

2010 SD Black Hills Gold Invitational  
Hosted by Black Hills Gold Swimming  
January 30 - 31, 2010  
Sanction No. 121309

- 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 this meet.
- Liability: In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, the Donald E Young Center, the City of Spearfish, and the Black Hills Gold Swimming Swim Team 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 .202.7
- Location: Donald E Young Center Pool, Black Hills State University, 1200 University St., Spearfish, SD
- Course: 25 Meters; 6 lanes; Wave-calming dividers; Daktronics Timing System with manual back-up. The competition course has not been certified in accordance with 104.2.2C(4).
- Format: Timed finals
- Starting Times: Three Sessions. Warm ups will begin at 8:00 a.m. and the meet begins at 9:45 a.m. each day. Warm ups will be divided depending on the number of swimmers and will be communicated to the coaches prior to the meet.
- Meetings: Officials meeting at 9:15 a.m. in coach's room, i.e. Room 206. Coach's meeting at 9:30 a.m. in coach's room. Meet begins at 9:45 a.m.
- 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. South Dakota Swimming warm-up procedures will be followed (see attached).
- Swimwear Restrictions:  
Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
- Supervision: A USA Swimming certified coach must supervise swimmers for the duration of the 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 January 30, 2010 determines the age of the swimmer for the entire meet.
- Deck Registration:  
On Deck USA Swimming 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 participates and is not registered. The

application must be given to the meet director with appropriate fees who will forward the fees to the LSC Registration Chair.

Deck Entries: Deck entries will be allowed if space is available and at the discretion of the Meet Referee.

Scoring: Points will be scored 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 for individual events and doubled for relays.

Event Limit: Swimmers may swim a total of 8 events and 2 relays with a maximum of 4 events and 1 relay per day. Swimmers entered in the 800 and 1500 freestyle must provide their own timers and counters. Meet limit is 250 swimmers. (Entries over 220 will be accepted only to the complete the last team entry.)

Seeding: Swimmers will be seeded slowest to fastest in timed final format with the exception of the 800 and 1500 freestyle which will be seeded fastest to slowest.

Time Trials: There will be no time trials at this event.

Awards: Awards will be given for the following age groups: 8-U, 9-10, 11-12, 13-14, 15-16, and 17-18. Awards for relays will be for age groups: 8-U, 9-10, 11-12, 13&O. Ribbons will be awarded for first thru tenth place in each event.

Entries: Teams are encouraged to submit their entries by e-mail using Hy-Tek Team Manager software. You may email your entries to [teena.huber@fib.com](mailto:teena.huber@fib.com). Mail a printed copy of the entries and a check for entry fees payable to Black Hills Gold Swimming to:

Teena Huber  
810 S. 33<sup>rd</sup> Street  
Spearfish, SD 57783

Fees: \$3.00 per individual event and \$5.00 per relay, plus \$8.00 per swimmer (\$5.00 per swimmer for facility use and \$3.00 S.D. head tax).

Deadline: All entries and entry fees must be received no later Friday, January 22, 2010.

Protests: Protests of any kind will only be accepted by the referee and only 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. The Young Center does not allow coolers to be brought into the building.

Officials:	Meet Director:	Teena Huber
	Meet Referee:	Troy Rommen
	Meet Marshall:	Dianna Rommen
	Head Stroke & Turn:	Greg Hartman
	Head Starter:	Glen Lewis
	Head Timer:	Roxanne Lewis

## BLACK HILLS GOLD INVITATIONAL

SATURDAY, JANUARY 24, 2008

Session 1

SUNDAY, JANUARY 25, 2008

Session 3

<u>GIRLS</u>		<u>BOYS</u>		<u>GIRLS</u>		<u>BOYS</u>
1	8 & U 100 <b>Mixed Medley Relay</b>			49	8 & U 100 <b>Mixed Free Relay</b>	
3	9-10 200 <b>Mixed Medley Relay</b>			51	9-10 200 <b>Mixed Free Relay</b>	
5	11-12 200 <b>Mixed Medley Relay</b>			53	11-12 200 <b>Mixed Free Relay</b>	
7	13 & O 200 <b>Mixed Medley Relay</b>			55	13 & O 200 <b>Mixed Free Relay</b>	
9	8 & U 25 Fly	10		57	8 & U 50 Fly	58
11	9-10 50 Fly	12		59	9-10 100 Fly	60
13	11-12 50 Fly	14		61	11-12 100 Fly	62
15	13 & O 100 Fly	16				
17	8 & U 25 Free	18		63	13 & O 200 Fly	64
19	9-10 100 Free	20				
21	11-12 100 Free	22		65	8 & U 50 Free	66
23	13 & O 100 Free	24		67	9-10 50 Free	68
				69	11-12 50 Free	70
25	8 & U 25 Back	26		71	13 & O 50 Free	72
27	9-10 50 Back	28				
29	11-12 50 Back	30		73	8 & U 100 IM	74
31	13 & O 100 Back	32		75	9-10 100 IM	76
				77	11-12 100 IM	78
33	9-10 200 IM	34		79	13 & O 200 IM	80
35	11-12 200 IM	36				
37	13 & O 400 IM	38		81	8 & U 50 Back	82
				83	9-10 100 Back	84
39	8 & U 50 Breast	40		85	11-12 100 Back	86
41	9-10 100 Breast	42		87	13 & O 200 Back	88
43	11-12 100 Breast	44				
45	13 & O 200 Breast	46		89	8 & U 25 Breast	90
				91	9-10 50 Breast	92
				93	11-12 50 Breast	94
	<b><u>Session 2</u></b>			95	13 & O 100 Breast	96
	15 Minute Warm-up					
47	11 & O Mixed 800 Free			97	9-10 200 Free	98
48	11 & O Mixed 1500 Free			99	11 & O 200 Free	100
				101	9 & O 400 Free	102

Swimmers entered in the 800 and 1500 freestyle must provide their own timers and counters.

## SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES

- 8.1 The Meet Marshall and Meet Referee 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 remain at the starting end of the pool and 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.
- 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 due to time and/or space constraints.
- 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 due to time and/or space constraints.
  - (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.

Only registered coaches, swimmers and officials will be allowed on deck.

**EXHIBIT #8** (Rev. 4-26-08)

***Black Hills Gold Invitational  
January 30-31, 2010***

***Hotel Information***

***Holiday Inn Express  
2721 Lazelle Street  
Sturgis, SD 57785  
605-347-4140 or 877-793-7979  
\$59.99 per night \*\****

***Holiday Inn of the Northern Black Hills  
I-90 Exit 14  
Spearfish, SD 57783  
605-642-4683 or 800-999-3541  
[www.holidayinn.com/spearfishsd](http://www.holidayinn.com/spearfishsd)  
\$59.95 per night \*\****

***\*\*When making reservations, please mention swim meet to get the special rate.***