

2010 SD Mitchell Aquatic Club Winter Invitational
Hosted by the Mitchell Aquatic Club
February 5-7, 2010, Huron, SD
Sanction #122909

Sanction	This meet is held under the sanction of USA Swimming Rules and South Dakota Swimming Inc. current USA and SDLSC rules apply.
Liability	In granting this sanction, it is understood and agreed that USA Swimming Inc., South Dakota Swimming, Mitchell Aquatic Club, City of Mitchell, Nordby Center, Huron School District and the City of Huron, shall be free of any liability or claims for damages arising from injuries to anyone during the conduct of the event. Also, the above mentioned entities are not responsible for any lost, stolen or damaged property.
Location	Nordby Center, 1700 Lincoln Ave SW, Huron, SD. Parking is available on the west side of the center. Enter through doors facing west and the gym and pool area is right inside the doors. Bleacher seating is available in the pool area.
Course	25-meter indoor, 6-lane pool with wave-calming dividers. Colorado timing equipment with manual back up will be used. The competition course has not been certified in accordance with 104.2.2(C). Pool depths: starting 7' 3", midpoint 5 feet, turn-end 4 feet. Fly-over starts may be used at the discretion of the Meet Referee.
Format	All events will be swum as timed finals with different age groups combined and seeded by time. Swimmers must provide their own timers and lap counters for the 800. MAC parents may be available.
Warm-ups	<p>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. A USA Swimming certified coach <u>must</u> supervise swimmers for the duration of the warm-ups and swim meet. See guidelines as listed in Policy & Procedure Manual, 8.1 – 8.6. Only registered coaches, swimmers and officials will be allowed on the pool deck.</p> <p>Friday warm-ups will begin at 5:00-5:40 pm with a second set up warm-ups to begin at 5:40-6:20. The meet will begin at 6:30. If only one set of warm-ups is needed the earlier warm-up will be canceled.</p> <p>Saturday warm-ups will begin at 8:30-9:10 am with the second session warm-ups starting at 9:10-9:50 am and the meet begins at 10:00 am. An email will be sent to all coaches prior to February 3rd with warm-up schedules for all teams. Two warm-up groups will be planned; however, we will condense or expand as necessary if the number of swimmers warrants a change.</p> <p>Sunday warm-ups will begin at 7:00-7:40 am with the second session warm-ups starting at 7:40-8:20 am and the meet begins at 8:30 am. Two warm-up groups will be planned; however, we will condense or expand as necessary if the number of swimmers warrants a change.</p> <p>Each warm-up session will be 40 minutes in length. The first 30 minutes will be general warm-ups, circle swim only, and no diving. The last 10 minutes of the each warm-up session will be specific warm-ups (starts) in lanes 2 through 5, with circle swimming allowed in lanes 1 and 6. Specific warm-ups may not begin until announced and only when the lane has been cleared of swimmers. Warm-up times are at the discretion of the deck referee.</p>
Coaches'	There will be a coaches' meeting following each warm-up. A hospitality room provided by the

Meetings:	Mitchell Aquatic Club will be available to coaches and officials.
Eligibility	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. Age as of February 5, 2010 will determine for each swimmer competing at this meet.
Entry Limit	Entries will be accepted up to the first 200 swimmers or to finish the team's entries that put the total number of swimmers over 200.
Apparel and Gear Requirements	Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Article 102.9.1), its interpretation and provision for exemptions based on a swimmer's religious beliefs or medical condition.
Deck Entries and Deck Registration	On-Deck registration or entry will not be permitted.
Scoring & Awards	No team scores will be kept. Individual awards will be distributed by age groups and gender as follows: 8 & Under, 9-10, 11-12, 13-14, 15-16, 17 & Older . Ribbons for 1 st through 12 th places for individual events in each age group.
Seeding:	All swimmers eligible to compete will be seeded together by times regardless of age. Results will be broken down by age groups and gender for awards listed above.
Time Trials:	No Time Trials will be held.
Entries and Entry Deadline	Teams are encouraged to submit their entries on an IBM-compatible disk (along with one hard copy of the entries) using the Hy-Tek Team Manager program. Team submitting their entries on disk will receive a back-up copy of the results on the disk for their records. Please send actual times with the indication of the type of course swum (i.e. SCM or SCY) as the Meet Manager program will convert all times automatically.
Entry Limits	Swimmers are limited to five (5) individual events per day and no more than eight (8) individual events for this meet.
E-Mail Entries & Mail Entry Fees to	Email to: meetdirector@macswimming.com Mail entries to: Mary Alexander Mitchell Aquatic Club PO Box 1371 Mitchell , SD 57301 Please include a hard copy with entry fees via mail to above address.
Entry Fees	The following fees apply: \$3.00 Swimmer SD head tax \$5.00 Facility fee per swimmer \$3.00 per individual event or time trial event Make checks out to Mitchell Aquatic Club (MAC). <i>There will be no refunds of fees.</i>
Deadline:	Entry deadline is Thursday, January 28th .
Scratches	Scratches must be handed to the referee prior to the beginning of warm-ups each day.
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.

Programs & Results	Programs will be available for \$6.00 each. Copies of results will be available for \$7.00. Each team will receive one complimentary copy of the program and the results.
Concessions	There will be concessions sold during the entire sessions of the meet. <i>Meet Director:</i> Laura Miller & Susan Ebert <i>Head Referee:</i> Lori Bork <i>Head Stroke & Turn:</i> Lori Baye <i>Meet Marshalls:</i> Denise Ries, and Doug Glover <i>Head Timers:</i> Allan Miller and Justin Ebert
Officials	All officials are needed and welcomed. Please email Lori Baye at jlbye@mitchelltelecom.net if you are planning on officiating during this meet. There will be an officials' meeting a ½ hour before the meet begins. A hospitality room is available for coaches and officials who volunteer time and talents at this meet.
Swimming Merchandise	Pure Blue Swimming of Plymouth, MN will have swimming merchandise available for sale during this meet.

**2010 SD Mitchell Aquatic Club Winter Invitational
Schedule of Events
February 5-7, 2010
Huron, SD**

Friday, February 5th

Session 1:

- #1. 13-O 400 IM
- #2. 12-U 100 IM
- #3. 8-U 25 Free
- #4. Open 200 Free
- #5. 8-U 25 Back

Saturday, February 6th

Session 2:

- #6. Open 100 Free
- #7. 8-U 25 Breaststroke
- #8. 9-12 50 Breaststroke
- #9. Open 200 Breaststroke
- #10. 9-12 50 Backstroke
- #11. Open 100 Backstroke
- #12. 8-U 25 Fly
- #13. 9-12 50 Fly
- #14. Open 200 Fly

15 minute break/Warm-up

Session 3:

- #15. Open 400 Free

Sunday, February 7th

Session 4:

- #16. Open 50 Free
- #17. Open 100 Breaststroke
- #18. Open 100 Fly
- #19. Open 200 Backstroke
- #20. Open 200 IM

15 minute break/Warm-up

Session 5:

- #21. 11-O 800 Free

SD 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.
 - (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 due to time and/or space constraints.
- (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.