming registration will be permitted with appropriate documentation at the discretion of the meet referee. Swimmers must come to the meet prepared to show verification of their membership or they will be deck registered before they can enter the water. The meet referee must verify the application and the host team will mail the registration and check to the SD Registrar along with a \$10.00 deck registration fee immediately following the swim meet. If a swimmer participates in a meet and is not registered, the swimmer's team will be assessed a \$100 fine.
- DECK ENTRIES:** Deck entries will be allowed if space is available and at the discretion of the meet referee
- SCORING:** Individual events (including mixed age): 7-5-4-3-2-1  
Relay events (including mixed age): 14-10-8-6-4-2
- AWARDS:** Ribbons will be awarded 1st through 6th places in all individual and relay events (including mixed age). Heat Ribbons for individual events & relays 14 and under only.

- PROTESTS:** Protests of any kind will only be accepted by the Referee from the team coach. Bothering other volunteer personnel with protests could result in disqualification of the swimmer from the event or meet.
- MEET OFFICIALS** Meet Director: Tamra Peschong  
Referee:  
Starter:  
Meet Marshall: Greg Thomas  
Head Time: Laura Foss  
  
Meet officials will meet the requirements of 202.3.8
- CONCESSIONS:** There will be a concession stand operated by MALST located outside of the pool area to the South.
- 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 order they are received. When the computer generated timeline indicates time limit has been reached, entries from 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.
- NOTICE:** Each Team entered is responsible to provide at least one stroke and turn judge.

# ORDER OF EVENTS

## SESSION 1, FRIDAY

Day of Meet: 1 Starts at 6:45 PM

Girls	Event	Boys
1	9-10 200 IM	2
3	11-12 200 IM	4
5	13-18 200 IM	6
7	8 & Under 50 Freestyle	8
9	9-10 100 Freestyle	10
11	11-12 100 Freestyle	12
13	13-18 100 Freestyle	14

## SESSION 2, SATURDAY

Day of Meet: 2 Starts at 9:00 AM

Girls	Event	Boys
15	8 & Under 25 Backstroke	16
17	9-10 50 Backstroke	18
19	11-12 50 Backstroke	20
21	13-18 50 Backstroke	22
23	8 & Under 50 Breaststroke	24
25	9-10 100 Breaststroke	26
27	11-12 100 Breaststroke	28
29	13-18 100 Breaststroke	30
31	8 & Under 25 Butterfly	32
33	9-10 50 Butterfly	34
35	11-12 50 Butterfly	36
37	13-18 50 Butterfly	38
39	8 & Under 100 Freestyle Relay	40
41	9-10 200 Freestyle Relay	42
43	11-12 200 Freestyle Relay	44
45	13-18 200 Freestyle Relay	46
47	8 & Under 50 Backstroke	48
49	9-10 100 Backstroke	50
51	11-12 100 Backstroke	52
53	13-18 100 Backstroke	54
55	8 & Under 25 Freestyle	56
57	9-10 50 Freestyle	58
59	11-12 50 Freestyle	60
61	13-18 50 Freestyle	62
63	8 & Under 25 Breaststroke	64
65	9-10 50 Breaststroke	66
67	11-12 50 Breaststroke	68
69	13-18 50 Breaststroke	70
71	8 & Under 50 Butterfly	72
73	9-10 100 Butterfly	74
75	11-12 100 Butterfly	76
77	13-18 100 Butterfly	78
79	8 & Under 100 Medley Relay	80
81	9-10 200 Medley Relay	82
83	11-12 200 Medley Relay	84
85	13-18 200 Medley Relay	86

## **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 the number of 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 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.