

2010 SD Yankton Swim Team  
Tri-State League Meet  
Sanction # 120809

- Date:** January 9, 2010
- Sanction:** Held under the sanction of USA Swimming and SD Swimming, Inc. Current USA rules apply 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 City of Yankton shall be free of any liability of claims for damages arising by reason of injuries to anyone during the conduct of the event.
- Location:** Summit Activities Center, 21<sup>st</sup> & Summit St, Yankton, SD. 605.668.5234
- Facility:** 7 lane, 25 yard indoor pool with wave calming dividers. Starting end depth 12', mid pool depth 5', turning depth 3'6". Daktronic electric timing system with manual backup will be used. The competition course has not been certified in accordance with 104.2.2C(4).
- Eligibility:** The age of the swimmers on 1/09/10 will determine age for the meet. All swimmers, coaches, clubs and officials must currently be registered with USA Swimming.
- Format:** All events will be swum as timed finals with different age groups combined as seeded by time. Entries limited to the first 175 athletes.
- Meeting:** There will be a coaches meeting immediately following warm-ups. A hospitality room will be provided for coaches and officials.
- 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:** There will be concessions available during the meet.
- Warm-Ups:** 8:00 a.m. 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.
- Start time:** 9:00 a.m.
- Entries:** Each swimmer may enter up to five individual events and two relay events. Swimmers 13 and over may swim the 50 free and the 100 free. Co-Ed relay teams may be made up of all girls or may be made up of 3 & 1 or 2&2. NO all male relay teams will be allowed. Please submit entries using Hytek Com-line or Hytek Team Manager by email only to [deerhonda@vyn.midco.net](mailto:deerhonda@vyn.midco.net) 605.665.5614. You will receive a confirmation of entries by email. Please mail checks to PO Box 374 – Yankton, SD, 57078. Entry deadline is January 4, 2009.
- Scoring:** Events will be scored 6 & U, 7-8, 9-10, 11-12, 13-14, 15-16, 17&O

Entry Fees: \$7.50 per swimmer (\$3.00 South Dakota head tax, \$1.00 Tri-State League Splash Fee and \$2.50 to the Host Team facility fee) Entry fees made payable to Yankton Swim Team must accompany entries.

Awards: No team scores will be kept. Awards will be distributed by age groups as follows: 8 & under, 9-10, 11-12, 13-14, 15-16, 17-19 Age Groups. Awards: Ribbons: 1<sup>st</sup>-6<sup>th</sup> place for individual events in each age group; 1<sup>st</sup>-3<sup>rd</sup> for Relays. There will be no awards for 20 and over.

Meet Conduct: All events are timed. All events are pre-seeded. Please report scratches 30 minutes prior to the start of the meet. No parents, spectators or non-USA registered persons with the exception of timers will be allowed inside the roped off deck area in accordance with USA Swimming Rules and Regulations. Flyover starts will be considered depending upon number of athletes.

Swimwear Restrictions: Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules and Regulations (Art. 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmers religious beliefs or medical condition.

Deck Entries: Will be allowed if space is available.

Deck Registration: There will be no deck registrations.

Officials: Meet Director: Jim Kinsley, DeeRhonda Anderson  
Meet Referee: Greg Rorris  
Head Stroke & Turn: Susan Kneifl  
Starter: Bill Ellingson  
Head Timer: John Slemp  
Meet Marshall: Kenyan Trail

Special Considerations: There will be designated camping areas. Chairs with metal ends are not allowed on any area of the deck. No food or drink in the pool area please. No climbing or sitting on the waterslide is allowed. No persons should be in the zero depth entry pool. Concessions will be available. Programs will be available for \$3.00. A free copy will be provided for coaches.

#### 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.

### Order of Events

Girls	Age	Event	Boys
1	13 & O	50 yard Freestyle	2
3	8 & U	25 yard Butterfly	4
5	12 & U	50 yard Butterfly	6
7	13 U&O	100 yard Butterfly	8
9	8 & U	100 yard Co-Ed Medley Relay	
10	9-12	200 yard Co-Ed Medley Relay	
11	13 & O	200 yard Co-Ed Medley Relay	
12	8 & U	25 yard Backstroke	13
14	12 & U	50 yard Backstroke	15
16	13 U & O	100 yard Backstroke	17
18	10 & U	100 yard IM	19
20	Open	200 yard IM	21
22	8 & U	25 yard Freestyle	23
24	12 & U	50 yard Freestyle	25
26	Open	100 yard Freestyle	27
28	12 & U	200 Freestyle	29
30	13 & O	200 yard Freestyle	31
32	8 & U	25 yard Breaststroke	33
34	12 & U	50 yard Breaststroke	35
36	Open	100 yard Breaststroke	37
38	8 & U	100 yard Co-Ed Free Relay	
39	9-12	200 yard Co-Ed Free Relay	
40	13 & O	200 yard Co-Ed Free Relay	
		10 minute cool down/warm up	
41	11-12	500 yard Freestyle	42
43	13 & O	500 yard Freestyle	44

If approaching the USA guideline of the 4 hour rule for swimmers under 12 to complete the meet, the referee and meet directors reserve the right to make the decision to eliminate:

- \*First           Events #41 and #42 (11-12 Freestyle)
- \*Second       Events #28 and #29 (12-U 200 Freestyle)
- \*Third          Events #38, #39, #40 (100 and 200 relays)