

2010 SD SHORT COURSE B/C CHAMPIONSHIP

Hosted Pierre Swim Team
February 26-28, 2010
Meet Sanction # 011210
Time Trials Sanction # 120110

SANCTION: This meet is held under the sanction of USA Swimming Inc. and South Dakota 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, the Pierre Swim Team, the City of Pierre and the Oahe YMCA shall be free of any liability 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: Pierre Aquatics Center, 900 East Church Street, Pierre South Dakota, 57501.

COURSE: Indoor 25 yards, 8 lane pool with wave-calming lane dividers, Daktronics electronic timing system with touch pads on both ends and manual back-up, Spectrum starting blocks, 12' starting depth, and 4' turning end depth. The competition course has not been certified in accordance with 104.2.2C(4).

FORMAT: This will be a combined meet swam as timed finals.

START

TIMES: Teams will be notified by noon on Wednesday, February 24, 2010 of warm-up times and lane assignments.

Friday, February 26 - Session 1

1:30 PM Warm-up (one session only)
2:00 PM Officials' Meeting
2:15 PM Coaches' Meeting
2:30 PM Meet Starts

Friday, February 26 - Session 2

5:00 PM Warm-up A
5:45 PM Warm-up B
6:15 PM Officials' Meeting
6:30 PM Coaches' Meeting
6:45 PM Meet Starts

Saturday, February 27 - Session 3

7:15 AM Warm-up A
8:00 AM Warm-up B
8:30 AM Officials' Meeting
8:45 AM Coaches' Meeting
9:00 AM Parade of Athletes
9:15 AM Meet Starts

Sunday, February 28 - Session 4

7:15 AM Warm-up A
8:00 AM Warm-up B
8:30 AM Officials' Meeting
8:45 AM Coaches' Meeting
9:00 AM Meet Starts

Depending on the number of swimmers attending each session, only one warm-up for a Session may be utilized. Teams will be notified of this change when notified of warm-up times. Decreasing the number of warm-ups will not change meet start times.

At the discretion of the Meet Referee, 10-minute general warm-up sessions may be inserted during the course of the meet.

WARMUPS: Warm-ups will be conducted in accordance with the guidelines established by USA Swimming and South Dakota Swimming. South Dakota warm-up procedures attached will be followed.

SWIMWEAR: Swimwear worn at South Dakota meets must conform to SD Policy Rules and USA Swimming Rules & Regulations (Art.102.9.1 and subsequent revisions thereof).

SUPERVISION: A USA Swimming member coach **MUST** supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, swimmers, officials, timers, and designated volunteers will be allowed on the pool deck.

ELIGIBILITY: All swimmers, coaches, clubs, and officials must be currently registered with USA Swimming and SD Swimming. Age as of February 26, 2010 determines the age of the swimmer for the entire meet. Swimmers may enter events in which they have not attained a state qualifying time between February 20, 2009 and the entry deadline date of February 22, 2010.

DECK

REGISTRATION: On Deck USA Swimming Registrations 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: Will not be allowed. Errors and omissions may be corrected at the discretion of the meet referee.

SCORING: Individual Scoring (1-16) – 17-15-14-13-12-11-10-9-8-7-6-5-4-3-2-1; Relay Scoring (1-8) –34-30-28-26-24-22-20-18. All awards and scoring will be determined by the swimmer's final time. The point-scoring age groups shall be 8 & Under, 9-10, 11-12, 13-14, 15-16, 17-19. The 13-14, 15-16, 17-19, and 20 & Over age groups will be seeded together and will swim together, but will be awarded and scored separately. The 20 & Over age group will not be scored.

PROOF OF

TIMES: All entry times must be proven with complete, official meet results, upon the request of the seed committee. Unverified times or erroneous times may result in disqualification.

ENTRY

LIMITS: Each swimmer may swim a maximum of seven (7) individual events for the meet, with no more than five (5) events per day.

RELAYS: Swimmers may enter a maximum of one relay per day. A swimmer may not swim a relay leg that corresponds to an event in which the swimmer has a SD Championship Meet Qualifying Time.

SEED

COMMITTEE: The three person committee shall include the Meet Director, Referee, and a Coach of a team attending the Meet whose name is randomly selected by the Meet Director prior to the meet.

TIME TRIALS: Time trials will be held at the conclusion of each session at the discretion of the Meet Referee. The following limitations shall apply:

1. The swimmer must be entered in that event in the meet.
2. Time trials will not change awards or scores.
3. The swimmer may only swim a total of 5 individual events per day.
4. There will be no additional cost for time trials.
5. Coaches are responsible to turn in time trial requests to the Meet Director as soon as possible.
6. Time trials should be limited to those swimmers who have a reasonable chance to make their goal time.

AWARDS

INDIVIDUAL AWARDS: Rosettes (1st through 3rd) and Ribbons (4th through 16th) will be awarded to the top sixteen swimmers in each individual event. 1st & 2nd place finishers with less than SDQ times will receive a pass to swim the event at the SD State Championship meet. Swimmers receiving a pass will be seeded at the min SDQ time and will be considered a qualifier for relays at the State Championship meet. No awards will be given for the 20 & Over age group.

RELAYS: Rosettes (1st through 3rd) and Ribbons (4th through 8th) will be awarded in each age group.

TROPHIES: TEAM TROPHIES will be awarded to the 1st through 3rd place teams. PERCENTAGE TROPHY will be awarded to the team with the most points per entry,

calculated after excluding relay points. Minimum of 7 swimmers is required to compete for the Percentage Trophy.

The ELKS TEAM SPIRIT AWARD will be presented to the team demonstrating the best sportsmanship and team spirit at the B/C Championship Meet. The recipients of the spirit award will be determined by a five-person committee comprised of a representative from five teams drawn at random at the beginning of the meet. This award will be given on Sunday.

PROTESTS: Protests of any kind must be in writing and will only be accepted by the Referee from the team's Coach. Bothering other volunteer personnel with protests could lead to disqualification of the swimmer involved in that event or meet.

CLERK

OF COURSE: There will be no clerk of course.

SCRATCHES: Scratches must be submitted to the referee prior to the beginning of warm-ups for each session.

ENTRIES: Teams must submit their entries via e-mail using the Hy-Tek program. Send actual times with the indication of the course swum, as the meet management program will convert the times automatically. Also mail a hard copy, along with a check payable to Pierre Swim Team.

Mail Entries to:

Pierre Swim Team

PO Box 815

Pierre, SD 57501

email address: pierreswim@msn.com phone: 224-9305

FEES: \$3.00 per individual event \$3.00 per swimmer head tax
\$4.00 per swimmer facility fee \$5.00 per relay

THERE WILL BE NO REFUND OF FEES

DEADLINE: All entries must be submitted by e-mail by 6:00 p.m. CST on Monday, February 22, 2010.

PARADE

OF TEAMS: There will be a Parade of Teams on Saturday, February 27 at 9:00 AM CST. By the end of the warm-up session on Friday, February 26, each Coach must provide the Meet Director with the following information: name of team, total number of swimmers, number of swimmers participating in this meet, names of graduating Senior swimmers, and coach's names.

TIMING: Each team is responsible for providing lane timers during the meet. Swimmers entered in the 500 freestyle must provide their own counters. Swimmers entered in the 1000 and 1650 must provide their own counters and timers.

OFFICIALS: Meet Directors: L. Ann Christianson and Kevin McLain
Meet Referee: Edie Mueller
Administrative Referee: Russ Miller
Head Starter: Dallen Hoefener
Head Stroke & Turn: Roger Theobald
Meet Marshal: Rob Fines and Tanya Kreitlow
Head Timers: Bob Christianson and Rob Green

All Registered Officials are welcome and needed to volunteer at the B/C Championship Meet.

CONCESSION: A Concession Stand will be available.

CLOTHING: The Pierre Swim Team will provide clothing and swim gear for sale.

HOSPITALITY: Coaches and Officials Hospitality Room will be provided.

2010 SD Short Course B/C Championships							
Order of Events							
Session 1				Session 2			
Friday, February 26				Friday, February 26			
Girls			Boys	Girls			Boys
1	13 & Over	1650 Free	2	3	8 & Under	100 Free	4
				5	9-10	200 Free	6
				7	11-12	200 Free	8
				9	13 & Over	200 Free	10
					5 Minute Warm Down After 9 & 10		
				11	8 & Under	100 IM	12
				13	9-10	200 IM	14
				15	11-12	200 IM	16
				17	13 & Over	200 IM	18
Session 3				Session 4			
Saturday, February 27				Sunday, February 28			
Girls			Boys	Girls			Boys
19	9-10	100 IM	20	70	Mixed 8 & U 100 Medley Relay		70
21	11-12	100 IM	22	71	9-10 200 Medley Relay		72
23	13 & Over	400 IM	24	73	11-12 200 Medley Relay		74
	5 Minute Warm Down After 23 & 24			75	13-14 400 Medley Relay		76
25	Mixed 8 & U 100 Free Relay		25	77	15-19 400 Medley Relay		78
26	9-10 200 Free Relay		27		5 Minute Warm Down After 77 & 78		
28	11-12 200 Free Relay		29	79	8 & Under	50 Fly	80
30	13-14 400 Free Relay		31	81	9-10	100 Fly	82
32	15-19 400 Free Relay		33	83	11-12	100 Fly	84
	5 Minute Warm Down After 32 & 33			85	13 & Over	200 Fly	86
34	8 & Under	25 Fly	35		5 Minute Warm Down After 85 & 86		
36	9-10	50 Fly	37	87	8 & Under	25 Back	88
38	11-12	50 Fly	39	89	9-10	50 Back	90
40	13 & Over	100 Fly	41	91	11-12	50 Back	92
	5 Minute Warm Down After 40 & 41			93	13 & Over	100 Back	94
42	8 & Under	50 Back	43		5 Minute Warm Down After 93 & 94		
44	9-10	100 Back	45	95	8 & Under	25 Breast	96
46	11-12	100 Back	47	97	9-10	50 Breast	98
48	13 & Over	200 Back	49	99	11-12	50 Breast	100
	5 Minute Warm Down After 48 & 49			101	13 & Over	100 Breast	102
50	8 & Under	50 Breast	51		5 Minute Warm Down After 101 & 102		
52	9-10	100 Breast	53	103	8 & Under	50 Free	104
54	11-12	100 Breast	55	105	9-10	100 Free	106
56	13 & Over	200 Breast	57	107	11-12	100 Free	108
	5 Minute Warm Down After 56 & 57			109	13 & Over	100 Free	110
58	8 & Under	25 Free	59		10-minute warm-up session		
60	9-10	50 Free	61		10-minute warm-up session		
62	11-12	50 Free	63	111	13 & Over	1000 Free	112
64	13 & Over	50 Free	65				
	10-minute warm-up session						
66	11-12	500 Free	67				
68	13 & Over	500 Free	69				

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 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 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.

(EXHIBIT #8: Warm ups - Rev. 9-20-09)