

2010 SD Optimist's Big Apple Invitational Swim Meet
Hosted by Watertown Area Swim Club
January 23rd and January 24th, 2010
Sanction #SD- 122009

- Sanction:** This meet is held under the sanction of and USA Swimming, Inc. and South Dakota Swimming Inc. 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, Watertown Area Swim Club and the City of Watertown shall be free from any liabilities or claims for damages arising by reason of 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:** The Watertown Community Recreation Center
200 9th Street NE, Watertown, SD
Phone: (605)882-6250
Parking is available on the north and west sides of the Boys & Girls Club. Please enter the facility at the north doors.
- Course:** 25 Meter, 8 lane pool with wave breaker lane markers. Starting depth is 12'9 mid-pool is 5'0, and the turn end is 3'6". Daktronics® timing equipment will be used with manual back-up. The competition course has not been certified in accordance with 104.2.2C(4).
- Format:** All events are timed finals. All ages will swim together.
- Starting Time:**
- 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. A USA Swimming certified coach must supervise swimmers for the duration of the warm-ups and swim meet. See attached guidelines.
- Officials Meeting:** All officials are needed and welcomed. There will be an officials' meeting near the end of warm-ups at each session.
- Coaches Meeting:** There will be a coaches' meeting following specific warm-ups.
- Eligibility:** Only current 2010 registered USA Athlete members may participate in this competition, membership cards must be shown on request. Coaches must be current 2010 registered non-athlete members of USA Swimming and have current certification required to be a coach. Age as of January 23, 2010 will determine age group.
- 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 swimmer may register on deck for USA Swimming. The Meet Referee must verify the application and the SD Registrar must receive payment within 5 days or a \$100.00 fine will be levied against the swimmer's team.
- Deck Entries:** Deck entries will be allowed at the Referee's discretion and as space permits.
- Scoring:** There will be no team scores or individual high point scores kept.
- Event Limit:** Swimmers may swim a total of 4 events per day with a total of 8 events for the entire meet.

Time Trials: There will be time trials allowed at this meet.

Scratches: Scratches must be handed to the referee prior to the beginning of warm-ups.

Awards: Individual events will be awarded as follows: 6 & U, 7-8, 9-10, 11-12, 13-14, 15-16, and 17-18. Ribbons will be awarded for 1-16th places. No awards will be given for 19 and over.

Entries: Teams are encouraged to submit their entries by email using the Hy-Tek Team Manager program. An administrative fee of \$20 per swimmer will be collected for not using Windows version of Hy-Tek.

Mail Entries to: WASC
PO Box 601
Watertown, SD 57201 Or email: watertownswim@watertownswim.org

Fees: \$3.00 South Dakota Head Tax per Swimmer
\$4.00 Pool Fee per Swimmer
\$3.50 per individual event

Make checks out to Watertown Area Swim Club (WASC). There will be no refund of fees.

Deadline: All entries must be received no later than Friday, January 15, 2010.

Swimwear Restrictions:
Swimwear at 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.

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 involved in the event or meet.

Programs and Results: Programs will be available for \$6.00 each.
Concessions will be available during the meet.

Concessions:
Meet Officials: *Meet Director* Donna Bierschbach
Referee Edie Mueller
Head Stroke & Turn Sue Togel
Meet Marshall Tim Cummings
Starter Deb Finnesand
Head Timers Renee Cummings

Warm ups: *Warm ups on Saturday and Sunday will begin at 9 a.m.
(With a second set of warm ups to be at 8:15 a.m., if needed.)
Meet will begin at 10 a.m.*

Entry limit – 275 or when the timeline hits the 4 hour limit.

Optimist's Big Apple Order of Events

Session 1 – Saturday

- Event 1 – Open 50 freestyle
- Event 2 – 12 and under 100 IM
- Event 3 – 13 and over 400 IM
- Event 4 – 8 and under 25 back
- Event 5 – 9 and over 100 butterfly
- Event 6 – 12 and under 50 breast
- Event 7 – 13 and over 200 breaststroke
- Event 8 – 9 and over 100 backstroke
- Event 9 – 13 and over 200 butterfly
- Event 10 – 8 and under 25 butterfly

**** 10 minute warm up

- Event 11 - Open 400 freestyle

Session 2 – Sunday

- Event 12 – Open 100 freestyle
- Event 13 - 8 and under 25 breaststroke
- Event 14 - Open 200 IM
- Event 15 - 9 and over 100 breaststroke
- Event 16 – 8 and under 25 freestyle
- Event 17 – 13 and over 200 backstroke
- Event 18 – 12 and under 50 butterfly
- Event 19 – Open 200 freestyle
- Event 20 – 12 and under 50 back

*** 10 minute warm up

- Event 21 – 11 and over 800 freestyle

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)