

# 2010 SD Capital City Qualifier

Hosted by the Pierre Swim Team

February 20-21, 2010

SD Swimming Sanction: 010310

United States Masters Swimming Sanction: SD LMSC 5410-01

- Sanction: This meet is held under the sanction of South Dakota Swimming, United States Masters Swimming and USA Swimming Inc. Current USA Swimming rules apply and SD swimming rules will govern the meet.
- Liability: In granting this sanction it is understood and agreed that USA Swimming Inc., South Dakota Swimming, the Pierre Swim Team, the city of Pierre, the Pierre YMCA, United States Masters Swimming and Prairie Masters Swim Team shall be free of any liability or claims for damages arising from 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
- 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: The meet is an interwoven USA Swimming and Masters meet. All events will be timed finals. The meet will be pre-seeded and swimmers are responsible for reporting to the correct lane and heat as indicated in the program. All events will start from the deep end. All events will be co-ed. Masters events and warm ups will be swam separately from age-group events.
- Sessions: **Session 1 – Saturday, February 20, 2010**  
10:30 a.m. – Warm-up A  
11:10 a.m. – Warm-up B  
12:00 p.m. – Meet starts
- Session 2 – Sunday, February 21, 2010**  
7:30 a.m. – Warm-up A  
8:10 a.m. – Warm-up B  
9:00 a.m. – Meet starts
- Team warm-up times and lane assignments will be communicated to the Coaches prior to the meet.
- 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 separate lane for Masters' warm-ups will be provided.
- Each warm-up session will be 35 minutes in length. The first 25 minutes will be general warmups, circle swim only, and no diving. The last ten minutes of the each warm-up session will be specific warm-ups (starts) in lanes 2 through 7, with circle swimming allowed in lanes 1 and 8. Specific warm-ups may not begin until announced and only when the lane has been cleared of swimmers.
- Supervision: A USA Swimming member coach must supervise swimmers during warm-ups, competition and warm-down. Only registered coaches, officials and swimmers will be allowed on the pool deck.
- 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

- Meetings: Officials and Timers will meet daily one-half hour before the Meet start time. A Coaches' meeting will be held both days at the conclusion of the second warm-ups.
- Eligibility: This is a separate but concurrent interwoven USA/SD Swimming and US Masters meet. Only current 2010 registered USA Athlete members or 2010 registered Masters swimmers may participate in this competition. Coaches must be current 2010 registered non-athlete members of USA Swimming and have current certification required to be a coach. The age of the swimmer on February 14, 2010 determines the age of the swimmer for the entire meet.
- Deck Registration: On Deck USA Swimming registration will be permitted with 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 if space is available and at the discretion of the Meet Referee
- Scoring: No team or individual scores will be kept.
- Event Limit: Swimmers may swim a total of 8 events for the meet with no more than 5 events per day.
- Seeding: Swimmers will be seeded fastest to slowest as follows: Lane 4, 5, 3, 6, 2, 7, 1, 8. Events and heats may be combined and may be reseeded at the discretion of the Meet Referee.
- Time Trials: Time trials will be held at the conclusion of each session at the discretion of the Meet Referee.
- The limitations are as follows:*
- 1.) The swimmer must be entered in the meet
  - 2.) The swimmer must swim that event in the meet.
  - 3.) Time trials will not change awards or scores.
  - 4.) The swimmer can only swim a total of 5 individual events per day.  
(Article 102.2.6)
  - 5.) There will be no cost.
  - 6.) At the end of the last sessions' time trial, anytime trial may be attempted again.
  - 7.) Coaches are responsible to turn in time trial requests to the meet director as soon as possible.
  - 8.) Time trials should be limited to those swimmers who have a reasonable chance to make their goal time.
- Awards: Ribbons will be awarded for 1<sup>st</sup> through 12<sup>th</sup> place for individual events by gender in the following age groups: 6 & under, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18. No awards will be given for 19 and over or Masters swimmers.
- Entries: Teams are encouraged to submit their entries via email or on an IBM-compatible compact disk (along with one hard copy of the entries) using the Hy-Tek Team Manager program.
- Submit entries to: Kevin McLain at the following email address: [pierreswim@msn.com](mailto:pierreswim@msn.com)  
Mail a hard copy of the entries (and disk if entries not submitted via email) and a check for the appropriate amount to:

Pierre Swim Team  
PO Box 815  
Pierre, SD 57501

In hosting the Meet, it is the primary intention of the Pierre Swim Teams to accommodate a timed-finals USA Swimming Age Group meet. In order to comply with USA Swimming's "four-hour rule" for swimmers 12 & under, the Pierre Swim Team reserves the right to limit the number of swimmers and teams entered in the meet. USA Swimming Athletes and their respective teams will receive priority over Master Swimmers. Teams comprised of registered USA Swimming Athletes will be entered first as the entries were received. Should the integrity of the "four-hour rule" allow additional swimmers, the Masters Swimmers will be entered based upon receipt of entry. If, the "four-hour limit" for swimmers 12 & under is exceeded, the last team or teams comprised of registered USA Swimming Athletes received will not be entered in the meet; the team(s) will be notified; and, their meet fees will be returned. Accordingly, no entries associated with Master Swimmers would be allowed and meet fees would be returned.

Fees: The following fees apply:  
\$3.00 South Dakota Head Tax Per Swimmer  
\$4.00 per swimmer facility fee  
\$3.00 per individual entry

Make checks out to Pierre Swim Team and turn in with entries. There will be no refund of fees other than those teams not entered in the meet due to the need to comply with the four-hour time limit for 12 & under swimmer.

Deadline: All entries and entry fees must be received no later than Friday, February 12, 2010.

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.

Officials: Meet Directors: L. Ann Christianson and Kevin McLain  
Referee: Russ Miller  
Head Stroke & Turn: Kay McLain  
Meet Marshals: Tanya Krietlow and Rob Fines  
Starter: Dallan Hoefener  
Head Timers: Bob Christianson and Rob Green

PROGRAMS: Programs will be sold at the meet for \$6.00.

NOTICE: Teams and swimmers will be held responsible for any damage to the facility. Swimmers may only be in the Aquatics Center and may not enter the YMCA. Swimmers may be disqualified from the meet if found in areas not designated for swimmers. **NO GLASS WILL BE ALLOWED INSIDE THE AQUATICS CENTER. SMOKING OR ALCOHOL ARE NOT ALLOWED AT THE MEET OR IN THE AQUATICS CENTER.**

**PLEASE DO NOT PARK IN THE LIBRARY PARKING LOT.**

OFFICIALS AND TIMERS: Officials are needed for the meet. Please identify Officials who are willing to assist with the meet. Each team may be asked to provide a Timer throughout the meet. Swimmers must provide their own lap counters for the 1650 and 500 free.

# 2010 Capital City Qualifier

Hosted by the Pierre Swim Team

February 20-21, 2010

<b>2010 Capital City Qualifier February 20, 2010</b>	
<b>Co-ed Event #</b>	<b>Age/Distance/Stroke</b>
1	9 & Over 200 Free
2	Masters 100 Free
3	8 & under 25 Fly
4	9 & Over 100 Fly
5	Masters 50 Fly
6	12 & Under 50 Breast
7	13 & Over 200 Breast
8	Masters 100 Breast
9	8 & Under 25 Back
10	9 & Over 100 Back
11	Masters 50 Back
12	Open 50 Free
13	12 & under 100 IM
14	13 & Over 400 IM
10-minute warm-up	
15	13 & Over 1650

<b>2010 Capital City Qualifier February 21, 2010</b>	
<b>Co-ed Event #</b>	<b>Age/Distance/Stroke</b>
16	8 & Under 25 Free
17	9 & Over 200 IM
18	Masters 100 IM
19	Open 100 Free
20	Masters 50 Free
21	12 & under 50 Fly
22	13 & Over 200 Fly
23	8 & Under 25 Breast
24	9 & Over 100 Breast
25	Masters 50 Breast
26	12 & Under 50 Back
27	13 & Over 200 Back
28	11-12 500 Free
29	13 & Over 500 Free

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

The Meet Marshall and Meet Referee shall monitor and enforce warm-up procedures.

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.

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.

Every reasonable effort shall be made to equalize swimmers/lane during warm-ups.

A separate lane for warm-ups will be assigned to Masters swimmers.

### **General Warm-ups:**

- A. 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.
- B. All lanes shall be used only for circle swimming. There shall be no sprint work or pace work.
- C. 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.

### **Specific Warm-ups:**

- A. 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.
- B. 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.
- C. 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.
- D. 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.