

**2010 SD ABERDEEN SUMMER HIGH POINT SWIM MEET**  
**HOSTED BY ABERDEEN SWIM CLUB**  
**JUNE 18-20, 2010**  
**Sanction #: 051210**

- SANCTION:** This meet is held under the sanction of South Dakota Swimming and USA Swimming Inc.
- RULES:** 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, South Dakota Swimming, Aberdeen Swim Club, and the City of Aberdeen shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- LOCATION:** Aberdeen Aquatic Center 1029 S. Dakota St., Aberdeen, SD
- COURSE:** 50 Meter, 8 Lane, 6" Wave-calming dividers, Daktronic timing system with manual back-up. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- WATER DEPTH:** Starting depth 7'0"-14'0"; midpoint depth 5'; turn end 4'0". Turn end water depth meets USA Swimming minimum requirements for racing starts per Rule 103.2.3.
- FORMAT:** Split meet: swam as timed finals.
- STARTING TIMES:** 5 Sessions: Friday all age groups will run together. Saturday and Sunday morning sessions will be 11-12 girls and 13 & over girls & boys. Afternoon sessions will be 11-12 boys and 10 & under girls & boys. The meet start time will be **5:30 PM** Friday for session 1 and **8:45 AM** on Saturday and Sunday for sessions 2 and 4. Approximate start times, will be announced after the meet is seeded for the 3<sup>rd</sup> and 5<sup>th</sup> sessions, but not before **11:00 AM** both Saturday and Sunday.
- WARM-UPS:** 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. Lane assignments and times will be sent out after the meet is seeded.
- SWIMWEAR**
- RESTRICTIONS:** Swimwear worn at SD meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Article 102.9.1 and subsequent revisions thereof), its interpretation and provision for exemptions based on a swimmer's religious 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 meeting will be held 30 minutes prior to the start of each session and a timers meeting will be held 15 minutes prior to the start of each session. The officials and coaches meeting will be held in the equipment shed on the south west side of the pool. The timers meeting will be held by the timer's table.
- ELIGIBILITY:** All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming. Age as of June 18, 2010 will determine age group for the entire meet.

## DECK

**REGISTRATION:** On deck USA Registration will be permitted 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 is not registered.

**DECK ENTRIES:** Deck entries will be allowed at the discretion of the referee. Deck entries made on June 18<sup>th</sup>, 19<sup>th</sup> or 20<sup>th</sup> 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:** Swimmers may swim a maximum of 8 individual events for the meet with no more than 5 per day. Relays are limited to 2 per meet.

**MEET LENGTH:** USA Swimming Rules require that events at a meet should be planned to run no longer than 8 hours (102.1) or 4 hours for swimmers 12 years and younger (205.3F). Entries will be input in the order they are received. When the computer generated timeline indicates that the time limit has been reached for any session, relays will be removed from that session. If after removing the relays we are still over the limit, then the afternoon sessions will be ran as one 12 & Under age group and we will combine both boys and girls events. The scoring for these events will still be the same as stated above. If removing the relays and/or combining events doesn't allow for the time limits to be met, then entries from the team(s) received last will not be entered into the meet. Team coaches will be notified if their entries were not accepted, and fees will be refunded.

**SEEDING:** This meet will be seeded as timed finals.

**TIME TRIALS:** Time trials will not be held.

**AWARDS:** Ribbons will be awarded 1-16<sup>th</sup> place in all age group events, and 1-5<sup>th</sup> in all relay events. High point trophies will be awarded for 1<sup>st</sup>-5<sup>th</sup> and medals 6<sup>th</sup>-8<sup>th</sup> place in each age group. Age group to be scored as follows: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-19.

**ENTRIES:** Teams are encouraged to submit their entries by e-mail using Hy-Tec Team Manager. Entries may also be mailed. Each team needs to mail a check, entry fee report, and a hard copy of entries to the address below. 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](mailto:ascstingrays@abe.midco.net)

**FEES:** \$3.00 South Dakota head tax per swimmer  
\$3.50 per individual event  
\$6.00 per relay event  
\$7.00 per individual timing and use fee (\$1.00 timing fund & \$6.00 facility fee)

**There will be no refund on fees**

**DEADLINE:** All entries **must** be received by **11:59 PM on June 11, 2010**. 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 meet.

**Pure Blue will be at the meet selling swimming apparel**

**OFFICIALS:** Meet Director: Mike Hogg and Sarah Hogg (cell phone – (605) 380-9195)  
Referee: Edie Mueller  
Starter:  
Stroke & Turn: Sarah Mann  
Marshall: Steve Waiflein  
Head Timer: Sherri Campbell, Connie Maine

Meet Officials will meet the requirements of 202.3.3.

**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:** To conserve time, the 800 and 1500 boys & girls events may be combined. Swimmers for the 800 and 1500 must provide their own counters. Fly-Over starts may be used at the discretion of the head referee.

**Camping will be allowed in the grass area around the competition pool. Tent stakes are prohibited because of the irrigation system. All personal belongings including tents must be removed from the pool at the end of each day. No pets or glass containers allowed in the aquatic center.**

**The City of Aberdeen has requested that swim meet participants park in the softball/soccer complex parking lot located to the east of the pool.**

**Order of Events  
ASC Summer Swim Meet  
June 18-20, 2010**

Girls	Event	Boys		Girls	Event	Boys
<b>Friday June 18, 2010</b>						
<b>Session 1</b>						
1	11 & Over 200 IM	2				
3	10 & Under 200 IM	4				
	*** 15 Minute Warm-Up***					
5	11 -12 400 Freestyle	6				
7	13 & Over 800 Freestyle	8				
<b>Saturday June 19, 2010</b>						
<b>Session 2</b>				<b>Session 3</b>		
9	13 & Over 400 IM	10		28	10 & Under 50 Butterfly	
11	11-12 50 Butterfly				12 & Under 50 Butterfly	29
12	13 & Over 100 Butterfly	13		30	10 & Under 100 Backstroke	
14	11-12 100 Backstroke				12 & Under 100 Backstroke	31
15	13 & Over 200 Backstroke	16		32	10 & Under 50 Breaststroke	
17	11-12 50 Breaststroke				12 & Under 50 Breaststroke	33
18	13 & Over 100 Breaststroke	19		34	10 & Under 100 Freestyle	
20	11-12 100 Freestyle				12 & Under 100 Freestyle	35
21	13 & Over 100 Freestyle	22		36	8 & Under 200 Medley Relay	37
23	11-12 200 Medley Relay			38	9-10 200 Medley Relay	39
24	13 & Over 400 Medley Relay	25			11-12 200 Medley Relay	40
	*** 10 Minute Warm-Up***					
26	13 & Over 400 Freestyle	27				
<b>Sunday June 20, 2010</b>						
<b>Session 4</b>				<b>Session 5</b>		
41	11-12 200 Freestyle			61	10 & Under 200 Freestyle	
42	13 & Over 200 Freestyle	43			12 & Under 200 Freestyle	62
44	11-12 100 Butterfly			63	10 & Under 100 Butterfly	
45	13 & Over 200 Butterfly	46			12 & Under 100 Butterfly	64
47	11-12 50 Backstroke			65	10 & Under 50 Backstroke	
48	13 & Over 100 Backstroke	49			12 & Under 50 Backstroke	66
50	11-12 100 Breaststroke			67	10 & Under 100 Breaststroke	
51	13 & Over 200 Breaststroke	52			12 & Under 100 Breaststroke	68
53	11-12 50 Freestyle			69	10 & Under 50 Freestyle	
54	13 & Over 50 Freestyle	55			12 & Under 50 Freestyle	70
56	11-12 200 Free Relay			71	8 & Under 200 Free Relay	72
57	13 & Over 400 Free Relay	58		73	9-10 200 Free Relay	74
	*** 15 Minute Warm-Up***				11-12 200 Free Relay	75
59	13 & Over 1500 Free	60				

## **SOUTH DAKOTA SWIMMING WARM-UP PROCEDURES**

- 8.1 The Meet Marshall and Meet Referee (or their special designees) 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 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 the number of swimmers per lane during warm-ups. Meet planners will strive for a limit of no more than 20 swimmers per lane for Short Course meets and no more than 25 swimmers per lane for Long Course meets.
- 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 to compensate for delays due to weather, equipment/power failure, or emergencies.
- 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 to compensate for delays due to weather, equipment/power failure, or emergencies.
  - (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.
- 8.7 **Mid-Meet Warm-ups/Cool-downs:**
- (1) Swimmers must be supervised by a USA Swimming member Coach.
  - (2) There will be no diving.
  - (3) Circle swimming only.
  - (4) Coaches will determine which of their swimmers may participate in these sessions, regardless of age group.