

2010 SD ABERDEEN WINTER HIGH POINT SWIM MEET
HOSTED BY ABERDEEN SWIM CLUB
JANUARY 9-10, 2010
Sanction #112509

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc. Current South Dakota Swimming and USA Swimming rules will govern the conduct of the meet.
- LIABILITY:** In granting this sanction, it is understood and agreed that USA Swimming, South Dakota Swimming, Aberdeen Swim Club, City of Aberdeen, and Aberdeen Family YMCA 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 lost, stolen, or damaged property.
- LOCATION:** Aberdeen YMCA, 5 S. State St., Aberdeen South Dakota
- COURSE:** 25 Yard, 8 Lanes, 6" Wave-calming dividers, Daktronic timing system with touch pads at both ends of the pool/manual back-up. Starting depth 12 ft. midpoint 5 ft. turn is 3.5 ft. Spectrum Growler starting blocks and 8 place score board will be used. The competition course has not been certified in accordance with 104.2.2C(4).
- FORMAT:** Split meet: swam as timed finals. (See order of events for age group split for sessions.)
- SESSIONS:** 4 Sessions: Sessions 1 & 2 Saturday and 3 & 4 Sunday. If 1 warm-up session is needed, it will be 45 minutes in length and start at 8:00 AM for Sessions 1 & 3. If 2 sessions are needed, then they will start at 7:15 A.M. and 8:00 A.M. Afternoon sessions will follow same format. Saturday and Sunday warm-ups will start after the end of the morning sessions but not before 11:30 A.M. The meet will begin at **9:00 A.M.** for Sessions 1 & 3.
- WARM-UPS:** Warm ups will be conducted in accordance with the guidelines established by USA Swimming, Inc. and South Dakota Swimming. South Dakota Swimming Warm-up Procedures attached will be followed. The first 30 minutes will be for general warm-up. The last 15 minutes will be for specific warm-ups in lanes 2-7 and circle swimming in lanes 1 & 8.
- SWIMWEAR RESTRICTION:** 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 religions 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.
- MEETINGS:** There will be a coaches meeting directly after each session of warm-ups. An officials and timers meeting will be before the start of each session. Meetings will be held at the east end of the pool.
- ELIGIBILITY:** All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. The age of the swimmer on January 9, 2010 determines the age of the swimmer for the entire meet.
- DECK REGISTRATION:** On deck USA Registration will be allowed with the 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.
- DECK ENTRIES:** Deck entries will be allowed at the discretion of the referee. Deck entries made on January 9th or January 10th at the meet will not be scored. Note: If a swimmer misses his/her event and is seeded in the meet, it will be up to the discretion of the referee to place the swimmer in a later heat. This is not considered deck seeding.
- SCORING:** Individual scoring will be, 9-7-6-5-4-3-2-1.

- EVENT LIMIT:** Each swimmer may enter a maximum of 8 individual events for the meet with no more than 5 per day. Relays are limited to 2 per meet. The meet will be limited to 375 swimmers. If the last team to register goes over the limit, all of their swimmers will be allowed to register.
- SEEDING:** This meet will be seeded as timed finals and will be seeded slowest to fastest.
- TIME TRIALS:** Time trials will not be held.
- AWARDS:** Ribbons will be awarded 1-16th place in all age group events, and 1-5th in all relay events. High point trophies will be awarded for 1st-5th and medals 6th-8th place in each age group. Age group to be scored as follows: 6 & under, 7-8 (8 and under events will be swam together), 9-10, 11-12, 13-14, 15-16, 17-18 (13 and over will be swam together).
- ENTRIES:** Teams are encouraged to submit there entries by e-mail using Hy-Tec Team Manager. E-Mail entries to address below. Mail a printed copy of the entries and a check for entry fees payable to Aberdeen Swim Club. Entries are to be submitted in actual time.
- MAIL ENTRIES:** Joel Mann 1722 Spruce Dr. Aberdeen, SD 57401 or e-mail to: ascstingrays@abe.midco.net
- FEES:** \$3.00 South Dakota head tax per swimmer
\$3.00 per individual event
\$6.00 per relay event
\$5.00 per individual timing and use fee (\$1.00 timing fund & \$4.00 facility fee)
There will be no refund on fees
- DEADLINE:** All entries **must** be received by **11:59 PM on 1-1-2009**. After this time additions or changes are at the discretion of the referee. Make sure to check your e-mail if we need to get a hold of any teams that might have an exception that we need to take care of before we seed the meet.
- 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. Pure Blue will be at the meet selling swimming apparel.
- OFFICIALS:** Meet Director: Mike Hogg and Sarah Hogg (605-380-9195)
Referee: Janice Pereboom
Starter: Adolf Renner
Stroke & Turn: Sarah Mann
Marshal: Mark Comstock
Head Timer: Sherri Campbell
- SCRATCHES:** Scratches should be handed to the referee before the start of each session warm-up.
- PROGRAMS & RESULTS:** Programs will be available for \$6.00 and each coach will receive 1 complimentary copy and each team will receive 1 copy of the results.
- SPECIAL NOTE:** If the meet exceeds the 4 hour rule the relays will be removed from the meet. Also the boy & girls 1650 events may be combined in order to save time. Fly-Over Starts may be used at the discretion of the referee. Swimmers for the 500 and 1650 must provide their own counters. There will be no Clerk of Course.

Order of Events
ASC Winter Swim Meet
January 9-10, 2010

Girls	Event	Boys	Girls	Event	Boys
	January 9, 2010			January 10, 2010	
	Session 1			Session 3	
1	11-12 100 IM		53	11-12 200 IM	
2	13 & Over 200 IM	3	54	13 & Over 400 IM	55
4	11-12 200 Medley Relay		56	11-12 200 Freestyle	
5	13 & Over 400 Medley Relay	6	57	13 & Over 200 Freestyle	58
7	11-12 100 Butterfly		59	11-12 50 Butterfly	
8	13 & Over 200 Butterfly	9	60	13 & Over 100 Butterfly	61
10	11-12 100 Backstroke		62	11-12 50 Backstroke	
11	13 & Over 200 Backstroke	12	63	13 & Over 100 Backstroke	64
13	11-12 50 Breaststroke		65	11-12 100 Breaststroke	
14	13 & Over 100 Breaststroke	15	66	13 & Over 200 Breaststroke	67
16	11-12 100 Freestyle		68	11-12 50 Freestyle	
17	13 & Over 100 Freestyle	18	69	13 & Over 50 Freestyle	70
	** 10 Minute Warm Up **		71	11-12 200 Freestyle Relay	
19	11 & Over 500 Freestyle		72	13 & Over 400 Freestyle Relay	73
	13 & Over 500 Freestyle	20		** 10 Minute Warm Up **	
			74	13 & Over 1650 Freestyle	75
	Session 2			Session 4	
21	8 & U 100 IM	22	76	9-10 200 IM	77
23	9-10 100 IM	24		11-12 200 IM	78
	11-12 100 IM	25	79	8 & U 100 Freestyle	80
26	8 & U 100 Medley Relay	27	81	9-10 200 Freestyle	82
28	9-10 200 Medley Relay	29		11-12 200 Freestyle	83
	11-12 200 Medley Relay	30	84	8 & U 25 Butterfly	85
31	8 & U 50 Butterfly	32	86	9-10 50 Butterfly	87
33	9-10 100 Butterfly	34		11-12 50 Butterfly	88
	11-12 100 Butterfly	35	89	8 & U 25 Backstroke	90
36	8 & U 50 Backstroke	37	91	9-10 50 Backstroke	92
38	9-10 100 Backstroke	39		11-12 50 Backstroke	93
	11-12 100 Backstroke	40	94	8 & U 50 Breaststroke	95
41	8 & U 25 Breaststroke	42	96	9-10 100 Breaststroke	97
43	9-10 50 Breaststroke	44		11-12 100 Breaststroke	98
	11-12 50 Breaststroke	45	99	8 & U 50 Freestyle	100
46	8 & U 25 Freestyle	47	101	9-10 50 Freestyle	102
48	9-10 100 Freestyle	49		11-12 50 Freestyle	103
	11-12 100 Freestyle	50	104	8 & U 100 Freestyle Relay	105
	** 10 Minute Warm Up**		106	9-10 200 Freestyle Relay	107
51	9-10 500 Freestyle			11-12 200 Freestyle Relay	108
	9-12 500 Freestyle	52			

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.